



### Celebrate October

- October brings us Columbus Day and Halloween.
- October's birthstone is the opal.
- October's flower is the calendula
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Resident birthdays: Shirley H (10/10), Dee Z (10/17),

BFM birthdays: Meagan Hurlock (10/6)



# Wabash HAPPENINGS

OCTOBER

## Always Something Happening Just for Fun

10/1 10a Resident Council

At our Hollywood Day in August, BFM Mari did makeovers for our residents. They had a chance to walk the red carpet and show off their bling.

10/6 3:30p Food Council

Here's Margaret all glammed up and ready to shine while Mari takes her photo.

10/7 Family History Day

10/31 Halloween

For Halloween we dressed up as almonds. Everyone could tell we were nuts.

Q: What does a skeleton order at a restaurant?  
A: Spare ribs.

Q: What is a vampire's favourite type of ship?  
A: A blood vessel.

Q: Where does Dracula keep his valuables?  
A: In a blood bank.

Q: What kind of key opens a casket?  
A: A skeleton key.

Q: Why do demons and ghouls hang out together?  
A: Because demons are a ghouls best friend!

Q: What do you call a witch's garage?  
A: A broom closet.

Q: Know why skeletons are so calm?  
A: Because nothing gets under their skin.

Q: Why did the vampire need mouthwash?  
A: Because he had bad breath.



### Outstanding October

In years past, we've invited both children and dogs to join us for Trick or Treat and Bark and Boo. We'll have to wait to see what the rules allow us to do.

We take about 25,000 breaths a day. Mostly that's oxygen and nitrogen. But there are other things mixed in--viruses, bacteria, smoke, smog, and such.

October is Breast Cancer Awareness Month. It's also Healthy Lung Month.

Your overall health depends on your lungs and their ability to provide your body with good air.

While we hear a lot about breast cancer, healthy lungs aren't another matter.

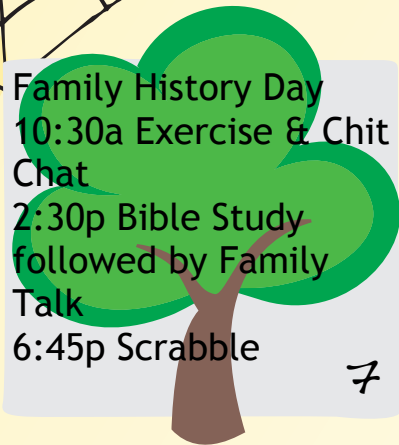
Most Mondays we do laugh yoga, which ends with some deep breathing. Breathing deeply is important. It helps to clear out the very bottoms of our lungs.

We rarely think about our lungs except when it's difficult to breathe. The dangers to our lungs are general neglect, disease, mold, air pollution, and smoking. Bottom

Here's to a healthy October!



# October



11a Balloon Bop  
1:30p Puzzle Time  
2:15p High Tea  
3:30p Church Service

4

10:30a Bingo  
2p Monday Mocha & More  
2:30p Laugh Yoga & Hangman  
3:30p Sing-A-Long

5

Happy Bday, Meagan  
10:30a Manicures  
2:00p Jigsaw Puzzle Fun  
3p Coffee Klatch  
3:30p Food Council  
6:45p Yahtzee

6

Family History Day  
10:30a Exercise & Chit Chat  
2:30p Bible Study followed by Family Talk  
6:45p Scrabble

7

10a Resident Council  
10:30a Trivia  
2:30p Craft Corner  
3:30p Music & Stories

1

10a Pet Therapy  
10:30a Finish Line Friday  
2:30p Dance Class & Story Telling  
6:45p Sorry

2

10a Bowling  
1p Movie Matinee

3

10:30a Trivia  
2:30p Craft Corner  
3:30p Music & Stories

8

10:30a Happy Feet  
2:30p Dance Class & Story Telling  
6:45p Sorry

9

Happy Bday, Shirley H  
10a Cornhole  
1p Movie Matinee

10

11a Balloon Bop  
1:30p Puzzle Time  
2:15p High Tea  
3:30p Church Service

11

10:30a Bingo  
2p Monday Mocha & More  
2:30p Laugh Yoga & Story Salad  
3:30p Sing-A-Long

12

10:30a Manicures  
2:30p Bible Study followed by Apple Toss  
6:45p Yahtzee

13

2:00p Jigsaw Puzzle Fun  
3p Coffee Klatch  
6:45p Scrabble

14

10:30a Trivia  
2:30p Craft Corner  
3:30p Music & Stories

15

10:30a Finish Line Friday  
2:30p Dance Class & Story Telling  
6:45p Sorry

16

Happy Bday, Dee  
10a Hot Potato  
1p Movie Matinee

17

11a Balloon Bop  
1:30p Puzzle Time  
2:15p High Tea  
3:30p Church Service

18

10:30a Bingo  
2p Monday Mocha & More  
2:30p Laugh Yoga & Hangman  
3:30p Sing-A-Long

19

10:30a Manicures  
2:00p Jigsaw Puzzle Fun  
3p Coffee Klatch  
6:45p Yahtzee

20

10:30a Exercise & Chit Chat  
2:30p Bible Study followed by Pigs in the Pen  
6:45p Scrabble

21

10:30a Trivia  
2:30p Craft Corner  
3:30p Music & Stories

22

10:30a Happy Feet  
2:30p Dance Class & Story Telling  
6:45p Sorry

23

10a Bowling  
1p Movie Matinee

24

11a Balloon Bop  
1:30p Puzzle Time  
2:15p High Tea  
3:30p Church Service

25

10:30a Bingo  
2p Monday Mocha & More  
2:30p Laugh Yoga & Story Salad  
3:30p Sing-A-Long

26

10:30a Manicures  
2:00p Jigsaw Puzzle Fun  
3p Coffee Klatch  
6:45p Yahtzee

27

10:30a Exercise & Chit Chat  
2:30p Bible Study followed by Weird Food Tasting  
6:45p Scrabble

28

10:30a Trivia  
2:30p Craft Corner  
3:30p Music & Stories

29

10:30a Finish Line Friday  
2:30p Birthday & Halloween Party  
6:45p Sorry

30

Halloween  
10a Cornhole  
1p Movie Matinee

31

