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Emerald Gardens News

October 2023 Newsletter



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Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

microphones that can help speech be understood over background noise.

- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

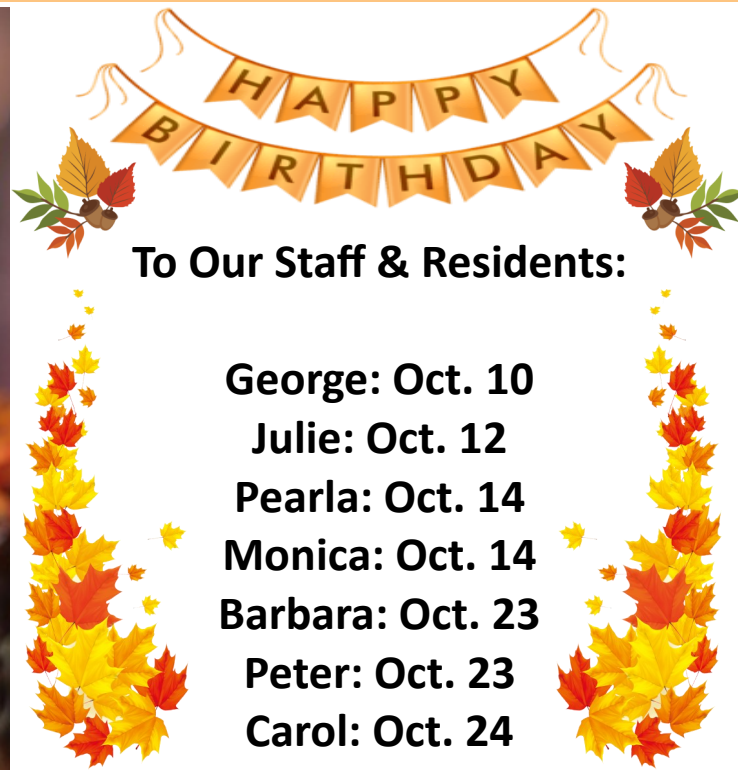


October 2023 Highlights

Observes: Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Well-ness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions

Celebrates: Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Sea-food, Stamp Collecting, Pears, Pineapples, and Spinach

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| 01: Hair Day; Bake Cookies Day; Pumpkin Spice Day | 16: Boss's Day; Dictionary Day; Sports Day |
| 02: Custodial Worker's Day; Fried Scallops Day | 17: Pasta Day; Pharmacy Technician Day |
| 03: Techies Day; Eat Fruit At Work Day | 18: Chocolate Cupcake Day; No Beard Day |
| 04: Cinnamon Bun Day; Golf Lover's Day; Taco Day | 19: Kentucky Day; Seafood Bisque Day |
| 05: Apple Betty Day; Do Something Nice Day | 20: Brandied Fruit Day; Chicken & Waffles Day |
| 06: Coaches Day; Mad Hatter Day; Noodle Day | 21: Pumpkin Cheesecake Day; Reptiles Day |
| 07: Chocolate Covered Pretzel Day; Frappe Day | 22: Make a Dog's Day; Nut Day; Mother-in-Law Day |
| 08: American Touch Tag Day; Fluffernutter Day | 23: Boston Cream Pie Day; TV Talk Show Host Day |
| 09: Native American Day; Columbus Day | 24: Bologna Day; Food Day; United Nations Day |
| 10: Angel Food Cake Day; Cake Decorating Day | 25: Greasy Food Day; Merry Music Day; Sour Day |
| 11: Sausage Pizza Day; Fossil Day | 26: Day of the Deployed; Pumpkin Day; TN Day |
| 12: Farmers' Day; Freethought Day; Gumbo Day | 27: Black Cat Day; Breadstick Day; Navy Day |
| 13: Train Your Brain Day; Yorkshire Pudding Day | 28: Chocolate Day; First Responders Day |
| 14: Dessert Day; Chess Day; I Love Yarn Day | 29: Cat Day; Oatmeal Day; World Stroke Day |
| 15: Aestheticians' Day; I Love Lucy Day | 30: Candy Corn Day |
| | 31: Caramel Apple Day; Knock-Knock Jokes Day |



