

The East Troy News

MANOR

OCTOBER
2025

Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

10/7	Joanne H.
10/13	Thomas G.
10/25	Kevin S.
10/26	Debra S.

Skilled Nursing • Respite Care • Rehabilitation Services

Facility News

Boo! Trick or Treat! We are Hosting our 3rd Annual "Trunk or Treat Event". Come Join Us in the Fun featuring a Bounce House and Candy Treats! We also will be offering FREE Hot Dogs, Chips, Popcorn and Drinks for Everyone to Enjoy! It will be held on Friday Night, October 24th 4-7 p.m. Spook You There!



Activity Highlights

- 10/1 2:00 PM - AllyUkes/ Ukulele Band
- 10/3 10:00 AM - Gloria Music
- 10/16 10:00 AM - Cycling Without Age
- 10/24 4:00-7:00 PM - Trunk or Treat
- 10/28 2:00 PM - Resident Council
- 10/29 11:00 AM - Gus's Drive In-Luncheon

UPCOMING ACTIVITIES

We have a Ukulele Band coming to play for us in October, their group name is the "AllyUkes". This will be their First Appearance here at East Troy Manor. Come Join Us for this Special Event! Great Music and Fun!

Photo Highlight



East Troy
MANOR

3271 North Street, East Troy, WI 53120
262.642.3995

Christie Leadley, Administrator
June Lancour, Director of Nursing
Crystal Hart, Activities

 Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

WISH List – For Activities


Welcome October! We are ready to Carve Some Pumpkins and Make Some Pumpkin Pies! Do you have any Fun Pumpkin Ideas you want to Share with Us! Let's Carve Some Pumpkins Together this Season.




Prioritize Your Well-Being


October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. World Mental Health Day is also on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide. Together, they highlight the importance of caring for both body and mind.


Emotional wellness means finding balance in how we handle stress, build connections, and enjoy life. While some factors like age or family history are out of our control, there are many positive steps we can take every day:

 Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music, enjoying nature, or exploring a favorite hobby.

 Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.

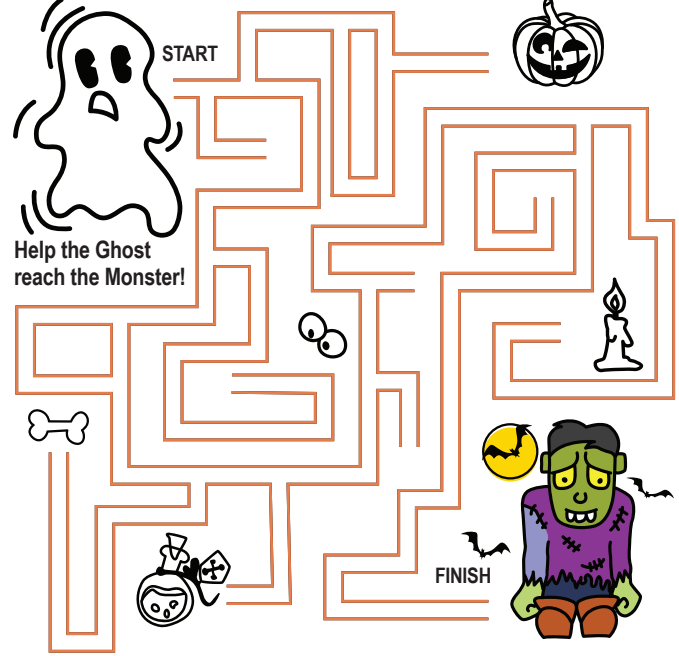
 Care for your body with regular exercise, balanced meals, and plenty of rest. Movement and nutrition support not just physical health, but emotional health too.

 Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.

 Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

SPOOKTACULAR ACTIVITIES

Help the Ghost reach the Monster!

UNSCRAMBLE the letters below to reveal the Halloween-themed words.

- _____
- KBALC TAC**
- _____
- BOESN**
- _____
- DNTEHUA SHEOU**
- _____
- KAJC O LTARENN**
- _____
- VAENR**
- _____
- IAVMREP**
- _____
- TWICH**
- _____
- IEOZBM**

- Bat**
- Candy**
- Ghost**
- Monster**
- Pumpkin**
- Scary**
- Spooky**
- Treat**
- Trick**

Circle the nine hidden words, forwards, backwards, or diagonal.

P	E	S	T	W	S	G	K
U	R	A	P	C	R	T	C
M	B	E	A	O	R	O	I
P	L	R	T	E	O	M	R
K	Y	S	A	S	U	K	T
I	X	T	Q	T	N	B	Y
N	T	S	O	H	G	O	G
Y	D	N	A	C	M	T	M