

## 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 M	Oct. 2
La Rue H	Oct. 15
Nancy B	Oct. 15
Quynh N	Oct. 16
Joan D	Oct. 23

October  
2020

Sage Desert

2365 West Orange Grove Road  
Tucson, AZ 85741



### 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



### 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 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!





October 2020  
Assisted Living Lifestyle & Leisure



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday									
<div><div><div><div></div><div></div><div></div></div><div><div>SAGE DESERT</div><div>ASSISTED LIVING &amp; MEMORY CARE</div><div>Caring · Inspiring · Rewarding</div></div></div><div><div><div>CC</div>Community Connections</div><div><div>CE</div>Continuing Education</div><div><div>LL</div>Lifestyle &amp; Leisure</div><div><div>PE</div>Physical Engagement</div><div><div>SS</div>Spiritual Support</div></div></div>				<div><div>Location Keys</div><div><div>Bistro</div><div>Community Room</div><div>Demo Kitchen</div><div>Fitness Center</div><div>Game Room</div><div>Living Room 1st Floor</div><div>Living Room 2nd Floor</div><div>Theater</div></div><div><div>B</div><div>C</div><div>DK</div><div>FC</div><div>GR</div><div>LR1</div><div>LR2</div><div>T</div></div></div>				<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:30</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>SS Praise and Worship [LR1]</div><div>11:00</div><div>CE Puzzle Perfect [LR2]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Word-a-thon [C]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>4</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Pump it up [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>CE Scrabble [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:00</div><div>CE Engage your Brain - Trivia [C]</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>CE Great Courses: Wonders of the National Parks: A Geology of North America [T]</div><div>3:30</div><div>CE Technology Class [LR1]</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>5</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>10:45</div><div>CE Equine Therapy</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>PE 15 Minute Leg Workout [FC]</div><div>1:30</div><div>Family Visit</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Bowling Time</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>6</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE 15 Minute Ab Workout [C]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:30</div><div>PE Volley Noodle [C]</div><div>11:30</div><div>CE Brain Teaser [C]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:30</div><div>CE Great Courses- Events that changed History</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Hallway Happy Hour</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>7</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>LL Board Game- Mexican Train [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:00</div><div>Arts and Crafts -Fall Centerpiece [DK]</div><div>2:00</div><div>LL Laugh-a-thon [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>1</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>LL Board Game [GR]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Scrabble [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Blackjack/21 &amp; 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<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>SS Praise and Worship [LR1]</div><div>11:00</div><div>CE Puzzle Perfect [LR2]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Word-a-thon [C]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>18</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Pump it up [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>CE Scrabble [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:00</div><div>CE Engage your Brain - Trivia [C]</div><div>3:00</div><div>CE Great Courses: Wonders of the National Parks: A Geology of North America [T]</div><div>3:30</div><div>CE Technology Class [LR1]</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>19</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>PE 15 Minute Leg Workout [FC]</div><div>1:30</div><div>Family Visit</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>20</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE 15 Minute Ab Workout [C]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:30</div><div>PE Volley Noodle [C]</div><div>11:30</div><div>CE Brain Teaser [C]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:30</div><div>CE Great Courses- Events that changed History</div><div>3:00</div><div>LL Hallway Happy Hour</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>21</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>LL Board Game [GR]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Scrabble [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Blackjack/21 &amp; Milkshake Social</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>22</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>PE Mexican Train [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Sweet Bingo [GR]</div><div>2:30</div><div>CE Engage your Brain - Crossword Puzzle [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>23</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:45</div><div>Equine Therapy</div><div>11:00</div><div>PE MEXICAN TRAIN [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Sweet Bingo [GR]</div><div>2:30</div><div>CE Engage your Brain - Crossword Puzzle [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>24</div>									
<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>SS Praise and Worship [LR1]</div><div>11:00</div><div>CE Puzzle Perfect [LR2]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Word-a-thon [C]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>25</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Pump it up [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>CE Scrabble [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:00</div><div>CE Engage your Brain - Trivia [C]</div><div>3:00</div><div>CE Great Courses: Wonders of the National Parks: A Geology of North America [T]</div><div>3:30</div><div>CE Technology Class [LR1]</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>26</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>PE 15 Minute Leg Workout [FC]</div><div>1:30</div><div>Family Visit</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>27</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE 15 Minute Ab Workout [C]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:30</div><div>PE Volley Noodle [C]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:30</div><div>CE Great Courses- Events that changed History</div><div>3:00</div><div>LL Hallway Happy Hour</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>28</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>LL Board Game [GR]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Scrabble [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Blackjack/21 &amp; Milkshake Social</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>29</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>PE Mexican Train [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Sweet Bingo [GR]</div><div>2:30</div><div>CE Engage your Brain - Crossword Puzzle [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>30</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:30</div><div>PE Volley Noodle [C]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Sweet Bingo [GR]</div><div>2:30</div><div>CE Engage your Brain - Crossword Puzzle [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>31</div>									
<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>SS Praise and Worship [LR1]</div><div>11:00</div><div>CE Puzzle Perfect [LR2]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Word-a-thon [C]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>25</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Pump it up [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>CE Scrabble [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>CE Engage your Brain - Trivia [C]</div><div>1:30</div><div>Family Visit</div><div>2:00</div><div>CE Engage your Brain - Trivia [C]</div><div>3:00</div><div>CE Great Courses: Wonders of the National Parks: A Geology of North America [T]</div><div>3:30</div><div>CE Technology Class [LR1]</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>26</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>PE 15 Minute Leg Workout [FC]</div><div>1:30</div><div>Family Visit</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>27</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE 15 Minute Ab Workout [C]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>10:30</div><div>PE Volley Noodle [C]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>2:30</div><div>CE Great Courses- Events that changed History</div><div>3:00</div><div>LL Hallway Happy Hour</div><div>6:00</div><div>Theater Time: [T]</div><div>6:15</div><div>Bingo Blast with Patti [GR]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>28</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>Family Visit</div><div>10:00</div><div>PE Fun Fitness with Music [C]</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>LL Board Game [GR]</div><div>11:00</div><div>Sweet Bingo [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Scrabble [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>3:00</div><div>Blackjack/21 &amp; Milkshake Social</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>29</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div>10:00</div><div>PE Cardio Blast [FC]</div><div>10:00</div><div>Family Visit</div><div>10:30</div><div>Theater Time: [T]</div><div>11:00</div><div>PE Mexican Train [GR]</div><div>11:30</div><div>Family Visit</div><div>1:30</div><div>Family Visit</div><div>1:30</div><div>Sweet Bingo [GR]</div><div>2:30</div><div>CE Engage your Brain - Crossword Puzzle [GR]</div><div>2:30</div><div>Theater Time: [T]</div><div>6:00</div><div>Theater Time: [T]</div><div>7:00</div><div>LL Night Owls [LR2]</div></div> <div>30</div>		<div><div>8:00</div><div>—</div><div>What's Happening Today</div><div>Daily Chronicles</div><div>9:00</div><div>Independent Wild Walkers</div><div></div></div>									