To Our Staff & Residents:

George: Oct. 10
Julie: Oct. 12
Pearla: Oct. 14
Monica: Oct. 14
Barbara: Oct. 23
Peter: Oct. 23
Carol: Oct. 24

Country Drives:

Each week, we load up on the community bus to explore the local landscape. We explore local towns like Silverton, St.

Paul, Donald and, of course, Woodburn.

We also check out local landmarks like the festival fields (pictured), sunflower fields, and local parks. Residents in Assisted and Memory Care equally enjoy these very peaceful rides!



Work of Art Wednesday:

Every month, our Community Relations Director, Alberto, hosts a Work of Art Wednesday. This is an evening of snacks, drinks and art for our amazing referral partners! Each workshop highlights a different artist's style. In September, we painted in the style of Bob Ross, and in October we will be painting in Frida Kahlo's style.



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Emerald Gardens

• Assisted Care

• 1890 Newberg HWY Woodburn, OR 97010

• 503-982-4000



SUN	MON	TUE	WED	THU	FRI	SAT
1 International Coffee Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:00 Manicures 1:00 Board Games (MR) 2:15 Coffee Documentary (MR) 3:15 Bingo (DR) 4:45 Coffee & Chat (DR) 5:25 Sunday Night Football (MR)	2 Peanuts Comic Day 8:15 Daily Newsletter 9:30 Sit & Be Fit (MR) 10:15 Bingo (DR) 1:00 Walk & Talk 1:30 "The Peanuts Movie" & Popcorn (MR) 3:00 Snoopy Themed Craft (MR) 4:45 Coffee & Chat (DR) 5:25 Popcorn & Monday Night Football (MR)	3 Look At The Leaves Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Uno (MR) 11:30 Coffee & Chat (DR) 1:45 Manicures 3:15 Game Hour (MR) 4:00 Takeout Tuesday: "Burger Hut" 5:25 Evening Movie: "Haunted Mansion" (MR)	4 World Animal Day 8:15 Daily Newsletter 8:45 Morning Movie: "World's Deadliest" (MR) 10:15 Bingo (DR) 1:15 Chair Stretching (MR) 2:15 Animal Trivia (MR) 3:00 Ice Cream & Chat 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)	5 Global James Bond Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Movie: "James Bond: Quantum Of Solace" (MR) 1:45 Manicures 3:00 Wii Games (MR) 4:00 Card Games (MR) 4:45 Coffee & Chat	6 World Smile Day 8:15 Daily Newsletter 9:30 Walk & Talk (BP) 10:30 Bauman's Lunch Trip 1:45 Manicures 2:45 Jokes & Snacks (DR) 3:30 Game Hour (MR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Movie: "Elvis" (MR)	7 World Card Making Day 9:00 Daily Newsletter 9:40 Walk & Talk 10:15 Bingo (DR) 11:30 Coffee & Chat (DR) 1:15 Trivia & Chat (MR) 3:00 Painting Club (MR) 4:15 Uno (MR) 5:25 Evening Movie: "Titanic" (MR)
