

HAPPENINGS



Welcome October



October Birthday's

Faith Bruhn----October 9th
BFM Brian----October 10th
BFM Kim----October 15th
Pauline Kitteringham----October 20th

Health Message from Heidi

As we enter Flu Season, a few things to remember. The most common way to catch the flu is to touch your own eyes, nose, or mouth with germy hands. So, keep your hands clean, and away from your face.

Cover your cough with elbow, coughing into your hand allows you to youch other surfaces spreading the virus. Good hand washing is imperative! Did you know that Influenza virus can live on some surfaces up to 48 hours?

Proper and consistent hand washing is one of the easiest ways to prevent the spread of flu. Teach kids by example by showing them proper hand washing technique:

- * Wet hands with water and apply an amount of soap recommended by the manufacturer to hands.
- * Rub hands together vigorously for at least 20 seconds, covering all surfaces of the hands and giving added attention to fingernails and surfaces where jewelry is worn
- * Rinse hands with water. Dry thoroughly with a dispossable towel. Use the towel to turn off faucet

Facts about the Month of October

- *In the Southern Hemisphere, October is the equivalent to April
- *In the early Roman calendar, it was actually the eight month of the year. Eventually, January and february were added to the calendar; the former became the first month of the calendar, while the latter came after the month of December.
- *President truman made the first presidential telecast address from the White House on October 5, 1947
- *October always ends on the same day as february-every year. If you look at the year 2023, both months end on the same day, which is Tuesday.
- *Rural delivery of mail in the United States was not free until October 1,1896. prior to this, rural farmers had to pay a private carrier or pick up from their "local" post office.
- *While the fall season began on September 23rd, the peak of fall foliage happens a month after. After leaves start to lose chlorophyll during this season, they also start to lose their green pigment. In turn, they are replaced with warm tones of yellow, oranges, and reds.

Sunday

Monday

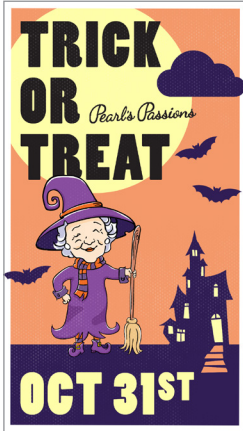
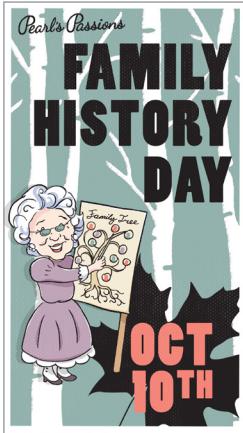
Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 Exercise DVD
11:00 Coloring Club
2:00 Afternoon Movie in the Family Room
2:30 500 Card Club
3:00 Walking Club

1

9:15 Manicures
10:00 Exercise Class
10:30 Trivia
11:00 Rosary by the Birds
1:00 Small Group Activity
1:30 Po-Ke-No
3:00 Bean Bag Toss

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10:00 Exercise Class
11:00 CuetivityActivity
1:00 Chat Time
1:30 Bingo in the Activity Room
3:00 Sing-A-Long with Chaplain Gloria

3

10:00 Exercise with NIT
11:00 Bible Study with Jim in the Activity Room
1:00 Small Group Activity
1:30 Movie in the Family Room
2:00 Staff meeting

4

10:00 Music with Lou Oswald
1:00 Small Group Activity
1:30 Bingo in the Activity Room
2:45 Car Racing in the Family Room

5

9:15 Catholic Communion
10:00 Exercise Class
11:00 Dog Therapy
1:30 Fast track/ 500 Club
1:30 Bunko in the Activity Room
2:45 Trivia

6

10:00 Exercise DVD
11:00 Coloring Club
1:30 Bingo in the Activity Room

7

10:00 Exercise DVD
11:00 Coloring Club
2:00 Afternoon Movie in the Family Room
2:30 500 Card Club
3:00 Walking Club

8

9:15 Eye Glass Cleaning
10:00 Exercise Class
10:45 Triva
11:00 Rosary by the Birds
1:30 Po-Ke-No
2:45 Small Group Activity

