

6033 E. Arbor Ave
Mesa, AZ 85206

Postage
Information



OCTOBER 2018

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Celebrating October

Country Music Month
Positive Attitude Month
Popcorn Poppin' Month

Spinning and Weaving Week
October 1–7

Simchat Torah Begins at Sundown

October 1

Guardian Angels Day

October 2

Columbus Day (U.S.) & Thanksgiving (Canada)

October 8

International

Top Spinning Day

October 14

Boss's Day

October 16

Mulligan Day

October 17

Sweetest Day

October 20

International Artists Day

October 25

All Hallows' Eve

October 31

Flower of the Month – Calendula

The calendula, commonly referred to as the pot marigold, is a hardy little flowering plant that can thrive in all kinds of climates. Although native to the Mediterranean region, they can be found all over the world. Calendula has many medical uses and has been taken as a natural anti-inflammatory throughout the years. This golden-yellow flower also has a place in the kitchen as well as in the medicine cabinet—calendula petals can be eaten and have been used to color cheeses. The origin of the calendula's name remains unknown, but there are many possible explanations. Some researchers speculate that its common name, marigold, refers to the Virgin Mary. This is because early Christians would frequently lay these beautiful flowers next to statues of the Virgin Mary in remembrance.

October's Party

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

What's Lucky in October?

Lucky Colors: Orange and Burgundy

Lucky Days: Monday and Thursday

Lucky Numbers: 3 and 9

Lucky Letters: O and R Lucky

Plant: Pumpkin



Birthstone – Opal

October's birthstone is the opal, a beautiful and versatile gemstone. Opals are primarily found in Australia, Eastern Europe, South America, and even on Mars, according to NASA! Because opals diffract light, they come in almost every color imaginable. Depending on the different properties that were present when it was made, the 2 stone can take on a wide variety of hues. Reds and blacks are the rarest, while whites and greens are the most common. An opal that doesn't show any color is known as potch or common opal. Opals are opalescent, meaning they appear milky or opaque. Throughout the ages, the opal has been associated with vision. In the 14th century, it was called the ophthalmius, or "Eye Stone," as it was believed to strengthen one's eyesight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.

October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

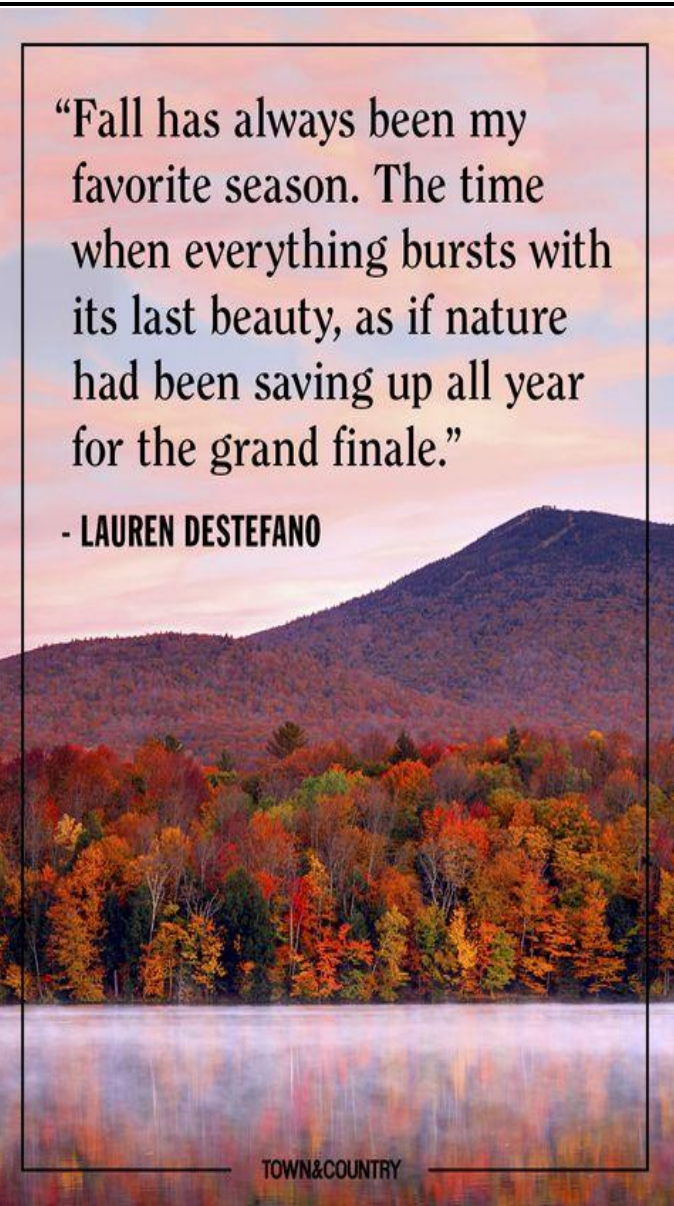
Groucho Marx (comedian) – October 2, 1890
Buster Keaton (comedian) – October 4, 1895
Desmond Tutu (archbishop) – October 7, 1931
Eleanor Roosevelt (first lady) – October 11, 1884
Paul Simon (musician) – October 13, 1941
Lee Iacocca (executive) – October 15, 1924
Evel Knievel (daredevil) – October 17, 1938
Mickey Mantle (ballplayer) – October 20, 1931
Dizzy Gillespie (musician) – October 21, 1917
Minnie Pearl (comedian) – October 25, 1912
Dylan Thomas (poet) – October 27, 1914
Jonas Salk (doctor) – October 28, 1914

