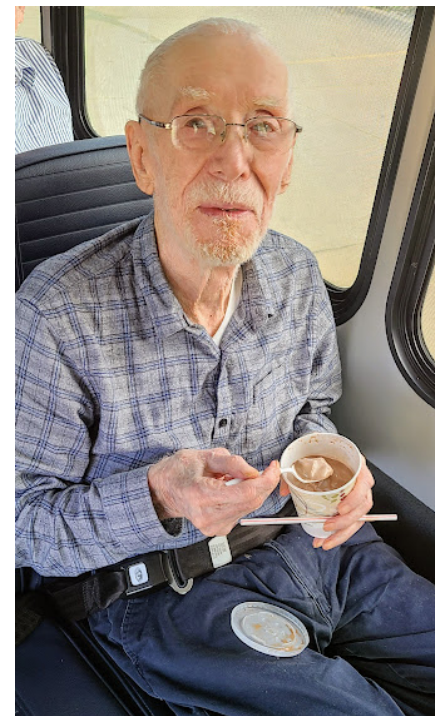
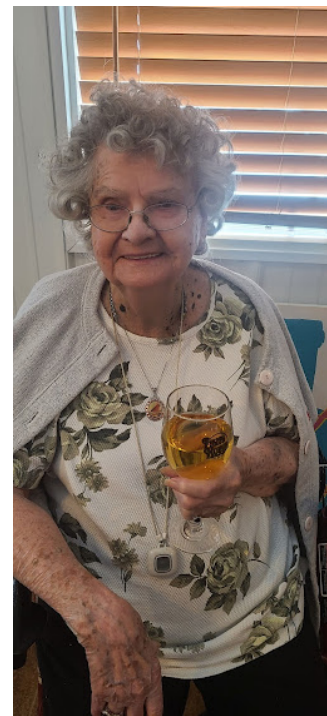


# HAPPENINGS



"A Smile is the most Beautiful thing you can wear." - Matshona Dhliwayo



!Go Hawks Go!



2 - 4 - 6 - 8 - Who do we appreciate?! Yay! Go Team!

When I was in school, I always loved cheering with the cheerleaders and rooting on the home team.

What I have discovered is that we all need cheerleaders in our lives. Someone who encourages us on. Someone who lifts us up when we feel down or discouraged. Someone who celebrates our victories with us and is still there through our defeats.

Who is your cheerleader?

Maybe you can be a cheerleader for someone who needs it or for those around you that just need a little boost.

I also want to remind you that you have an eternal cheerleader in Jesus Christ.

Romans 8:31 says: ...If God is for us, who can be against us?

Romans 8:37 says: ...in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

In other words, He is on our side cheering us on as we journey through life's ups and downs.

So...First and 10...Do it again!

You are a Champion!

Blessings, Chaplain Gwen Fratt

Sunday

Monday

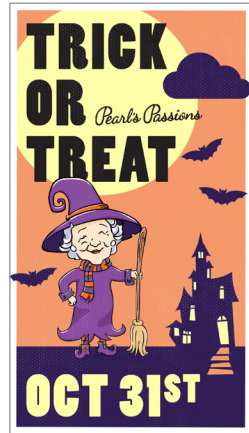
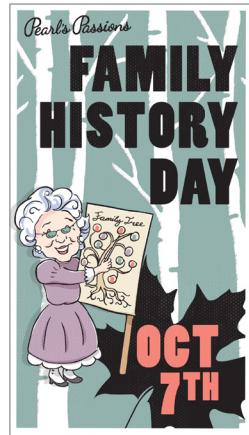
Tuesday