9

FAMILY HISTORY
10:00 Exercise Class
11:00 Eliza from the Sawmill Museum
1:30 Bingo in the Activity Room
3:00 Apartment Visits with Chaplain Gloria

10

9:15 Triva
10:00 Exercise with NIT
11:00 Bible Study with Jim in the Activity Room
1:30 Music with Ron Lubbers in the Family Room

11

9:15 Manicures
10:00 Exercise Class
11:00 Manicures
1:30 Bingo in the Activity Room
2:45 Bean Bag Toss

12

9:15 Catholic Communion
10:00 Exercise Class
11:00 Fellow Ship with Connie in the Activity Room
1:30 Fast track/ 500 Club
1:30 Bunko in the Activity Room
2:45 Finally Friday Afternoon Snack

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10:00 Exercise DVD
11:00 Coloring Club
1:30 Bingo in the Activity Room

14

10:00 Exercise DVD
11:00 Coloring Club
2:00 Afternoon Movie in the Family Room
2:30 500 Card Club
3:00 Walking Club

15

9:15 Small Group Activity
10:00 Exercise Class
11:00 Rosary by the Birds
1:00 Small Group Activity
1:30 Po-Ke-No
2:45 Bean Bag Toss

16

9:15 Coloring Club
10:00 Exercise Class
11:00 Music with Scott K in the family Room
1:00 Trivia
1:30 Bingo in the Activity Room
3:00 Sing-A-Long with Chaplain Gloria

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9:00-11:00 Shopping Trip to the Dollar General
10:00 Exercise with NIT
11:00 Bible Study with Jim in the Activity Room
1:00 Small Group Activity
1:30 Movie in the Family Room
2:00 Staff Meeting

18

10:00 Exercise Class
1:30 Apartment Visits with Chaplain Sue
12:30 Golf Putting Practice
1:45 Bus Ride to look at the fall Colors

19

9:15 Catholic Communion
10:00 Exercise Class
11:00 Fellow Ship with Connie in the Activity Room
1:30 Fast track/ 500 Club
1:30 Bunko in the Activity Room
2:45 Small Group Activity

20

10:00 Exercise DVD
11:00 Coloring Club
1:30 Bingo in the Activity Room

21

10:00 Exercise DVD
11:00 Coloring Club
1:30 Chaplain Sue with Communion
2:00 Afternoon Movie in the Family Room
2:30 500 Card Club
3:00 Walking Club

22

9:15 Coloring Club
10:00 Exercise Class
10:45 Trivia
11:00 Rosary by the Birds
1:00 Small Group Activity
1:30 Halloween Crafts in the Activity Room

23

9:15 Walking Club
10:00 Exercise Class
10:45 Trivia
1:30 Bingo in the Activity Room
3:00 Apartment Visits with Chaplain Gloria

24

10:00 Exercise with NIT
11:00 Bible Study with Jim in the Activity Room
1:30 Resident Council meeting in the Dining Room
2:30 Making Rice Krispie Treats in the Activity Room

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9:15 Coloring Club
10:00 Exercise Class
10:45 Trivia
1:30 Bingo in the Activity Room
2:45 Men's Car Racing in the Family Room

26

9:15 Catholic Communion
10:00 Exercise Class
11:00 Fellow Ship with Connie in the Activity Room
1:30 Fast track/ 500 Club
1:30 Bunko in the Activity Room
2:45 Faces and Places in the Family Room

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10:00 Exercise DVD
11:00 Coloring Club
1:30 Bingo in the Activity Room

28

10:00 Exercise DVD
1:30 Chaplain Sue with Communion
Trick or Treating 2-4

29

9:15 Eye Glass Cleaning
10:00 Exercise Class
11:00 Rosary by the Birds
1:00 Small Group Activity
1:45 Bus Ride to look at Halloween Decorations

30

HALLOWEEN
9:15 Coloring Club
10:00 Exercise Class
11:00 Halloween Games
1:30 Bingo in the Activity Room
2:45 Afternoon Treat
3:00 Sing-A-Long with Chaplain Gloria

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