Arbor Announcements

Hello family & friends!

Finally! Fall! And with this beautiful weather begins our end of year festivities! Come join us for our Annual Fall Festival! There will be Popcorn and Sodas, Chili Taste Test and Contest, Outdoor Games and Nathan's (soon to be famous) Homemade Street Tacos. We will also have a Costume Contest at 2 pm! Come dressed in impress. We Hope to see you all there!

Shannon Thomas
Executive Director



“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”

- LAUREN DESTEFANO

October is National Apple Month! National Apple Month is the only national, generic apple promotion in the United States. Originally founded in 1904 as National Apple Week, it was expanded to the entire month of October. National Apple Month’s mission is to increase apple industry sales, and to enhance consumer awareness and usage of apples and apple products. Its goal is to increase apple industry sales through a fall retail display contest, foodservice promotional contest, to recognize outstanding retailers for their apple merchandising, and to develop strong relations with retail, foodservice and apple industry members.

Here is a recipe for Pumpkin Applesauce Bread to celebrate National Apple Month!

Hiram Pagan
Culinary Director

Pumpkin Applesauce Bread

Ingredients:

- Cooking spray
- 1 (15-ounce) can pumpkin puree
- 3 cups sugar
- 1 cup applesauce
- 2/3 cup water
- 4 large eggs
- 3 1/2 cups flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 tablespoon pumpkin pie spice

