

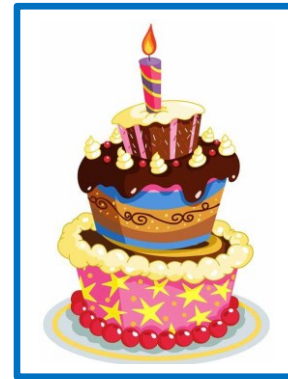


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Each day we focus on:</b>  <b>Motion</b> ~ Exercise &amp; Movement  <b>Creativity</b> ~ Arts, Crafts &amp; Baking  <b>Rhythm</b> ~ Music &amp; Singing  <b>Enrichment</b> ~ Reading &amp; Trivia  <b>Relaxation</b> ~ Massage &amp; Sensory</p> <p><small>*Activities are subject to change when needed</small></p>		<p><b>1</b> <b>Monthly Birthday Party</b></p> <p>110-10:30: Daily Chronicle            10:30-11:30: <b>Baking</b>            2-3: Monthly Birthday Party            3-4: <b>1 on 1 visits</b>            Game Night 6:30-7:30</p>	<p><b>2</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Trivia</b>  <b>1:30 Catholic Mass (Ch 957)</b>            2-2:30: <b>Exercise</b>            2:30-4: Snacks</p>	<p><b>3</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Balloon Toss</b>            10:45-11:30: <b>Trivia</b>            1:30-3:30: <b>Crafts</b></p>	<p><b>4</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Memory Lane</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: Snacks            Game Night 6:30-7:30</p>	<p><b>5</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Dart Ball</b>            1:30-3:30: <b>Movie</b>            3:30-4: 1-on-1</p>
<p><b>6</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Reading</b>            2:30-3:30: Games            3:30-4: Snacks</p> <p><b>2:30 Worship- (Ch 957)</b></p>	<p><b>7</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Coloring</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: <b>Pastor Deb</b></p>	<p><b>8</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Coffee Talk</b>            2-3:30: <b>Famous Faces</b>            3:30-4: Snacks            Game Night 6:30-7:30</p>	<p><b>9</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Trivia</b>  <b>1:30 Rosary (Ch 957)</b>            2-2:30: <b>Exercise</b>            2:30-4: Snacks</p>	<p><b>10</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Balloon Toss</b>            10:45-11:30: <b>Trivia</b>            2-4: <b>Art w/ Kate</b></p>	<p><b>11</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Memory Lane</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4:30: <b>Drum Circle on Redwood</b>            Game Night 6:30-7:30</p>	<p><b>12</b></p> <p>10-10:30: Daily Chronicle            10:30-11: <b>Coffee Talk</b>            1:30-3:30: <b>Nail Art</b>            3:30-4: 1-on-1</p>
<p><b>13</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Trivia</b>            2:30-3:30: Games            3:30-4: Snacks</p> <p><b>2:30 Worship- (Ch 957)</b></p>	<p><b>14</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Coloring</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: <b>Pastor Deb</b>            Documentary 6:30-7:30</p>	<p><b>15</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Baking</b>            2-4: <u>Group Resident Council</u>            Game Night 6:30-7:30</p>	<p><b>16</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Trivia</b>            10:45-11:30: 1-on-1  <b>1:30 Rosary (Ch 957)</b>            2:30-4: Movie</p>	<p><b>17</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Balloon Toss</b>            10:45-11:30: <b>Trivia</b>            1:30-3:30: <b>Crafts</b></p>	<p><b>18</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Memory Lane</b>            2-3:30: <b>Ron on Hickory</b>            3:30-4:30: <b>Bingo</b>            Game Night 6:30-7:30</p>	<p><b>19</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Dart Ball</b>            1:30-3:30: <b>Movie</b>            3:30-4: 1-on-1</p>
<p><b>20</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Reading</b>            2:30-3:30: Games            3:30-4: Snacks</p> <p><b>2:30 Worship- (Ch 957)</b></p>	<p><b>21</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Trivia/1-on-1 Visits</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: <b>Pastor Deb</b></p>	<p><b>22</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Coffee Talk/1-on-1 Visits</b>            2-3:30: <b>Famous Faces</b>            3:30-4: Snacks            Game Night 6:30-7:30</p>	<p><b>23</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Words from Words</b>            10:45-11:30: 1-on-1 Visits  <b>1:30 Rosary (Ch 957)</b>            2:30-3: <b>Carnegie Museum Trip</b>            2:30-4: Movie</p>	<p><b>24</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Balloon Toss/1-on-1 Visits</b>            10:45-11:30: <b>Trivia</b>            2-4: <b>Art w/ Kate</b></p>	<p><b>25</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Memory Lane</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: Snacks            Game Night 6:30-7:30</p>	<p><b>26</b></p> <p>10-10:30: Daily Chronicle            10:30-11: <b>Coffee Talk</b>            1:30-3:30: <b>Nail Art</b>            3:30-4: 1-on-1</p>
<p><b>27</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Reading</b>            2:30-3:30: Games            3:30-4: Snacks</p> <p><b>2:30 Worship- (Ch 957)</b></p>	<p><b>28</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Coloring/1-on-1 Visits</b>            2-2:30: <b>Exercise</b>            2:30-3:30: <b>Bingo</b>            3:30-4: <b>Pastor Deb</b>            Documentary 6:30-7:30</p>	<p><b>29</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Baking</b>            2-3:30: <b>Famous Faces</b>            3:30-4: Snacks            Game Night 6:30-7:30</p>	<p><b>30</b></p> <p>10-10:30: Daily Chronicle            10:30-10:45: <b>Words from Words</b>            10:45-11:30: Snacks  <b>1:30 Rosary (Ch 957)</b>            2-2:30: <b>Exercise</b>            2:30-4: <b>Wii Bowling &amp; Snack</b></p>	<p><b>31</b> <b>Halloween</b></p> <p>10-10:30: Daily Chronicle            10:30-11:30: <b>Halloween Movie</b>            2-2:30: <b>Halloween Parade</b>            2:30-4: <b>Halloween Party in Social Room</b></p>		

