

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p><b>4</b></p> <p>9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater</p>	<p><b>5</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines <b>1:30 Entertainment w/Larissa</b> 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p><b>6</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater</p>	<p><b>7</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater</p>	<p><b>8</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages <b>10:00 Catholic Visit</b> 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</p>	<p><b>9</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p> <p style="text-align: center;">Sukkot Begins</p>	<p><b>10</b></p> <p>9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice <b>2:00 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p> <p style="text-align: center;">Simchat Torah Begins</p>
<p><b>11</b></p> <p>9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater</p>	<p><b>12</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Snack Break 2:00 P- Memories &amp; Reminiscing A- Card Games R- Golden Age Music 5:00 Evening Movie Theater</p> <p style="text-align: center;">Columbus Day (US) Thanksgiving Day (Canada)</p>	<p><b>13</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater</p>	<p><b>14</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater</p>	<p><b>15</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages <b>10:00 Catholic Visit</b> 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</p>	<p><b>16</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p>	<p><b>17</b></p> <p>9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</p>
<p><b>18</b></p> <p>9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater</p>	<p><b>19</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Snack Break 2:00 P- Memories &amp; Reminiscing A- Card Games R- Golden Age Music 5:00 Evening Movie Theater</p>	<p><b>20</b></p> <p>9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break <b>2:00 Music with Randy Rogers</b> 5:00 Evening Movie Theater</p>	<p><b>21</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater</p>	<p><b>22</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages <b>10:00 Catholic Visit</b> 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</p>	<p><b>23</b></p> <p>9:00 Meet &amp; Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p>	<p><b>24</b></p> <p>9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</p>
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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.



# Memory Care

A Great Place to Call Home

### Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Welcome:

Neil S.

## Special Activities

**Cooking Demo and Fresh Baked Goods ~ October 2<sup>nd</sup> @ 9:30 am**

**Entertainment with Larissa ~ October 5<sup>th</sup> @ 1:30 pm**

**Cooking Demo and Fresh Baked Goods ~ October 9<sup>th</sup> @ 9:30 am**

**Cooking Demo and Fresh Baked Goods ~ October 16<sup>th</sup> @ 9:30 am**

**Music with Randy Rogers ~ October 20<sup>th</sup> @ 2:00 pm**

**Cooking Demo and Fresh Baked Goods ~ October 23<sup>rd</sup> @ 9:30 am**

**Cooking Demo and Fresh Baked Goods ~ October 30<sup>th</sup> @ 9:30 am**