

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2021

All Activities are subject to change

							
<p>9:00 Meet &amp; Greet, CS 10:00 Nail Spa, CS <b>1:05 Seahawk Sunday</b> 1:30 Snack Break, LR 5:00 Evening Movie Theater</p>	<p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break, LR 2:00 <b>Music with Larissa, LR</b> 5:00 Evening Movie Theater</p>	<p>9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Reminiscing with Barb, TC</b> 1:00 <b>Northwest Geriatrics</b> 1:30 Snack Break, LR 2:00 Scenic Bus Ride 5:00 Evening Movie Theater</p>	<p><b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break, LR 2:00 Music Video 5:00 Evening Movie Theater</p>	<p>9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> 1:00 <b>Northwest Geriatrics</b> 1:30 Snack Break, LR 2:00 Arm Chair Traveler, LR <b>5:20 Seahawk Night</b></p>	<p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break, LR <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p>	<p>9:00 Meet n' Greet, TC 1:30 Snack Break, LR 2:00 Documentary 5:00 Evening Movie Theater</p>	
<p>9:00 Meet &amp; Greet, CS 10:00 Nail Spa, CS 2:30 Scenic Car Ride 1:30 Snack Break, LR 5:00 Evening Movie Theater</p>	<p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break, LR 2:00 <b>Music with Randy, LR</b> 5:00 Evening Movie Theater <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Art Expression with Barb, TC</b> 1:00 <b>Northwest Geriatrics</b> 1:30 Snack Break, LR 5:00 Evening Movie Theater</p>	<p><b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break, LR 2:00 Music Video 5:00 Evening Movie Theater</p>	<p>9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> 1:00 <b>Northwest Geriatrics</b> 1:30 Snack Break, LR 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater</p>	<p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC <b>12:30 Pet Visit with Anubi, LR</b> 1:30 Snack Break, LR <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater</p>	<p>9:00 Meet n' Greet, TC 1:30 Snack Break, LR 2:00 Documentary 5:00 Evening Movie Theater</p>	
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<p>9:00 Meet &amp; Greet, CS 10:00 Nail Spa, CS 1:05 <b>Seahawk Sunday</b> 1:30 Snack Break, LR 5:00 Evening Movie Theater</p>	 <h1 style="text-align: center;">Memory Care</h1> 						

TC = Table Circle LR = Living Room CS = Care Staff LC = Large Circle LDR = Large Dining Room

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.



## 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*

### Happy Birthday:

**Patricia J. 10/1**

### Special Activities

*Cooking Demo and Fresh Baked Goods ~ October 1<sup>st</sup> @ 10:00 am*

*Music with Larissa ~ October 4<sup>th</sup> @ 2:00 pm*

*Reminiscing with Barb ~ October 5<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ October 8<sup>th</sup> @ 10:00 am*

*Music with Randy ~ October 11<sup>th</sup> @ 2:00 pm*

*Art Expression with Barb ~ October 12<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ October 15<sup>th</sup> @ 10:00 am*

*Music with Larissa ~ October 18<sup>th</sup> @ 2:00 pm*

*Strike Up the Band with Barb ~ October 19<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ October 22<sup>nd</sup> @ 10:00 am*

*Field Day with Barb ~ October 26<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ October 29<sup>th</sup> @ 10:00 am*

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