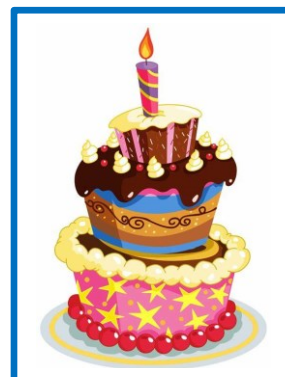


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|--|
| <p><i>Each day we focus on:</i> <i>Motion</i> ~ Exercise & Movement <i>Creativity</i> ~ Arts, Crafts & Baking <i>Rhythm</i> ~ Music & Singing <i>Enrichment</i> ~ Reading & Trivia <i>Relaxation</i> ~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

- 1- Monthly Birthday Party
- 2- Rosh Hashanah Begins
- 11- Yom Kippur Begins
- 11- Drum Circle on Willow
- 11- Drum Circle on Redwood
- 14- Columbus Day
- 14- Indigenous Peoples' Day

- 16- Carnegie Museum Trip
- 18- Ron playing on Hickory
- 23- Carnegie Museum Trip
- 31- Halloween
- 31- Halloween Party in Social Room

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.



Redwood 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