8 World Octopus Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:00 Manicures 1:00 Board Games (MR) 2:15 Giant Pacific Octopus Documentary (MR) 3:15 Bingo (DR) 4:45 Coffee & Chat (DR) 5:25 Sunday Night Football (MR)	9 Indigenous People Day 8:15 Daily Newsletter 9:30 Sit & Be Fit (MR) 10:15 Bingo (DR) 1:00 Walk & Talk 1:30 "The Indigenous People Of America" Documentary (MR) 3:00 Ice Cream & Chat (DR) 4:45 Coffee & Chat (DR) 5:25 Popcorn & Monday Night Football (MR)	10 Cake Decorating Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Uno (MR) 11:30 Coffee & Chat (DR) 1:15 Safeway 2:45 Game Hour (MR) 4:00 Takeout Tuesday: "Panda Express" 5:25 Evening Show: "Is It Cake Too?" (MR)	11 National Fossil Day 8:15 Daily Newsletter 8:45 Documentary: "The Hunt For Dinosaur Fossils In The Rocky Mountains" (MR) 10:15 Bingo (DR) 1:15 Chair Stretching (MR) 2:30 Ice Cream & Chat 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)	12 National Farmers Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Documentary: "Harvesting Technology Feeds The World" (MR) 1:45 Manicures 3:00 Cards For Farmers (MR) 4:00 Card Games (MR) 4:45 Coffee & Chat	13 Train Your Brain Day 8:15 Daily Newsletter 9:30 Walk & Talk (BP) 10:00 Bingo (DR) 1:15 Woodburn Library 2:30 Manicures 4:00 Boggle Game (MR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Concert: "Rolling Stones - Live At The Fonda Theater" (MR)	14 Solar Eclipse 8:45 Daily Newsletter 9:00 Solar Eclipse Viewing (BP) 10:15 Bingo (DR) 11:30 Coffee & Chat (DR) 1:15 Fall Country Drive 3:00 Painting Club (MR) 4:15 Uno (MR) 5:25 Evening Movie: "Ferris Bueller's Day Off" (MR)
15 Natl. Mushroom Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:00 Manicures 1:00 Board Games (MR) 2:15 "Fantastic Fungi" Documentary (MR) 3:15 Bingo (DR) 4:45 Coffee & Chat (DR) 5:25 Sunday Night Football (MR)	16 100 Years Of Disney 8:15 Daily Newsletter 9:30 Walk & Talk 10:15 Bingo (DR) 1:00 Movie: "Saving Mr. Banks" (MR) 2:45 Balloon Volleyball (MR) 3:00 Resident Council (DR) 4:45 Coffee & Chat (DR) 5:25 Popcorn & Monday Night Football (MR)	17 National Pasta Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Uno (MR) 11:30 Coffee & Chat (DR) 1:00 Dollar Tree Trip 3:00 Birthday Celebration (DR) 4:00 Takeout Tuesday: "Panera" 5:25 Evening Movie: "The Munsters" (MR)	18 Chocolate Cupcake Day 8:15 Daily Newsletter 8:45 Morning Movie: "The Ghosts Of Buxley Hall" (MR) 10:15 Bingo (DR) 1:15 Chair Stretching (MR) 2:15 Dessert Trivia (MR) 3:00 Cupcakes & Chat 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR)	19 New Friends Day 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Movie: "James Bond: Quantum Of Solace" (MR) 1:45 Manicures 3:00 Wii Games (MR) 4:00 Card Games (MR) 4:45 Coffee & Chat	20 International Chefs Day 8:15 Daily Newsletter 9:30 Walk & Talk (BP) 10:00 Bingo (DR) 1:15 Manicures 3:00 Cards For Our Chefs (MR) 4:00 Board Games (MR) 4:45 Coffee & Chat (DR) 5:25 Friday Night Show: "Iron Chef" (MR)	21 Reptile Awareness Day 9:00 Daily Newsletter 9:40 Walk & Talk 10:15 Bingo (DR) 11:30 Coffee & Chat (DR) 1:15 Fall Country Drive 3:00 Painting Club (MR) 4:15 Uno (MR) 5:25 Evening Movie: "Conan The Barbarian" (MR)
