

## PUMPKIN CHEESECAKE CUPS

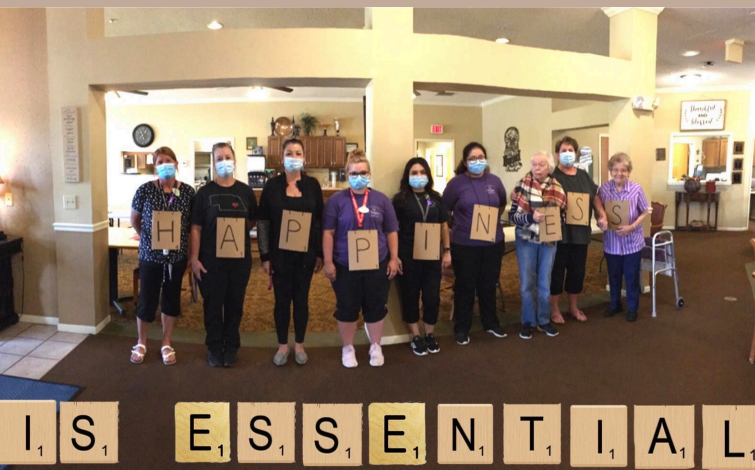
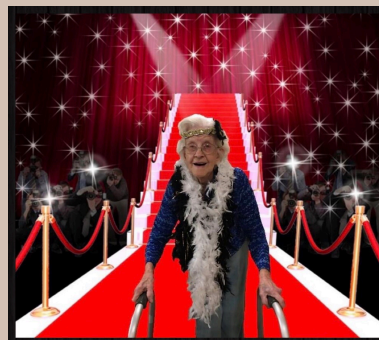
A no-bake recipe

**Ingredients:** 8 graham crackers, crushed. 4 tablespoons butter, melted. 1(8-ounce) package whipped cream cheese. 1 cup canned pumpkin puree. 1/2 cups sugar. 1 teaspoon pumpkin pie spice. 1/2 teaspoon vanilla extract. 1 1/2 cups whipped topping, divided.

**Directions:** 1. Combine graham cracker crumbs and butter in a medium bowl. Evenly divide mixture between 8 small jars or cups. Lightly press into the bottom of each glass. 2. Combin cream cheese, pumpkin, sugar, pumpkin pie spice, and vanilla in a large bowl until smooth. Fold in 1 cup whipped topping. Evenly divide miture between the jars or glasses. Cover and chill until ready to serve. Just before serving, dollop each with the remaining whipped topping. - Makes 8 servings



## HAPPINESS IN PICTURES



## OCTOBER IS BREAST CANCER AWARENESS MONTH

Breat Cancer Facts:

- About 1 in 8 women in the U.S. will be diagnosed with breast cancer during their lifetime.
- Breast cancer is the second leading cause of cancer deaths in women.
- 85% of breast cancer diagnoses are in women who have no family history of breast cancer.
- Being a women and growing older are the two main factors that influence your risk for breast cancer.



Here are some steps to take if you feel you are at risk for breast cancer- Do a self exam, see your doctor, and get a mammogram. These will help catch breast cancer in it's earliest stages. Trust your judgement when it comes to your body.



**HAPPY OCTOBER BIRTHDAYS:**

Sharon Michalski - 12  
Erica Straurt - 11

**HAPPY BELATED BIRTHDAY:**

Darlene Ledgerwood - Sept. 7th

**HAPPY BICKFORD ANNIVERSARIES:**

Tasha Swanson-4 years  
Jamie Klingensmith - 4 years

**HOLIDAYS & FUN THEME DAYS:**

- World Smile Day - 2
- World Teachers Day - 5
- Family History Day - 7
- Sneakers Day - 9
- Columbus Day - 12
- National M & M Day - 13
- A Hoot Of A Day - 14
- I Love Lucy Day - 15
- Bosses Day - 16
- Scarecrow Saturday - 17
- National Chocolate Cupcake Day - 18
- National Apple Day - 21
- Wear It Pink Day - 23
- National Pumpkin Day - 26
- National First Responders Day - 28
- National Candy Corn Day - 30
- Halloween - 31



# October

9:45 Ball Toss  
10:30 Dvd Church  
2:00 Adult Coloring  
4:00 Church Service  
6:00 Funniest Home Videos **4**

10:30 Sittercise  
11:00 Nail Care & Hand Massages  
2:00 Bingo  
3:00 Teacher's Tea  
6:00 Dominoes **5**

9:45 Walking Group  
10:30  
1:30 Bible Study  
3:00 Warm Apple Cider & Tricky Trivia  
6:00 Puzzle Pals **6**