Directions

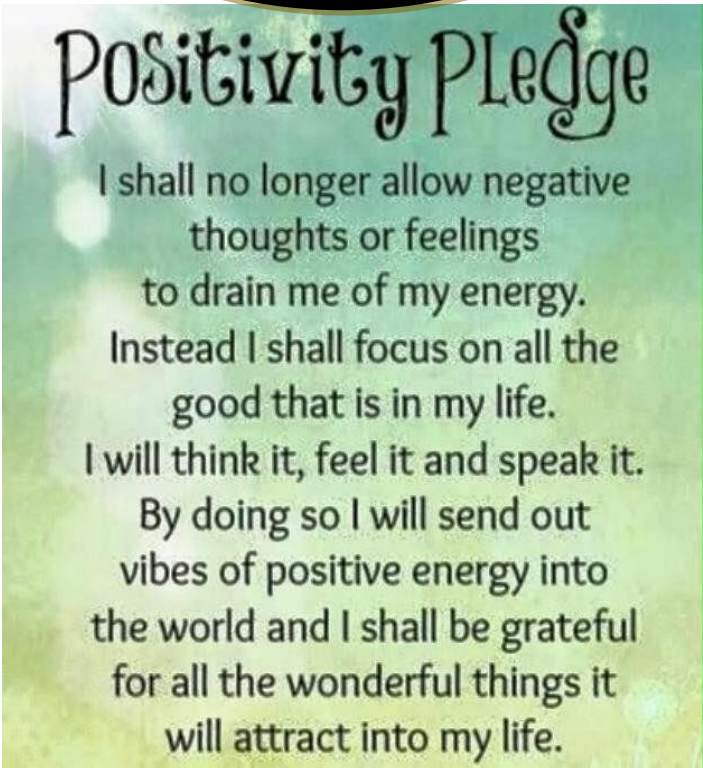
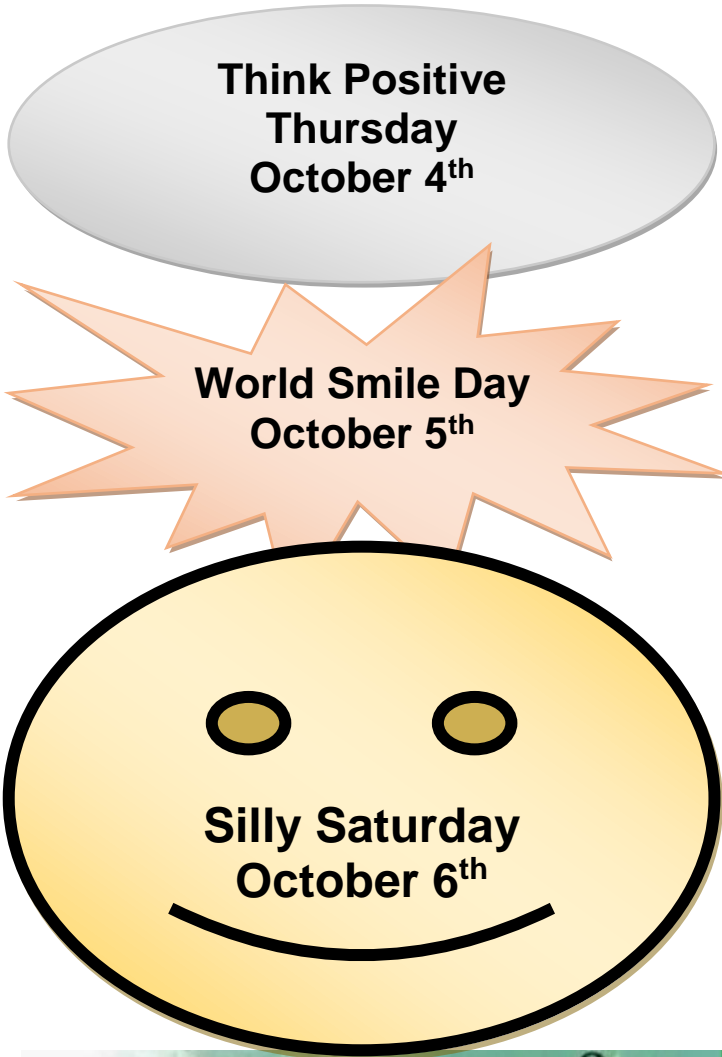
1. Preheat oven to 350°F. Spray three standard-size loaf pans with cooking spray.
2. Combine pumpkin puree, sugar, applesauce, water, and eggs in a large bowl. Set aside.
3. Combine flour, baking soda, salt, and pumpkin pie spice in a medium bowl.
4. Slowly add the flour mixture to the pumpkin puree mixture, mixing until just combined.
5. Evenly divide batter between the three prepared loaf pans.
6. Bake 45–55 minutes. Allow to cool slightly before serving. Makes 24 servings

Arbor Announcements

It's Positive Attitude Month!

1. The power of your thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain.
2. Ignore what other people say or think about you, if they discover that you are changing the way you think.
3. Use your imagination to visualize only favorable and beneficial situations.
4. Use positive words in your inner dialogues, or when talking with others.
5. Smile a little more, as this helps to think positively.
6. Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.
7. In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.
8. It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.
9. Another useful technique is the repetition of affirmations. This technique is similar to creative visualization, and can be used together with it.

