

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>2</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p>	<p>3</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Oktoberfest Celebration, DR 5:30 Evening Movie, LR</p>	<p>4</p> <p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, DR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>5</p> <p>Medical Transportation** 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR 6:00 Table Games, IC</p>	<p>6</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Birthday Celebration With Carol Hendrickson, DR 5:30 Evening Movie, LR</p>	<p>7</p> <p>10:00 Morning Exercise, DR 2:00 Entertainment with Ron Herring, DR 5:30 Evening Movie, LR</p> <p>Simchat Torah Begins</p>
<p>8</p> <p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>9</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p> <p>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p>	<p>10</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 12:00 Swing Dance-North Bellevue Senior Center, L 1:00 Novari Primary Care 5:30 Evening Movie, LR</p>	<p>11</p> <p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, DR 2:00 Entertainment with Lindi Moo, DR 5:30 Evening Movie, LR</p>	<p>12</p> <p>Medical Transportation** 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR 6:00 Table Games, IC</p>	<p>13</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group, L 11:00 Lunch Outing-Applebee's, L 2:30 Happy Hour with Hank Blumenthal, DR 5:30 Evening Movie, LR</p>	<p>14</p> <p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p>
<p>15</p> <p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>16</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p>	<p>17</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Entertainment with Robin & June, DR 5:30 Evening Movie, LR</p>	<p>18</p> <p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, DR 2:00 Presentation with Kent Morgan History Of Halloween, DR 5:30 Evening Movie, LR</p>	<p>19</p> <p>Medical Transportation** 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR 6:00 Table Games, IC</p>	<p>20</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Happy Hour with Doug Deems, DR 5:30 Evening Movie, LR</p>	<p>21</p> <p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p>
<p>22</p> <p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>23</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p>	<p>24</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR 5:30 Evening Movie, LR</p>	<p>25</p> <p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, DR 2:00 Crafty Creations With Dianna, DR 5:30 Evening Movie, LR 6:00 Dementia Support Group, L</p>	<p>26</p> <p>Medical Transportation** 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR 6:00 Table Games</p>	<p>27</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Happy Hour with Jonny Chiecsek, DR 5:30 Evening Movie, LR 2:00 – 6:00 Trunk or Treat Halloween Party</p>	<p>28</p> <p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p>
<p>29</p> <p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p>	<p>30</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Resident Meeting Come Share Your Ideas, DR 5:30 Evening Movie, LR</p>	<p>31</p> <p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Halloween Party With Jon Pressman, DR 5:30 Evening Movie, LR</p>	<p>October 2023 Assisted Living</p>			

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.



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:
 Marian J 10/21 Rosa T 10/23

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| October 3rd @ 2:00 PM | Oktoberfest Celebration |
| October 6th @ 2:30 PM | Birthday Celebration with Carol Hendrickson |
| October 7th @ 2:00 PM | Entertainment with Ron Herring |
| October 10th @ 12:00 PM | Swing Dance -North Bellevue Senior Center |
| October 11th @ 2:00 PM | Entertainment with Lindi Moo |
| October 13th @ 2:30 PM | Happy Hour with Hank Blumenthal |
| October 17th @ 2:00 PM | Entertainment with Robin & June |
| October 18th @ 2:00 PM | Presentation with Kent Morgan |
| October 20th @ 2:30 PM | Happy Hour with Doug Deems |
| October 25th @ 2:00 PM | Crafty Creations with Dianna |
| October 27th @ 2:30 PM | Happy Hour Jonny Chiecsek |
| October 27th @ 2 to 4 PM | Trunk or Treat Halloween Party |
| October 30th @ 1:30 PM | Resident Meeting-Come Share Your Ideas |
| October 31st @ 2:00 PM | Halloween Party with Jon Pressman |

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