

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:00 Morning Musical Movie, LR 1:05 Seahawk Sunday, LR 6:00 PO KE NO, L 6:00 Viewers Choice, LR</p>	<p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR 1:00 Wii Bowling, IC 2:00 Sip-n-Paint with Moniece, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Hank Blumenthal, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:30 Pet Visit with Sohie, L 2:00 Nail Time, TBA 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
<p>9:00 Morning Musical Movie, LR 6:00 Bingo, L 6:00 Viewers Choice, LR</p>	<p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR 1:00 Wii Bowling, IC 2:00 Red Hats, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 1:00 Pet Visit with Anubi, LR 2:30 Happy Hour with Jon Pressman, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 2:00 Nail Time, TBA 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
<p>9:00 Morning Musical Movie, LR 1:30 Sunday Documentary, DR 5:20 Seahawk Sunday, LR</p>	<p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR 1:00 Wii Bowling, IC 2:00 Oktoberfest Beer Tasting, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Rebecca Maiten, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:30 Pet Visit with Sohie, L 2:00 Nail Time, TBA 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
<p>9:00 Morning Musical Movie, LR 6:00 PO KE NO, L 6:00 Viewers Choice, LR</p>	<p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Community Meeting, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR 1:00 Wii Bowling, IC 2:00 Bingo Bash, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Foot Care: Dr. Gorey Sign up at Front Desk 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 1:30 Daily Chronicle, LR 2:30 Halloween Happy Hour with Randy Rogers, DR 6:00 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR 2:00 Nail Time, TBA 2:30 Word Games, DR 6:00 Evening Movie, LR</p>

9:00 Morning Musical Movie, LR
1:05 Seahawk Sunday, LR
 6:00 Bingo, L
 6:00 Viewers Choice, LR



Halloween

October 2021
THE MONTHLY GAZETTE

"How beautifully leaves grow old. How full of light and color are their last days."
- John Burroughs



Animal of the Month – Tarantula

Tarantulas are the world's largest spiders. There are around 850 different species of this invertebrate that lives in arid, semidesert, grassland, jungle, and tropical rain forest climates throughout the world. These creatures have tiny bristles covering their bodies that sense vibrations to help them detect prey. Tarantulas use these "hairs" as a weapon against predators by ejecting them from their abdomen toward their attacker's face and eyes. The bite of the tarantula, while deadly for its prey, is not usually fatal for humans, and in some cases, might be similar in feeling to a



bee sting. Tarantulas are nocturnal hunters that feed on insects like beetles and grasshoppers, smaller spiders, and small lizards. They do not make webs, but the females do release a silken trail behind them that the males use to find them for mating. The resulting eggs (typically between 500 to 1,000 or more) are carried in a silken pouch on the mother's body until they hatch.

Special Days

World Teachers' Day
October 5

**Columbus Day (U.S.),
Indigenous Peoples'
Day & Thanksgiving
(Canada)**
October 11

National M&M Day
October 13

Sweetest Day
October 16

World Pasta Day
October 25

Halloween
October 31

Flower – Calendula



The calendula, which is commonly referred to as the pot marigold, is a hardy flowering plant that can thrive in all kinds of climates.

Although native to the Mediterranean region, they are found all over the world. This little golden-yellow flower has many medicinal uses, including as a natural anti-inflammatory. Its petals can also be eaten and have been used to color cheeses. While the origin of the calendula's name remains unknown, some researcher's speculate that its common name, marigold, refers to the Virgin Mary.

Birthstone – Opal



October's birthstone is the much-celebrated opal. Over 90% of the world's opals come from Australia, including the highly prized black opals.

Opals come in a kaleidoscope of other colors, including blue, white, green, yellow, red, pink, purple, and orange. This rare, glittery stone is formed from silica and water. As they have a high water content, opals need to be rubbed with oil regularly to prevent drying out or cracking. Ancient Greeks thought the opal honored its wearer with the gift of foresight and prophecy.



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

Happy Birthday:

Alice D. 10/02

Leila M. 10/08

Marian J. 10/21

**Welcome:
Marian J.**

October 1st @2:30 PM

Birthday Celebration with Carol Hendrickson

October 6th @2:00 PM

Sip-n-Paint with Moniece

October 8th @2:30 PM

Happy Hour with Hank Blumenthal

October 13th @2:00 PM

Red Hats

October 15th @2:30 PM

Happy Hour with Jon Pressman

October 20th @2:00 PM

Oktoberfest Beer Tasting

October 22nd @2:30 PM

Happy Hour with Rebecca Maiten

October 25th @2:00 PM

Community Meeting

October 29th @2:30 PM

Halloween Happy Hour with Randy Rogers