Amy Hobbs
Health & Wellness Director



Oct 1	2	3	4	5	
House Salad Mix Chicken Madras Pearl Couscous with Red Grains Winter Blend Carrot Cake	Caesar Salad Italian Lasagna Garlic Pasta Scandinavian Veg Garlic French Bread Brownies	Chipotle Mustard Pork Tenderloin Delmonico Potatoes Capri Blend Baked Roll Cake Chocolates	Lettuce Tomato Cucumber Salad Creole Baked Chicken Duchess Potatoes Chef's Steamed Vegetable Mandarin Orange Chiffon Pie	Coleslaw Cajun Seasoned Fish Cheesy Broccoli Brown Rice Caribbean Blend Apple Cobbler	
7	8	9	10	11	12
Cream of Potato Soup American Hamburgers Dill Pickle Pasta Salad Classic Macaroni Salad Corn on the Cob Watermelon Pudding	Caesar Salad Chicken/Mushroom Gravy Mashed Potatoes Roasted Summer Squash Carrot Cake	Garden Green Salad Brown Sugar Ham Baked Macaroni Cheese Cheesy Potato Rounds <i>and</i> Garlic Green Beans Combread Pound Cake with Fresh Berries	Green Salad Roast Beef with Mushroom Sauce Fingerling Potatoes Lemon Glazed Carrots Baked Roll Brownies	Coleslaw Cod Fillet/Lemon Sauce White and Wild Rice Pilaf Steamed Sugar Snap Peas Pumpkin Pie	
15	16	17	18	19	
Chicken/Mushroom Gravy Garlic Pasta Lemon Buttered Broccoli Baked Roll Banana Cream Pie	House Salad Mix Crispy Pork Chops Ranch Potato Wedges Corn O'Brien Strawberry Shortcake Biscuits	Green Salad Slow Cooked Steak Twice Baked Potato Capri Blend Oreo Ice Cream	Marinated Rosemary Chicken Baked Macaroni Cheese Mixed Vegetables Baked Roll Blueberry Cream Angel Dessert	House Salad Mix Sole Fillet Rice Pilaf Garlic Green Beans Patriotic Shortcake	
22	23	24	25	26	
Coleslaw Oven Fried Chicken Mashed Potatoes/Gravy Corn O'Brien Biscuits Coconut Cake	House Salad Mix Meatballs/Marinara Sauce Scandinavian Veg Cheesy Garlic Biscuits Pound Cake with Fresh Berries	Garden Vegetable Soup Sundried Tomato, Basil, and Goat Cheese Strata Parmesan Roasted Potatoes Green Beans with Fresh Tomatoes Hot Croissant Mixed Berry Crisp	House Salad Mix Beef Patty/Mushroom Gravy Sour Cream Potatoes Capri Blend Baked Roll Vanilla Cream Pie	Caesar Salad Seafood Alfredo Lemon Buttered Broccoli Baked Roll Cherry Cheesecake	
29	30	31			
Garden Green Salad Cheese Stuffed Chicken Breast White and Wild Rice Pilaf Chef's Steamed Vegetable Carrot Cake	Rosemary Lemon Pork Chop Roasted Smashed Potatoes French Cut Green Beans Baked Roll Pumpkin Pie	Pumpkin Soup Mummy's Chicken Casserole Roasted Red Potatoes Finger Carrots Cheesy Bones Dirt and Worms			

Dates to Remember:

- See our calendar for specialty group meetings (i.e Cooking Club, Spanish Class, etc.)
- **October 19th** – Wear Pink! In observation of Breast Cancer Awareness Month
- **October 29th** – Participant/Resident Council – 2PM in the great room
 - Open to all residents, participants, and families.
- **October 30th** – October Birthday Party
- **October 31st** – Annual Fall Festival 1PM – 4PM in the day club. Join us with your families and ours!
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Outings:

- **October 4th** – Movie Outing
- **October 11th** – Nando's Mexican Restaurant
- **October 18th** – Young Adults Outing
- **October 22nd** – Desert Thrift Store Outing
- **October 29th** – Ft. McDowell Casino