22 National Nut Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:00 Manicures 1:00 Board Games (MR) 2:15 Hazelnut Farming Documentary (MR) 3:15 Bingo (DR) 4:45 Coffee & Chat (DR) 5:25 Sunday Night Football (MR)	23 Marvel-ous Monday 8:15 Daily Newsletter 9:30 Sit & Be Fit (MR) 10:15 Bingo (DR) 1:00 Walk & Talk 1:30 Movie: "Fantastic Four" (MR) 3:00 Superhero Trivia (MR) 4:45 Coffee & Chat (DR) 5:25 Popcorn & Monday Night Football (MR) Halloween Spirit Week	24 Tired Tuesday 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Uno (MR) 11:00 Takeout Tuesday: "Burger King" 2:15 Uno (MR) 4:30 Coffee & Chat (DR) 5:25 Evening Movie: "The Wolverine" (MR)	25 Decade Wednesday 8:15 Daily Newsletter 8:45 Morning Movie: "The Ghosts Of Buxley Hall" (MR) 10:15 Bingo (DR) 1:15 Chair Stretching (MR) 2:15 Decade Trivia (MR) 3:00 Ice Cream & Chat 4:00 Game Hour (MR) 4:45 Coffee & Chat (DR) Halloween Spirit Week	26 Disney Thursday 8:15 Daily Newsletter 8:45 Sit & Be Fit (MR) 10:15 Scrabble (MR) 1:15 Movie: "Hocus Pocus" (MR) 1:45 Manicures 3:00 Woodburn Library 4:00 Card Games (MR) 4:45 Coffee & Chat	27 Harry Potter Friday 8:15 Daily Newsletter 9:30 Walk & Talk (BP) 10:00 Bingo (DR) 1:15 Movie: "Harry Potter" (MR) 4:00 Board Games (MR) 4:00 Trick or Treat Event 5:25 Friday Night Concert: "Dolly Parton - A Musicares Tribute" (MR) Halloween Spirit Week	28 National Chocolate Day 9:00 Daily Newsletter 9:40 Walk & Talk 10:15 Bingo (DR) 11:30 Coffee & Chat (DR) 1:15 Painting Club (MR) 2:45 Cookies & Chat (DR) 4:15 Uno (MR) 5:25 Evening Movie: "Monty Pythons Life Of Brian" (MR)
29 National Cat Day 9:00 Daily Newsletter 9:15 Christian Church Service Stream (MR) 10:00 Manicures 1:00 Board Games (MR) 2:15 "Inside The Mind Of A Cat" Documentary (MR) 3:15 Bingo (DR) 4:45 Coffee & Chat (DR) 5:25 Sunday Night Football (MR)	30 Natl. Candy Corn Day 8:15 Daily Newsletter 9:30 Sit & Be Fit (MR) 10:15 Bingo (DR) 1:00 Walk & Talk 1:30 Movie: "Fantastic Four" (MR) 3:00 Superhero Trivia (MR) 4:45 Coffee & Chat (DR) 5:25 Popcorn & Monday Night Football (MR)	31 Halloween Day 8:15 Daily Newsletter 9:30 Walk & Talk 10:00 Uno (MR) 11:30 Coffee & Chat (DR) 1:15 Halloween Trivia (MR) 3:00 Halloween Celebration (DR) 4:00 Takeout Tuesday: "Panera" 5:25 Evening Movie: "Hocus Pocus 2" (MR)	<div>Activity Locations:</div> <div>MR = Upstairs Movie Room DR = Dining Room FL = Fireside Lounge BP = Back Patio</div> <div></div>		<div>October 23-27 we will be celebrating the Halloween season with spirit week!</div> <div>All activities subject to change per mandated health guidelines.</div> <div></div>	

