

VILLAGE NEWSLETTER

OCTOBER 2024



October gave a party;
The leaves by hundreds came-
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

inspirationlane.tumblr.com



Monday's Walmart Shopping 9:00 a.m.

Tue. - Fri. Yoga with Lauren 9:30 a.m. 2nd Floor T.V. area

Mon Wed. Fri Bingo 1:00 p.m. 2nd Floor Activity Room

Tues. Games with Judy & Nails with Fran 10:00 a.m. 2nd Floor Activity Room

Wed. Happy Hour Fun 2:30 2nd Floor Activity Room

Sunday Church Service with Pastor Reeves & Rich 3:00 2nd Floor T.V area



Thursday 10-3 11:00 a.m. Redmond Sr. Center & Bingo (Scenic Drive to follow)

Thursday 10-10 11:00 a.m. Panda Express & The Pumpkin Patch Schillings in Bend

Thursday 10-17 11:00 a.m. Timbers Bar & Grill & Drive to Lake Billy Chinook

Thursday 10-24 11:00 a.m. Crossroads BBQ Grill Prineville (Scenic Drive to follow)

Thursday 10-31 11:00 a.m. Dad's Place Prineville (Scenic Drive to follow)

Consider adding an entry to your journal each night, even if you don't feel like you did much on a particular day. This habit allows you to visualize the things you are thankful for and promotes positive reflection.

8. PRACTICE MEDITATION

Meditation can help you develop mindfulness and alleviate stress, regardless of age. These [emotional activities for seniors](#) promote controlled breathing and bring attention to your five senses. Feel more in tune with your environment and body by practicing meditation for at least 40 to 45 minutes a day.

Daily meditation can also help you overcome emotional stressors like grief, loneliness, depression, and anxiety.

9. VISIT YOUR DOCTOR REGULARLY

Regularly schedule doctor's appointments to remain in good health year-round.

Routine doctor visits can also help you identify problems with your physical health early. This way, you can pursue treatment before they cause you emotional distress.

10. MAINTAIN AN OPTIMISTIC OUTLOOK ON LIFE

As they say, "Sometimes, laughter is the best medicine." Remember not to take life too seriously and enjoy the freedom you have in your golden years. Smile at others when you interact with them and offer your wisdom to those that may be struggling to find happiness.

Here's a look at the 10 things seniors value most.

1. Good Health

For many people, good health equates to freedom, independence and the ability to stay active. Common ailments such as osteoporosis, arthritis and incontinence can negatively affect one's quality of life. Having consistent, high-quality care to minimize the negative impacts of these and other health conditions associated with aging is important.

2. Relationships

Strong connections to family and friends keep seniors from becoming isolated and lonely. Companionship is vital at any age, but especially as we age. Senior facilities and services that encourage social interactions enhance quality of life.

10. Independence

Most of us value our independence and want to maintain self-reliance as long as possible. As we age, we inadvertently need more help with certain tasks. However, seniors who continue to do as much as they can for themselves have elevated self-esteem.

Meet Mr. Wreck



Mr. Wreck watching Star Wars with Ruben



After watching Star Wars, taking a nap



Sporting the “walker” Ruben lovingly made

Ruben our Dietary manager was on his way to Albany when he seen this sweet rabbit in the middle of the highway. It had been hit. On his way back he passed the rabbit again, laying in the middle of the road “looking at him”. So our kind hearted ruben stopped in the middle of the overpass and scooped up “Mr. Wreck” and took him home with him. Ruben bandaged him up and found that Mr. Wreck couldn’t walk because of broken legs. This was 3 weeks ago and Ruben is still the care taker of Mr. Wreck. Every morning before he comes to work he bathes and dries off Mr. Wreck and cleans up his “bed” giving fresh fruits and vegetables for meals. Ruben says “this little fellow even watched Star Wars with me”. In looking at the photos above you can see that Mr. Wreck was well taken care of. It is with a sad heart that I report that Mr. Wreck has passed away. His last month on earth was shown love and felt loved by Ruben. He was taken care of by the best. Rest in Peace little guy



- October 1st 1:30 p.m. Movie Matinee "My side of the Mountain Dining Room
- October 4th 2:00 p.m. Victor Johnson Entertainment Dining Room
- October 7th 1:00 p.m. Jam Making 2nd Floor
- October 8th 1:30 p.m. Movie Matinee "RV" Dining Room
- October 15th 2:00 p.m. Staff Appreciation given by the Residents 2nd Floor
- October 17th 10:00 a.m. Shopping at Dollar Tree Redmond
- October 21st 2:45 p.m. Jam Making 2nd Floor
- October 22nd 1:30 p.m. Movie Matinee "Driving Miss Daisy" Dining Room
- October 25th 2:30 Monthly Birthday Party 2nd Floor
- October 28th 2:00 p.m. Lindy Gravelle Entertainment Dining Room
- October 29th 1:30 p.m. Halloween candy bag filling for Trick or Treaters 2nd Floor
- October 30th 2:30 p.m. Harvest Party Dining Room
- October 31st 6:00 p.m. – 8:00 p.m. Resident hosting "Trick or Treaters" front Lobby



- 10-04 Resident Council & Activity Meeting
- 10-11 Resident forum with Mariah E.D.
- 10-16 Dietary Meeting with Ruben E.D.



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Celebrated July & August Birthdays.



Janice * August



Sandi M. * July



Patty J. * August



Julie * July





Lindy Gravelle



Concert goes enjoying the good ol' music



Lindy singing her heart out with love



Sean Alan & company



Again concert goes. They can't get enough! 😊



Going away party for Jeni



Janice, Nancy P., Annie



Tim, Dave, Jerry & Steve



Marion, Rusty, Sandi M., Mariah



Jackie, Jan, & Mary

We will miss you

Name: _____ Date: _____

FALL

Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