**Family History Day**  
9:45 Stretch & Tone  
10:30 Family Fun Movie  
2:00 Family Scrapbooking Party  
3:00 Story Telling & Refreshments  
6:00 **7**

9:45 Walk & Talk  
10:30 Calming Fall Coloring  
2:00 Bingo  
3:00 Spooky Stories & Sips  
6:00 Music & Memories **8**

9:45 Fun Friday Exercise  
10:30 Wheel of Fortune Game  
2:00 Fall Craft Corner  
3:00 What's The Scoop  
6:00 Card Sharks **9**

9:45 Morning Stretches  
10:30 Daily Chronicles  
2:00 Fall Card Crafting  
3:00 Bistro Buddies  
6:00 Brain Teasers **10**

9:45 Sunday Funnies  
10:30 Dvd Church  
2:00 Afternoon Walkers  
4:00 Church Service  
6:00 Movie & Popcorn **11**

10:30 Sittercise  
11:00 Manicures & Spa Care  
2:00 Bingo  
3:00 The Scents of Fall  
6:00 Columbus Day Fun Facts **12**

9:45 Morning Walkers  
10:30 Mens Workshop  
1:30 Bible Study  
3:00 Heart To Heart Moments with M & M's  
6:00 Target Toss **13**

10:00 Catholic Mass  
10:30 Polkacise  
11:00 Resident Council  
2:00 Craft Corner  
3:00 Owling with Laughter  
6:00 Noodle Ball **14**

9:45 Autumn Walkers  
10:30 Making Sarecrows  
2:00 Bingo  
3:00 Chocolate Candy Shop  
6:00 Classic T.V. Show-I Love Lucy **15**

9:45 Fall Leaf Pick Up  
10:30 Pumpkin Balloon Volleyball  
2:00 Creepy Campfire Tales & Smore's  
6:00 Friday Night Games **16**

9:45 Saturday Strolls  
10:30 News & Views  
2:00 Halloween Word Scramble  
3:00 Riddles & Refreshments  
6:00 Uno Card Game **17**

9:45 Stretch & Tone  
10:30 Dvd Church  
2:00 Picture Stories-Halloween Addition  
4:00 Church Service  
6:00 Funniest Home Videos **18**

10:30 Sittercise  
11:00 Nail Care & Hand Massages  
2:00 Bingo  
3:00 Finish The Phrase  
6:00 Pumpkin Tick Tac Toe **19**

9:45 Walking Group  
10:30 Tuesday Travels  
1:30 Bible Study  
3:00 Truth or Fiction  
6:00 Music-Aaron Shoemaker **20**

9:45 Wacky Word Game  
10:00 Catholic Mass  
10:30 Chair Zumba  
2:00 Name That Tune  
3:00 Fun with Food-Carmel Apples  
6:00 Midweek Halloween Movie **21**

9:45 Polker Walkers  
10:30 Minute To Win It  
2:00 Bingo  
3:00 Positive Quotes & Pop  
6:00 Bullseye Bea Bag **22**

9:45 Pink Day Facts  
10:30 Fun Friday Exercise  
2:00 Halloween Charades  
3:00 Pink Lemonade & Laughs  
6:00 Pumpkin Bowling **23**

9:45 Morning Stretches  
10:30 Spooky Word Search  
2:00 Craft - Candy Dish  
3:00 Bistro Buddies  
6:00 Triominos **24**

9:45 Sunday Funnies  
10:30 Dvd Church  
2:00 Afternoon Walkers  
4:00 Church Service  
6:00 Movie & Popcorn **25**

10:30 Sittercise  
11:00 Manicures & Spa Care  
2:00 Bingo  
3:00 Pumpkin Decorating  
6:00 Pumpkin Trivia **26**  
Evening Snack

9:45 Morning Walkers  
10:30 Mens Sports Talk  
1:30 Bible Study  
3:00 October Birthday Bash  
6:00 Pumpkin Toss **27**

9:45 Wellness Exercise  
10:30 Helping Hands-Doggie Treats  
2:00 Thank You Cards  
3:00 Spin To Win  
6:00 Rummy Cube **28**

9:45 Autumn Walkers  
10:30 Halloween Puns  
2:00 Bingo  
3:00 Helping Hands-Halloween Goodie Bags  
6:00 It's The Great Pumpkin Charlie Brown **29**

9:45 Friday Flexes  
10:30 Do You Hear It?  
2:00 Pumpkin Carving Corner  
3:00 Candy Corn Fun  
6:00 Halloween Pet Parade **30**

**Halloween**  
9:45 Halloween Puns  
10:30 Monster Mash  
2:00 Halloween Parade  
3:00 Spooky Treats  
6:00 Halloween Movie & Popcorn **31**

