



OCTOBER 2023

Rowena Slater for Employee of the Month!

Ladies and Gentlemen, we would like to announce Rowena "Ro" Slater as the employee of the month for October! Rowena is one of our Independent Living Housekeepers and is a beast at keeping it clean. She is very reliable, kind and has a very positive attitude. Her first week of working, we just knew she would be phenomenal, and has showed just that! Rowena is genuinely friendly and is one of the happiest people I've ever met. She is a team player who is thorough, accurate and task-oriented. Rowena, you're appreciated more than you'll ever know. Thank you for being a part of the community and congratulations on being employee of the month!



Dear, Residents, Families And Friends,

Happy October! Prepare to carve your pumpkins, sip on your pumpkin spice lattes and slip on your coziest sweaters. As the scorching sun gives way to a pleasant breeze, take a moment to appreciate the beauty of the changing leaves. The changing of the seasons is a reminder of the passage of time, and fall is the perfect time to catch up with loved ones over a warm cup of apple cider. This month is sure to be filled with tons of spook-tacular events and activities! From our trick-or-treating party to our Ghostly Gala main event, make sure to keep a close eye on the calendar so you don't miss out on a single moment of fun. And of course, we will be hosting our annual costume contest. I look forward to seeing all of your ghoulishly delightful costumes!

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Assisted Living Locations..

- Activity Room AR
- AL Courtyard ALC
- AL Parking Lot ALPL
- Bistro B
- Independent Living IL
- Library LL
- Lobby L
- Outing O
- Spa Spa
- Garden G

Transportation Schedule..

- Monday, 10am
- Grocery Stores 9:45
- Tuesday, 10am
- Walmart 10am
- Wednesday, 10am
- Post Office/Bank
- Thursday, 10am
- Walmart 10am
- Friday, TBA
- Field Trips/Outings

Happy Birthday!