### BIRTHDAY LIST



- Peggy C. 10/3
- Joann S. 10/4
- William C. 10/9
- Violet B. 10/14
- Nancy M. 10/15
- Nancy C. 10/21
- Steve R. 10/23
- Jeanne L. 10/28
- David R. 10/4
- Franic B. 10/ 8
- Charles H. 10/9
- Joanne G. 10/ 14
- Ruth C. 10/18
- Nancy G. 10/ 22
- Rosario R. 10/27
- Silvana K. 10/38

Resident Council Meeting  
October 15 2:30pm-3:30pm

Food Committee Meeting  
October 15 2pm-2:30pm

### Dates to Remember in October:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>1- Monthly Birthday Party</li> <li>2- Rosh Hashanah Begins</li> <li>11- Yom Kippur Begins</li> <li>11- Drum Circle on Willow</li> <li>11- Drum Circle on Redwood</li> <li>14- Columbus Day</li> <li>14- Indigenous Peoples' Day</li> </ul> | <ul style="list-style-type: none"> <li>16- Carnegie Museum Trip</li> <li>18- Ron playing on Hickory</li> <li>23- Carnegie Museum Trip</li> <li>31- Halloween</li> <li>31- Halloween Party in Social Room</li> </ul> |
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### Origins of Halloween

Halloween is a holiday celebrated each year on October 31, and Halloween 2024 will occur on Thursday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.



Evergreen Times

### Fitness Tips:

The health benefits of exercise for older adults are profound. Here's a look at what you can expect when you start exercising later in life. (It's never too late!)

#### It Improves Cardiovascular Health

Cardio exercise, such as brisk walking, improves the health of your heart and blood vessels. Regular physical activity is linked to improved markers of cardiovascular health, such as lower blood pressure, resting heart rate, increased heart rate variability, and VO2 max.

#### It Improves Bone Health

Weight-bearing exercise, including walking and resistance training, can slow the loss of bone mineral density. As people age, they typically lose bone mass, which ultimately can lead to osteoporosis and an increased risk of bone fractures. Research shows that weight-bearing exercise is one of the best ways to slow or reduce this bone mineral loss.

#### It Increases Strength and Muscular Endurance

Resistance training increases muscular strength and muscular endurance—and yes, that's true in older adults, too. For example, for seniors with sarcopenia (typically age-related muscle loss), strength training programs can improve strength and physical performance, although training may not have an effect on muscle mass.



Worship Services  
Worship Service Every Sunday  
2:30 - HC/ch957