



## From Your Executive Director

As we step into October, we're greeted by the crisp, invigorating air that defines this beautiful, fall month. The transition from summer's warmth to autumn's chill is now in full swing, bringing with it a refreshing change in our weather patterns.

This month, we're thrilled to announce our visit to a local pumpkin patch! It's a wonderful opportunity for everyone to enjoy the fresh autumn air, pick out the perfect pumpkins, and revel in the harvest season. We are overjoyed to announce that our Luau event in September was a tremendous success! The evening was filled with laughter, joy, and community spirit. September also saw the celebration of Assisted Living Week, a time to recognize and honor the incredible contributions of our staff and the resilience of our residents. The week was filled with various activities and special events designed to celebrate the spirit of our community. As always, thank you for being such an integral part of our community. Your enthusiasm and participation make every event a success and contribute to the vibrant atmosphere we cherish. Here's to a fantastic October filled with fun, creativity, and festive cheer!



## OCTOBER 2024

### Tom Hobden for Employee of the Month!

Ladies and Gentlemen, it is with great pleasure and admiration that we announce Tom Hobden as our Employee of the Month for October. Tom Hobden has been a remarkable asset to our team, consistently going above and beyond in his role as a bus driver. His exceptional service and dedication have not only ensured the smooth operation of our transportation services but have also significantly contributed to the positive experiences of those we serve. Spoiling the residents is what he loves to do. Tom consistently goes the extra mile, whether it's helping residents with their needs, ensuring the bus is clean and well-maintained, or contributing to a positive work environment. His dedication to excellence is evident in everything he does. Congratulations, Tom! Thank you for everything you do to make our community a better place.



**Locations**

- Parking Lot ..... PL
- Bistro ..... B
- Community Room ..... CR
- Dining Room ..... DR
- Fitness Room ..... FR
- Garden ..... G
- Library ..... LL
- Lobby ..... L
- Outing ..... O
- Route 66 ..... R66
- Theater ..... TH

**Monday, 10AM** (Grocery Stores)

**Tuesday & Thursday, 10AM** (Walmart)

**Wednesday, 10AM** (Post Office/Bank)

**Thursday, 2:30PM** (Misc. Errands)

**Friday, 9:30AM**

- 1- Bill Hirneise
- 1- Sandra White
- 2- Carl Windsor
- 2- Denise Mitchell
- 2- Raymond Henderson
- 4- Phyllis Douglas
- 5- Ruth Olinger
- 8- Pat Lee
- 9- Eleonore Murray
- 13- Shirley Burney
- 20- Sherry Donehoo
- 23- Linda Abel
- 23- Linda Westall
- 24- John Weber
- 26- Madelean Arnold
- 27- Corrine Clark
- 29- Tom Brady