Wednesday

Thursday

Friday

Saturday



| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|---|---|--|---|--|
| <p><b>HALLOWEEN</b><br/>Happy Halloween!<br/>9-Exercise<br/>930-Walking Club<br/>10-Music with Marj<br/>2-AL Church<br/>3-MB Church</p> <p>31</p> | <p>Quote of the Month:<br/>"The smallest act of kindness is worth more than the greatest intention."<br/>-Oscar Wilde</p>  | <p>Joke of the Month:<br/>Q: Who was the best dancer at the Halloween party?<br/>A: The Boogie man.</p>   | <p>Bible Verse of the Month<br/>The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. ~ <a href="#">Psalm 28:7</a></p>        | <p>*Random Facts About Halloween*<br/>1. Candy Corn was originally called Chicken Feed<br/>2.The most lit Jack-O-Lanterns on display is 30,581<br/>3.Halloween we know today can trace its roots back to the ancient Celtic end-of-harvest festival of Samhain</p> | <p>Happy Birthday Jakayla!<br/>9-Exercise<br/>930-Kickball<br/>130-Game Time<br/>300-Treat Cart</p> <p>1</p>                      | <p>9-Exercise<br/>930-Scavenger Hunt<br/>2-Movie &amp; Popcorn Showing: Casper-The Friendly Ghost</p> <p>Iowa State vs Kansas 2</p>                                  |
| <p>9-Exercise<br/>930-Walking Club<br/>10-Music with Marj<br/>2-AL Church<br/>3-MB Church<br/>330-Treat Cart</p> <p>3</p>                         | <p>PJ Day!<br/>9-Exercise<br/>930-Manicures<br/>1030-Kickball<br/>130-Diane DeJanes Music<br/>315-Van Ride</p> <p>4</p>  | <p>Wear Blue for Bully Prevention Day!<br/>9-Exercise<br/>9-12 Massages with Tammy<br/>10-Resident Council<br/>130-Bingo<br/>245-Treat Cart<br/>330-Happy Hour</p> <p>5</p> | <p>9-Exercise<br/>930-Mens Club<br/>11-Balloon Volleyball<br/>130-330 BFM Monthly Meeting<br/>345-Treat Cart</p> <p>6</p>   | <p><b>FAMILY HISTORY</b><br/>9-Exercise<br/>930-Coffee Time<br/>11-Resident Advice<br/>2-Root-beer floats and old time food sampling</p> <p>7</p>  | <p>9-Exercise<br/>930- Kickball<br/>Iowa vs Maryland @ 7pm<br/>130-Game Time<br/>300-Treat Cart</p> <p>8</p>                      | <p>Happy Birthday Luci!<br/>9-Exercise<br/>930-Scavenger Hunt<br/>2-Movie &amp; Popcorn Showing: Its the Great Pumpkin Charlie Brown</p> <p>Iowa vs Penn State 9</p> |
| <p>9-Exercise<br/>930-Walking Club<br/>10-Music with Marj<br/>2-AL Church<br/>3-MB Church<br/>330-Treat Cart</p> <p>10</p>                        | <p>PJ Day!<br/>9-Exercise<br/>930-Manicures<br/>1030-Balloon Volleyball<br/>1130-Appleberry Orchard Trip<br/>330-Treat Cart</p> <p>11</p>  | <p>9-Exercise<br/>9-12 Massages with Tammy<br/>1030-Cards<br/>130-Bingo<br/>245-Treat Cart<br/>330-Happy Hour</p> <p>12</p>   | <p>Happy Birthday Heidi!<br/>9-Exercise<br/>930-Mens Club<br/>11-Balloon Volleyball<br/>11-Catholic Mass<br/>130-Baking Club<br/>3-Treat Cart</p> <p>13</p>   | <p>Happy Birthday Ellen!<br/>9-Exercise<br/>930-Coffee Time<br/>1045-American Dutchess Docking<br/>130-Art Center<br/>230-Rosary<br/>3-Treat Cart<br/>330-Bible Study</p> <p>14</p>  | <p>Happy Birthday Paul!<br/>9-Exercise<br/>930-Kickball<br/>130-Game Time<br/>300-Treat Cart</p> <p>15</p>                        | <p>9-Exercise<br/>930-Scavenger Hunt<br/>2-Movie &amp; Popcorn Showing: Ghostbusters</p> <p>Iowa vs Purdue @ 230p<br/>Iowa State vs Kansas 16</p>                    |
| <p>9-Exercise<br/>930-Walking Club<br/>10-Music with Marj<br/>2-AL Church<br/>3-MB Church<br/>330-Treat Cart</p> <p>17</p>                        | <p>PJ Day!<br/>9-Exercise<br/>930-Manicures<br/>1030-Kickball<br/>1130-Harvestville Trip<br/>330-Treat Cart</p> <p>18</p>  | <p>9-Exercise<br/>9-12 Massages with Tammy<br/>1030-Cards<br/>130-Bingo<br/>245-Treat Cart<br/>330-Happy Hour</p> <p>19</p>   | <p>Happy Birthday Haley!<br/>9-Exercise<br/>930-Mens Club<br/>11-Balloon Volleyball<br/>130-Baking Club<br/>3-Treat Cart</p> <p>20</p>  | <p>9-Exercise<br/>930-Coffee Time<br/>11-Balloon Volleyball<br/>130-Travelogue @ The Capitol Theater<br/>230-Rosary<br/>3-Treat Cart<br/>330-Bible Study</p> <p>21</p>   | <p>9-Exercise<br/>930-Kickball<br/>11-Lunch at The Pink<br/>2-Game Time<br/>330-Treat Cart</p> <p>22</p>                          | <p>9-Exercise<br/>930-Scavenger Hunt<br/>2-Movie &amp; Popcorn Showing: Hotel Transylvania</p> <p>Iowa State vs Oklahoma State 23</p>                                |
| <p>9-Exercise<br/>930-Walking Club<br/>10-Music with Marj<br/>2-AL Church<br/>3-MB Church<br/>330-Treat Cart</p> <p>24</p>                        | <p>Monster Monday<br/>9-Exercise<br/>930-Manicures<br/>1030-Balloon Volleyball<br/>1130-Treat Cart<br/>130-Joe and Lori King Music<br/>315-Van Ride<br/>630-Movie-Monsters INC</p> <p>25</p> | <p>Troll Tuesday<br/>9-Exercise<br/>9-12 Massages with Tammy<br/>1030-Cards<br/>130-Bingo<br/>245-Treat Cart<br/>330-Happy Hour<br/>630-Movie-Trolls</p> <p>26</p>          | <p>Happy Birthday Mike!<br/>Witch/Wizard Wednesday<br/>9-Exercise<br/>930-Mens Club<br/>11-Balloon Volleyball<br/>130-Baking Club<br/>3-Treat Cart<br/>630-Movie-The House with Clock in it Walls</p> <p>27</p> | <p>Trick or Treat Thursday<br/>9-Exercise<br/>930-Coffee Time<br/>11-Balloon Volleyball<br/>130-Bingo<br/>230-Rosary<br/>3-Treat Cart<br/>330-Bible Study<br/>630-Movie-Hocus Pocus</p> <p>28</p>  | <p>Freaky Friday<br/>9-Exercise<br/>930- Kickball<br/>130-Game Time<br/>300 -Treat Cart<br/>630-Movie-Freaky Friday</p> <p>29</p> | <p>9-Exercise<br/>930-Scavenger Hunt<br/>2-Movie &amp; Popcorn Showing: The Adams Family</p> <p>Iowa vs Wisconsin @ 11a<br/>Iowa State vs West Virginia 30</p>       |