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• 503-982-4000



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1 International Coffee Day 9:00 Church Service Video 9:45 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 12:45 Coloring 2:15 Balloon Toss 3:00 Snack & Chat 4:30 70's Music Playlist on Youtube 6:00 Evening Movie 7:30 Aromatherapy	2 Peanuts Comic Day 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Snoopy Craft 11:30 Daily Newsletter 1:15 Manicures 2:15 Walk & Talk 2:45 Snack & Chat 3:00 Bingo 4:30 60's Music Playlist On Youtube 7:30 Aromatherapy	3 Look At The Leaves Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Fall Theme Craft 11:30 Daily Newsletter 1:15 Balloon Toss 2:45 Snack & Chat 3:00 Memory Games 4:30 80's Music Playlist On Youtube 7:30 Aromatherapy	4 World Animal Day 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:45 Animal Trivia 2:45 Snack & Chat 3:00 Coloring 4:30 Country Music Playlist On Youtube 7:30 Aromatherapy	5 National Get Funky Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:00 Balloon Toss 2:30 Snack & Chat 3:00 Bingo 4:30 Funk Music Playlist On Youtube 6:00 Evening Movie 7:30 Aromatherapy	6 World Smile Day 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:30 Cards For Vets 2:30 Walk & Talk 3:00 Snack & Chat 4:30 50's Music Playlist On Youtube 7:30 Aromatherapy	7 World Card Making Day 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Bingo 11:30 Daily Newsletter 1:00 Balloon Toss 2:00 Weekly Short Story 3:00 Snack & Chat 4:00 Classical Music Playlist On Youtube 7:30 Aromatherapy
8 World Octopus Day 9:00 Church Service Video 9:45 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 12:45 Octopus Theme Craft 2:15 Balloon Toss 3:00 Snack & Chat 4:30 70's Music Playlist on Youtube 6:00 Evening Movie 7:30 Aromatherapy	9 World Post Day 9:30 Music & Stretching 10:00 Coffee & Chat 11:30 Daily Newsletter 1:15 Manicures 2:15 Walk & Talk 2:45 Snack & Chat 3:00 Bingo 4:30 60's Hits Playlist On Youtube 7:30 Aromatherapy	10 Cake Decorating Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Cupcake Decorating 11:30 Daily Newsletter 1:15 Fall Country Drive 2:45 Snack & Chat 3:00 Memory Games 4:30 80's Hits Playlist On Youtube 7:30 Aromatherapy	11 National Fossil Day 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:45 Rock & Fossil Digging 2:45 Snack & Chat 3:00 Coloring 4:30 Country Music Playlist On Youtube 7:30 Aromatherapy	12 National Farmers Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:00 Balloon Toss 2:30 Snack & Chat 3:30 Cards For Farmers 4:30 Classic Rock Music Playlist On Youtube 6:00 Evening Movie 7:30 Aromatherapy	13 Train Your Brain Day 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:30 Weekly Short Story 2:30 Walk & Talk 3:00 Snack & Chat 4:30 50's Music Playlist On Youtube 7:30 Aromatherapy	14 Solar Eclipse 9:00 Solar Eclipse Viewing 9:30 Coffee & Chat 10:00 Bingo 11:30 Daily Newsletter 1:15 Fall Country Drive 2:45 Walk & Talk 3:00 Snack & Chat 4:00 Classical Music Playlist On Youtube 7:30 Aromatherapy
