6 Ways to Boost Your Immune System If You're Over 65

1. Get a flu vaccination - An annual vaccination can reduce your risk of infections.

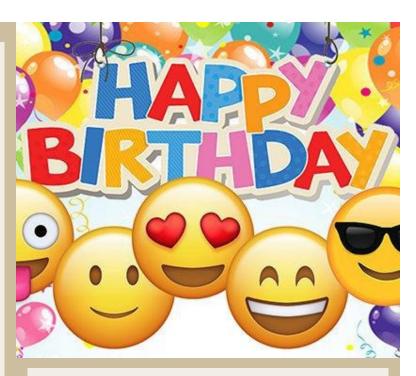
2. Eat a healthy diet - Eating healthy, nutrient-rich diet. This includes eating a diet rich in fruits and vegetables.

3. Be active - Physical activity can strengthen your immune system and help body fight off infections and viruses.

4. Get plenty of sleep - Sleep becomes more important with age because it also helps improve the brain function, concentration, and memory.

5. Maintain a healthy weight - Too much weight has a negative impact on your immune system.

6. Spend time outdoors - Vitamin D helps strengthen the immune system.15 minutes of outdoors will give you the vitamin D you need.



October Birthday's

Lorraine MOct. 2La Rue HOct. 15Nancy BOct. 15Quynh NOct. 16Joan DOct. 23



What is Autumn/Fall?

The autumnal equinox is what originally marked the beginning of what is known as autumn (or fall, as we call it in North America). In North America, autumn typically starts in late September, but in New Zealand, autumn begins in March. There is certainly something magical about autumn.

- 1. Colorful Fall Foliage
- 2. Thanksgiving
- 3. Halloween
- 4. Warming up by a fire
- 5. The start of Football season





October 2020 Brings Two Full Moons

The first full Moon of fall—in this case, the Harvest Moon—will appear on Thursday, October 1st. Later in the month, on Saturday, October 31st (Halloween), the second full moon appears. This is the Hunter's Moon, which will be special for two reasons: it's a rare Halloween full Moon and a Blue Moon!



Sage Desert

2365 West Orange Grove Road Tucson, AZ 85741



Sage Desert Management Team

Christopher Smith, Executive Director Leony Hanson, Business Office Director Karen Friel, Lifestyle and Leisure Director Jose Byars, Culinary Service Director Myra Parker, Sales Director Debi Otte, Sales Director Ellen Connes, Health & Wellness Director Zach Pettit, Maintenance Director Alma Montt, Memory Support Director Barbara Sterette, Resident Care Director Kristine Greene, Resident Care Director

October 2020 Assisted Living Life Sunday	style & Leisure Monday	Tuesday	Wednesday	Thursday	Friday	created sogely with sogely Saturday
Sunday SAGE DESERT ASSISTED LIVING & MEMORY CARE Caring · Inspiring · Rewarding	CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Location KeysBistroBCommunity RoomCDemo KitchenDKFitness CenterFCGame RoomGRLiving Room 1st FloorLR1Living Room 2nd FloorLR2TheaterT	weanesday	8:00 What's Happening Today Daily Chronicles 9:00 Independent Wild Walkers 10:00 Family Visit 10:00 F Fun Fitness with Music [C] 10:30 Theater Time: [T] 11:00 Board Game- Mexican Train [G 11:30 Family Visit 1:30 Family Visit 2:00 Arts and Crafts -Fall Centerpie 2:00 Laugh-a-thon [T] 6:00 Theater Time: [T] 7:00 Night Owls [LR2]	Happy Birthday Lorraine 8:00 What's Happening Today – Daily Chronicles 9:00 Independent Wild Walkers 10:00 Earlie Blast [FC] 10:00 Family Visit 10:30 Theater Time: [T] 11:30 Family Visit 1:30 Scrabble [GR] 2:30 Theater Time:	2 8:00 What's Happening Today - Daily Chronicles 3 9:00 Independent Wild Walkers 10:00 Family Visit 10:00 Sweet Bingo 10:30 Theater Time: [T] 11:00 Pamily Visit 1:30 Family Visit 1:30 Family Visit 2:30 Engage your Brain -Hangman [C] 2:30 Theater Time: [T] 6:00 Theater Time: [T] 7:00 III Night Owls [LR2]
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