October 2018

Adult Day Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Morning movement w/Matt 10:00 Busy Hands 10:00 October IQ 11:00 Let's Discuss! 1:00 ENT. Nashville Tunes 2:00 Artistic Moments 2:00 Magic Kingdom Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:30 Spanish Class with Patricia 11:00 Let's Discuss! 1:00 CC Ent. Billy Pepper 2:00 Artistic Moments 2:00 Peanuts Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:45 SS Church w/ Ginny 11:00 Table Games 1:00 Bingo 1:00 Mouseketeers Day 2:00 Artistic Moments 2:00 Movement and Music! 3:00 Café Connections	Movie Outing - TBD 9:30 Morning movement w/Matt 10:30 Young Adults - How-To Club 11:00 Let's Discuss! 1:00 Bingo 1:00 I Got it! Card Game 2:00 Artistic Moments 2:00 PCs Rule Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:00 World Smile Day! 10:30 CC Bible Study 11:00 Let's Discuss! 1:00 007 Day 1:00 Bingo 2:00 Artistic Moments 2:00 Parachute Game 3:00 Café Connections	Day Club Closed
Day Club Closed	Columbus Day 9:30 Morning movement w/Matt 10:00 Cooking Club- Crazy Cookie Day with Nathan! 10:00 Discoverers' Day in Hawaii 11:00 Let's Discuss! 1:00 Bingo 1:00 Hero in Uniform Day 2:00 Cookies and Milk Social 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:30 Spanish Class with Patricia 11:00 Let's Discuss! 1:00 Bingo 1:00 Tick Tock Tuesday 2:00 Artistic Moments 2:00 Tunes Tuesday 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:45 SS Church w/ Ginny 11:00 Table Games 1:00 Bingo 1:00 Delta Dawn Day 2:00 Artistic Moments 2:00 Cornhole 3:00 Café Connections	Nando's Mexican Restaurant Outing 9:30 Morning movement w/Matt 10:00 Wheel of Fortune 10:30 Young Adults - How-To Club 11:00 Let's Discuss! 1:00 Bingo 1:00 First Lady of the World 2:00 Artistic Moments 2:00 Revson's Day 3:00 Café Connections	9:30 Morning movement w/Matt 9:45 Music Therapy w/ Joel 10:00 Busy Hands 10:30 CC Bible Study 11:00 Let's Discuss! 1:00 Bingo 1:00 World Egg Day 2:00 Artistic Moments 2:00 Movement and Music 3:00 Café Connections	Day Club Closed
Day Club Closed	9:30 Morning movement w/Matt 10:00 Bam! Day 10:00 Bingo 11:00 Let's Discuss! 1:00 ENT. Nashville Tunes 2:00 Artistic Moments 2:00 Grow a Beard Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:00 Interactive Musical Workshop 11:00 Let's Discuss! 1:00 Bingo 1:00 Italy IQ 2:00 Artistic Moments 2:00 Department Store Day 3:00 Café Connections 5:00 Family Caregiver Support Group	9:30 Morning movement w/Matt 10:00 Busy Hands 10:45 SS Church w/ Ginny 11:00 Table Games 1:00 Bingo 2:00 Artistic Moments 2:00 Evel Knievel Day 3:00 Café Connections	Young Adults Outing 9:30 Morning movement w/Matt 10:00 Cooking Club- Chocolate Cupcakes 10:00 Wheel of Fortune 1:00 (Get Your Kicks On) Route 66 Day 1:00 Bingo 2:00 Cupcake Social 3:00 Café Connections	Wear it Pink Day 9:30 Morning movement w/Matt 10:00 Ribbon Craft 10:30 CC Bible Study 11:00 Let's Discuss! 1:00 Bingo 1:00 Historic Flight Anniversary 2:00 Artistic Moments 2:00 Climb On Day 3:00 Café Connections	Day Club Closed
Day Club Closed	Desert Thrift Store Outing 9:30 Morning movement w/Matt 10:00 Busy Hands 10:00 Mysterious Monday 11:00 Let's Discuss! 1:00 Bingo 2:00 Artistic Moments 2:00 Opening Day of the Met 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Bingo 10:30 Spanish Class with Patricia 11:00 Let's Discuss! 1:00 ENT Dan Weibe 2:00 Artistic Moments 2:00 Eatin' Pumpkin Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:45 SS Church w/ Ginny 11:00 Table Games 1:00 Bingo 1:00 Shine On Harvest Moon 2:00 Artistic Moments 2:00 First Cross-Country Telegram Day 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Pablo Picasso Day 10:30 Young Adults - How-To Club 11:00 Let's Discuss! 1:00 Bingo 1:00 The Day The Stones Got Rolling 2:00 Artistic Moments 2:00 Tap Your Toes 3:00 Café Connections	9:30 Morning movement w/Matt 9:45 Music Therapy w/ Joel 10:00 Busy Hands 10:30 CC Bible Study 11:00 Let's Discuss! 1:00 Bingo 2:00 Artistic Moments 2:00 Frankenstein Friday! 3:00 Café Connections	Day Club Closed
Day Club Closed	Fort McDowell Casino Outing 9:30 Morning movement w/Matt 10:00 Charlie's Angels Day 10:30 Bingo 11:00 Let's Discuss! 1:00 ENT. Nashville Tunes 2:00 Artistic Moments 2:00 Resident/Participant Council 3:00 Café Connections	9:30 Morning movement w/Matt 10:00 Busy Hands 10:30 Spanish Class with Patricia 11:00 Let's Discuss! 1:00 A Wicked Day 1:00 Bingo 2:00 October Birthday Party 3:00 Café Connections	Halloween 9:30 Morning movement w/Matt 10:00 Busy Hands 10:45 SS Church w/ Ginny 11:00 Table Games 1:00 Fall Festival 1 - 4 pm 2:00 Artistic Moments 2:00 Halloween Costume Contest	6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200		