**"Listen! The wind is rising,  
and the air is wild  
with leaves,  
We have had our  
summer evenings,  
now for October eves!"  
—Humbert Wolfe**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:30 Morning Ring Toss (CR) 2:00 Balloon Volleyball (CR) 2:00 Hand & Foot (FR) 2:30 Story Wise (Ground Edition) (CR) 3:30 Charade pick (CR) 6:30 Stay and Play (B)	2 10:00 Post Office/Bank (O) 10:00 Sit & Fit exercise w/ Lawrence (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Red Light Green Light (CR) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends 6:30 Stay and Play (B)	3 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Billion Dollar Bingo (B) 2:00 Euchre (B) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	4 10:00 Bible Study (CR) 1:30 Activities Meeting (TH) 2:00 Hand & Foot (FR) 3:30 Lima Bean Auction, Halloween Edition (CR) 6:30 Stay and Play (B)	5 6:30 Stay and Play (B)
6 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	7 9:45 Big Lots (O) 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Emergency guidelines review w/ Kendra (CR) 2:00 Spades 6:30 Stay and Play (B)	8 9:35 No Walmart Today (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:30 Morning Adult Coloring Club (FR) 11:00 A trip to the Pumpkin Patch (O) 2:00 Hand & Foot (FR) 2:30 Town Hall Meeting (CR) 3:30 Outburst Game 6:30 Stay and Play (B)	9 Halloween Door Contest Begins! 10:00 Post Office/Bank (O) 10:00 Sit & Fit exercise w/ Lawrence (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Table Hockey (Must See) (CR) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends 6:30 Stay and Play (B)	10 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:00 Pink Out Event (Breast Cancer Awareness) (CR) (2-3PM) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	11 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:30 Treats & Wine w/ Krystal Rodriguez (Happy Hour) 6:30 Stay and Play (B)	12 6:30 Stay and Play (B)
13 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	14 Columbus Day 9:45 Dollar Tree (O) 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 3:00 Craft 'N' Chat (CR) 6:30 Stay and Play (B)	15 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:30 Morning Adult Coloring Club (FR) 2:00 Hand & Foot (FR) 2:00 Outburst Game 2:30 Headbandz challenge (B) 3:00 Witch Hat Ring Toss (CR) 6:30 Stay and Play (B)	16 10:00 Post Office/Bank (O) 10:00 Sit & Fit exercise w/ Lawrence (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 October Food Demo 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends 6:30 Stay and Play (B)	17 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Billion Dollar Bingo (B) 2:00 Euchre (B) 2:30 Misc. Errands (O) 3:00 Turn up the music w/ Mark Dunn (L) 6:30 Stay and Play (B)	18 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:30 Happy Hour & Fun (L) 6:30 Stay and Play (B)	19 6:30 Stay and Play (B)
20 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	21 9:45 Kroger (O) 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 6:30 Stay and Play (B)	22 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:00 Spooky Stories (CR) 2:30 Charade Pick (Halloween Edition) 3:30 Tennis Picking Contest 6:30 Stay and Play (B)	23 10:00 Post Office/Bank (O) 10:00 Sit & Fit exercise w/ Lawrence (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 12:00 Lunch & a Show from Mr. & Mrs. Divine (12-1:30PM) (DR) 2:00 Decorate Halloween Cookies 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends 6:30 Stay and Play (B)	24 Halloween Door Contest Ends! 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:00 Halloween Bingo (B) 2:30 Misc. Errands (O) 6:30 Stay and Play (B)	25 10:00 Bible Study (CR) 10:30 Word in a Word (B) 11:00 McDonald's Lunch Outing (O) 2:00 Hand & Foot (FR) 6:30 Stay and Play (B)	26 6:30 Stay and Play (B)
27 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	28 9:45 Tom Thumb (O) 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades 3:00 Craft 'N' Chat (CR) 3:30 Happy Hour on a Monday! David Adams & The Truth Creek Band 6:30 Stay and Play (B)	29 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:30 Word in a Word (CR) 2:00 Hand & Foot (FR) 6:30 Stay and Play (B)	30 10:00 Post Office/Bank (O) 10:00 Sit & Fit exercise w/ Lawrence (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends 6:30 Stay and Play (B)	31 Happy Halloween 9:35 Walmart Shopping (O) 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) 2:30 Misc. Errands (O) 6:30 Stay and Play (B) 6:30 Trick Or Treat (L) 7:00 Halloween Costume Winner Announcement		



## A Guide to Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Learn more about this disease that is the second leading cause of cancer death among women. Breast cancer typically begins in milk ducts or glands, although it can form in other breast tissues. Male breast cancer is possible, but rare.

The most common symptom is a new lump or mass felt in the breast. Other breast cancer symptoms include pain or swelling in all or part of the breast, including the nipple; irritation of the breast skin or nipple, such as redness, dimpling or thickening; nipple discharge, and a newly inverted nipple. These symptoms do not necessarily indicate breast cancer, but any changes to the breast should be checked out by your doctor. Mammograms can detect cancer before symptoms are present. The American Cancer Society recommends women have yearly mammograms beginning at age 40. The cause of breast cancer is unknown, but there are certain risk factors associated with the disease. Genetic risks include a family history of breast or ovarian cancer; dense breast tissue; never being pregnant; having children at a late age; early menstruation, and late menopause.

