

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">1</p>	<p>9:00 Music and Movement, DR 10:00 Active Game, DR 1:30 Music with Larissa 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">2</p>	<p>9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR 1:00 Novari Primary Care 1:00 Music with J.J Dion 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">3</p>	<p>9:00 ~ 1:30 Hair Salon 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">4</p>	<p>9:00 Music and Movement, DR 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">5</p>	<p>8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie</p> <p style="text-align: right;">6</p>	<p>9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie</p> <p style="text-align: right;">7</p> <p style="text-align: right;"><small>Simchat Torah Begins</small></p>
<p>9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">8</p>	<p>9:00 Music and Movement, DR 10:00 Active Game, DR 1:00 Color my World 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">9</p> <p style="text-align: center;"><small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small></p>	<p>9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR 1:00 Novari Primary Care 1:30 Music with Randy 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">10</p>	<p>9:00 ~ 1:30 Hair Salon 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">11</p>	<p>9:00 Music and Movement, DR 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">12</p>	<p>8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie</p> <p style="text-align: right;">13</p>	<p>9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie</p> <p style="text-align: right;">14</p>
<p>9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">15</p>	<p>9:00 Music and Movement, DR 10:00 Active Game, DR 1:30 Music with Larissa 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">16</p>	<p>9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR 1:00 Novari Primary Care 1:30 Scenic Drive 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">17</p>	<p>9:00 ~ 1:30 Hair Salon 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">18</p>	<p>9:00 Music and Movement, DR 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">19</p>	<p>8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie</p> <p style="text-align: right;">20</p>	<p>9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie</p> <p style="text-align: right;">21</p>
<p>9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">22</p>	<p>9:00 Music and Movement, DR 10:00 Active Game, DR 1:00 Color my World 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">23</p>	<p>9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR 1:00 Novari Primary Care 1:30 Music with Randy 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">24</p>	<p>9:00 ~ 1:30 Hair Salon 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">25</p>	<p>9:00 Music and Movement, DR 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">26</p>	<p>8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie</p> <p style="text-align: right;">27</p>	<p>9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie</p> <p style="text-align: right;">28</p>
<p>9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">29</p>	<p>9:00 Music and Movement, DR 10:00 Active Game, DR 1:30 Music with Nik 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">30</p>	<p>9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR 1:00 Novari Primary Care 1:30 Table Games 1:30 Snack Break 5:00 Evening Movie</p> <p style="text-align: right;">31</p> <p style="text-align: center;"><small>Halloween</small></p>	 <h1 style="color: green; font-size: 2em;">OCTOBER 2023</h1> <h2 style="font-size: 2em;">Memory Care</h2> 			

October 2023

THE MONTHLY GAZETTE

"I'm so glad I live in a world where there are Octobers."

~ L. M. Montgomery



Bird of the Month – Swan

Revered for their beauty and grace, swans are fast, agile fliers and speedy swimmers with excellent hearing and vision. Like elephants, these extremely intelligent birds have superb memories and can remember their interactions with humans. Swans are typically white, but some types are black and white, all black, or even pinkish. Their chicks, which are called cygnets, are gray until their adult plumage comes in. Swans live in and around coastal bays, lakes, slow-moving rivers, and ponds. Aquatic vegetation is their meal of choice, and they are known to aggressively



defend their nests during breeding season. A group of swans is called a flock. These lovely, majestic birds symbolize loyalty, trust, companionship, and love—and for good reason. Swans often mate for life, and especially romantic pairs are known to swim together with their necks entwined or beaks together in a heart shape.

Special Days

- Simchat Torah Begins at Sundown**
October 7
- Columbus Day**
- Indigenous Peoples' Day**
- Thanksgiving (Canada)**
October 9
- Boss's Day**
October 16
- Sweetest Day**
October 21
- World Pasta Day**
October 25
- Halloween**
October 31

Flower – Calendula



Calendula officinalis, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion.

Birthstone – Opal



Those with October birthdays have a birthstone that sparkles as it changes color! Opals diffract light and are found in a number of different hues—from reds and yellows to blues and purples and more. The most common color for opals is opaque, milky white, giving them a beautifully unique appearance that led to the coining of the term *opalescent*, meaning "showing varying colors as an opal does." It is said that opals have healing powers and even enable the wearer to find true love.



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:

Pat J 10/01

Special Activities:

Music with Larissa ~ October 2nd @ 1:30 PM

Music with J.J Dion ~ October 3^d @ 1:00 PM

Strike up the Band ~ October 12th @ 1:00 PM

Music with Larissa ~ October 16th @ 1:30 PM

Scenic Drive ~ October 17th @ 1:30 PM

Art Fun ~ October 18th @ 10:00 PM

Music with Randy ~ October 24th @ 1:30 PM

Strike Up the Band ~ October 26th @ 1:00 PM

Music with Nik ~ October 30th @ 1:30 PM

Table Games ~ October 31st @ 1:30 PM