15 Natl. Mushroom Day 9:00 Church Service Video 9:45 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 12:45 Mushroom Craft 2:15 Balloon Toss 3:00 Snack & Chat 4:30 70's Music Playlist on Youtube 6:00 Evening Movie 7:30 Aromatherapy	16 100 Years Of Disney 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Disney Theme Craft 11:30 Daily Newsletter 1:15 Manicures 2:45 Snack & Chat 3:00 Bingo 4:30 60's Hits Playlist On Youtube 7:30 Aromatherapy	17 National Pasta Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Birthday Celebration 11:30 Daily Newsletter 1:15 Fall Country Drive 2:45 Snack & Chat 3:00 Memory Games 4:30 80's Hits Playlist On Youtube 7:30 Aromatherapy	18 Chocolate Cupcake Day 8:45 Walk & Talk 9:00 Coffee & Chat 9:30 Cupcake Decorating 11:30 Daily Newsletter 1:45 Afternoon Movie 2:45 Snack & Chat 3:00 Coloring 4:30 Country Music Playlist On Youtube 7:30 Aromatherapy	19 New Friends Day 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:00 Balloon Toss 2:30 Snack & Chat 3:00 Bingo 4:30 Classic Rock Music Playlist On Youtube 6:00 Evening Movie 7:30 Aromatherapy	20 International Chefs Day 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:00 Cards For Chefs 2:30 Walk & Talk 3:00 Snack & Chat 4:30 50's Music Playlist On Youtube 7:30 Aromatherapy	21 Reptile Awareness Day 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Bingo 11:30 Daily Newsletter 1:15 Fall Country Drive 2:00 Reptile Fun Facts 3:00 Snack & Chat 4:00 Classical Music Playlist On Youtube 7:30 Aromatherapy
22 National Nut Day 9:00 Church Service Video 9:45 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 2:15 Balloon Toss 3:00 Snack & Chat 4:30 70's Music Playlist on Youtube 6:00 Evening Movie 7:30 Aromatherapy	23 Marvel-ous Monday 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Super Hero Craft 11:30 Daily Newsletter 1:15 Manicures 2:45 Snack & Chat 3:00 Bingo 4:30 60's Hits Playlist On Youtube 7:30 Aromatherapy Halloween Spirit Week	24 Terror Tuesday 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Halloween Craft 11:30 Daily Newsletter 1:00 Afternoon Movie 3:00 Snack & Chat 3:30 Memory Games 4:30 80's Hits Playlist On Youtube 7:30 Aromatherapy	25 Decade Wednesday 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:45 Decade Fashion Show 2:45 Snack & Chat 3:00 Coloring 4:30 Country Music Playlist On Youtube 7:30 Aromatherapy Halloween Spirit Week	26 Disney Thursday 9:00 Walk & Talk 9:45 Coffee & Chat 11:30 Daily Newsletter 1:00 Disney Fashion Show 2:30 Snack & Chat 3:00 Bingo 4:30 Classic Rock Music Playlist On Youtube 6:00 Evening Movie 7:30 Aromatherapy	27 Harry Potter Friday 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Morning Movie 11:30 Daily Newsletter 1:30 Weekly Short Story 2:30 Snack & Chat 4:00 Trick or Treat Event 4:30 50's Music Playlist On Youtube 7:30 Aromatherapy Halloween Spirit Week	28 National Chocolate Day 9:00 Walk & Talk 9:30 Coffee & Chat 10:00 Bingo 11:30 Daily Newsletter 1:00 Balloon Toss 2:00 Afternoon Movie 3:00 Snack & Chat 4:00 Classical Music Playlist On Youtube 7:30 Aromatherapy
29 National Cat Day 9:00 Church Service Video 9:45 Coffee & Chat 11:00 Walk & Talk 11:30 Daily Newsletter 2:15 Balloon Toss 3:00 Snack & Chat 4:30 70's Music Playlist on Youtube 6:00 Evening Movie 7:30 Aromatherapy	30 Natl. Candy Corn Day 9:30 Music & Stretching 9:45 Coffee & Chat 10:00 Candy Corn Craft 11:30 Daily Newsletter 1:15 Manicures 2:45 Snack & Chat 3:00 Bingo 4:30 60's Hits Playlist On Youtube 7:30 Aromatherapy	31 Halloween Day 9:30 Walk & Talk 9:45 Coffee & Chat 10:00 Memory Games 11:30 Daily Newsletter 1:45 Afternoon Movie 2:45 Snack & Chat 3:00 Halloween Celebration 4:30 80's Hits Playlist On Youtube 7:30 Aromatherapy	All activities subject to change per mandated health guidelines.		October 23-27 we will be celebrating the Halloween season with spirit week!	