

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2020 Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Medical Transportation** 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	1 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Birthday Celebrations with Carol Hendrickson, DR 6:00 Evening Movie, LR <small>Sukkot Begins</small>	2 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR
4 9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	5 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Music Lovers With Barb, LR 6:00 Evening Movie, LR	6 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Scenic Drive, L** 3:00 Sing Along, L 6:00 Evening Movie, LR	7 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-QFC, L** 2:00 Creative Corner, AR 6:00 Evening Movie, LR	8 Medical Transportation** 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	9 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Lindi Moo, DR 6:00 Evening Movie, LR	10 10:00 Morning Exercise, DR 2:00 Music with JJ Dion, DR 3:30 Nail Time, AR 6:00 Evening Movie, LR <small>Simchat Torah Begins</small>
11 9:00 Morning Musical Movie, LR 2:00 DOXA Church Group 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	12 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 World Travel with Barb, LR 6:00 Evening Movie, LR <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	13 9:00 Bible Study, AR 10:00 Morning Exercise, DR 12:30 Swing Dance North-Bellevue Senior Center, L** 1:00 Northwest Geriatrics 6:00 Evening Movie, LR	14 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Bartells, L** 2:00 Red Hats. DR 6:00 Evening Movie, LR	15 Medical Transportation** 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	16 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Lenny Luzzi, DR 6:00 Evening Movie, LR	17 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR
18 9:00 Morning Musical Movie, LR 10:30 Sunday Worship Service, AR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	19 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Who's The Genius with Barb, LR 6:00 Evening Movie, LR	20 9:00 Bible Study, AR 10:00 Morning Exercise, DR 11:00 Lunch Out-Nine' O Bar and Grill 1:00 Northwest Geriatrics 3:00 Sing Along, L 6:00 Evening Movie, LR	21 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Fred Myers, L** 2:00 Bingo Bash, DR 6:00 Evening Movie, LR	22 Medical Transportation** 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Foot Care: Dr. Gorey Sign up at Front Desk 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	23 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Hank Blumenthal, DR 6:00 Evening Movie, LR	24 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR
25 9:00 Morning Musical Movie, LR 2:00 DOXA Church Group 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	26 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Life Issues with Barb, LR 6:00 Evening Movie, LR	27 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Board Games, LR 3:00 Resident Meeting-Come Share your Ideas, AR 6:00 Evening Movie, LR	28 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Dollar Tree, L** 2:00 Cooking Demo with Chef John, DR 6:00 Evening Movie, LR	29 Medical Transportation** 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	30 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Fall Fun Party with Joy & Viki, DR 6:00 Evening Movie, LR	31 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR <small>Halloween</small>

October 2020

THE MONTHLY GAZETTE



"This tree must be falling for me, as soon as I sat under it, it dropped its leaves."

~ Charmaine J. Forde

Tree of the Month – Olive

The olive tree is part of the plant family Oleaceae, which also includes lilacs and jasmine. The primarily short, squat evergreen trees have twisted, gnarled trunks, silvery green oblong leaves, and small, feathery white flowers. And its fruit is the resplendent olive, which along with its oil, is a prominent food staple worldwide—in fact, the word *oil* is derived from *olive*.



Africa and Southern Europe. In this region, the olive tree stands as a potent symbol of abundance, power, wisdom, and peace. Hence, the phrase *to extend an olive branch* means "to make peace." In ancient times, crowns made from olive branches were given to victors in battle and sporting events.

The trees are grown all over the world, from the United States to New Zealand to South Africa but are ubiquitous across countries in the Mediterranean basin, including most of North

Special Days

World Smile Day

October 2

Simchat Torah

Begins at Sundown

October 10

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

October 12

Sweetest Day

October 17

Halloween

October 31

Birthstone – Opal



The opal, October's birthstone, gets its name from the Latin word *opalus*, which means "precious stone." Opals are very soft and easily altered by heat and pressure. An opal is formed in near-surface volcanic

rocks. Although the principal source of opals is Australia, they can also be found in Mexico, Brazil, Honduras, Nicaragua, Guatemala, Japan, and Ireland. In the United States, beautiful black opals are often found in Nevada.

Flower – Calendula



The calendula is a fall-blooming annual that produces a yellow to deep orange flower with edible petals. Also known as the "pot marigold," this flower gets its name from the Latin *calens*, or first day of the month. Ancient Greeks and Romans wore

crowns and garlands of the flowers, and they have long been sacred in India, where the flowers are used to decorate statues of Hindu deities. The head of these flowers follow the sun as it moves through the sky. Calendula symbolize happiness.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays 9:00 AM -1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Welcome:

Ed S.

Leila M.

Arlene P.

Happy Birthday:

Pat J.

Alice D.

Special Activities

October 2nd @2:30 PM

Birthday Celebration with Carol Hendrickson

October 9th @12:30 PM

Happy Hour with Lindi Moo

October 10th @ 2:00

Music with J.J. Dion

October 13th @ 12:30

Swing Dance at Bellevue Community Center

October 14th @2:00 PM

Red Hats

October 16th @2:30 PM

Happy Hour with Lenny Luzzi

October 20th 11:00 AM

Lunch Out – Nine'O Bar and Grill

October 21st 2:00 PM

Bingo Bash

October 23rd @2:30 PM

Happy Hour with Hank Blumenthal

October 27th @3:00 PM

Resident Meeting-Come Share Ideas

October 30th @2:30 PM

Fall Fun Party