- 5-Ruth Olinger
- 7-Lometa Judkins
- 11-Nada Howard
- 13-Joe Patterson

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dallas Cowboys vs. New England (Go Cowboys!) 1 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	2 9:30 Men's & Women's Coffee Table DR 9:45 Big Lots Trip (O) 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Beach Volleyball 3:30 Dear Abby & Ice Cream	3 9:30 Take a Walk Around L.E. (O) 10:00 Art with Friends (AR) 10:00 Walmart Shopping (O) 2:00 Bingo & Snacks w/ Allison (DR) 3:30 Group Sing Along 4:00 Crosswords Before Dinner L	4 10:00 Fab! Fit! and Fun! 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 3:00 Skunk Dice Game 4:00 Crosswords before Dinner	5 10:00 Walmart Shopping (O) 10:30 Spooky Halloween Arts & Crafts 2:00 Snack and Chat Social in the Bistro 3:00 Word Games 4:00 Crosswords Before Dinner	6 9:00 Let's Take A Walk Around L.E. (O) 10:00 Curls and Crunches! (Exercise with Elise) 11:00 Women's Breakfast Outing! (Mill Street Diner) 1:00 Uno Crew! 2:00 Pink Out! Pink Party in honor of Breast Cancer Awareness Month 3:30 Noodle Ball 4:00 Crosswords Before Dinner	7 Texas OU Weekend (Hook 'Em Horns!) 10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Noodle Ball 4:00 Crosswords before Dinner
Dallas Cowboys vs. San Francisco 8 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	9 Columbus Day 8:30 Morning Walk 9:30 Men's & Women's Coffee Table DR 9:45 Dollar Tree Trip (O) 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Indoor Golf L 3:30 Holiday Trivia	10 9:30 Take a Walk Around L.E. (O) 10:00 Art with Friends (AR) 10:00 Walmart Shopping (O) 2:00 Bingo & Snacks w/ Allison (DR) 3:30 Indoor Golf L 4:00 Crosswords Before Dinner L	11 10:00 Fab! Fit! and Fun! 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Town Hall 3:30 Shoot 'Em Up Bang! Bang! (Target Practice) 4:00 Crosswords Before Dinner	12 10:00 Walmart Shopping (O) 10:30 Arts & Crafts AR 1:30 Color Me Calm (Adult Coloring) AR 2:00 Pumpkin-Carving Contest (Staff w/Residents as judges) 3:30 Giant Jenga! 4:00 Crosswords Before Dinner L	13 10:00 Curls and Crunches! (Exercise with Elise) 10:30 Culinary Corner (Cooking w/Allison) 1:00 Mexican Train 2:00 Lima Bean Auction (Fall Edition) 3:30 Corn Hole Competition 4:00 Crosswords Before Dinner	14 LSU vs. Auburn (Geaux Tigers!) 10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Giant Jenga 4:00 Crosswords before Dinner
15 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	16 Dallas Cowboys VS. Los Angeles 9:30 Men's & Women's Coffee Table DR 9:45 Target Trip (O) 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Same Sound, different Spelling! 3:30 Red Light, Green Light 4:00 Sing Along ('60s & '70s mix up)	17 9:30 Take a Walk Around L.E. (O) 10:00 Art with Friends (AR) 10:00 Walmart Shopping (O) 2:00 Bingo & Snacks w/ Allison (DR) 3:30 Word in a Word Game	18 10:00 Fab! Fit! and Fun! 10:00 Post Office/Bank (O) 11:00 A Trip to The Pumpkin Patch! 1:30 Bible Study (AR) 2:30 Culinary Corner Spider Cookies 3:30 Dear Abby and Ice Cream	19 10:00 Walmart Shopping (O) 10:30 Fall Arts & Crafts 1:30 Mexican Train Crew 2:00 Ghostly Gala Main Event! 3:30 Who Am I? 4:00 Colorist Cafe or Watercolor Painting	20 10:00 Curls and Crunches! (Exercise with Elise) 10:30 Culinary Corner: Homemade Bread 11:00 Men's Breakfast Outing! (Mill Street Diner) 2:00 Haunted Happy Hour! 3:30 Ring Toss 4:00 Crosswords Before Dinner	21 UT Longhorns vs University of Houston 10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Halloween Trail Mix 4:00 Crosswords Before Dinner
22 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	23 8:30 Morning Walk 9:30 Men's & Women's Coffee Table DR 9:45 Tom Thumb Trip (O) 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Ring Toss 3:30 Wheelchair Race	24 9:30 Take a Walk Around L.E. (O) 10:00 Art with Friends (AR) 10:00 Walmart Shopping (O) 2:00 Bingo & Snacks w/ Allison (DR) 3:30 Epic Fish Bowl Game 4:00 Hedbanz Challenge (B)	25 9:00 Take a Walk around L.E. 10:00 Fab! Fit! and Fun! 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Popcorn and Horror Movies! 3:30 Red Light, Green Light	26 10:00 Walmart Shopping (O) 10:30 Arts & Crafts AR 1:30 Scary Movies and Popcorn 4:00 Crosswords Before Dinner L	27 10:00 Curls and Crunches! (Exercise with Elise) 10:30 Culinary Corner Pumpkin Pie in a Cup 11:00 AL & IL Lunch Outing (Soul Man's BBQ) 2:00 Monster Mash Happy Hour/Costume Contest 3:30 Game Extravaganza! 4:00 Crosswords Before Dinner	28 Tennessee vs. Kentucky 10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Word Games 4:00 Crosswords Before Dinner
Dallas Cowboys vs. LA Rams 29 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	30 9:30 Men's & Women's Coffee Table DR 9:45 Aldi Trip (O) 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Balloon Volleyball 3:30 Outburst Game 6:30 Dominos /42/Mexican Train	31 9:30 Take a Walk Around L.E. (O) 10:00 Art with Friends (AR) 10:00 Walmart Shopping (O) 2:00 Bingo & Snacks w/ Allison (DR) 3:30 Finish The Lyrics ('50s * '60s Music) 6:30 Trick Or treating/ Halloween Party (Costume Contest)				



Halloween Party

We'll be scaring up some fun later this month with our Halloween costume party! Come on down to the community for tricks, treats and prizes for the best costumes. Keep your eyes and ears open for details.



Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

