

# *Sunshine News*

*October 2024 Cedarbrook Allentown Senior Care & Rehab*

*Hello October*



# Sunshine News

October 2024

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CEDARBROOK SENIOR CARE AND REHAB  
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Director of Life Enrichment

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Coordinator of Volunteer Services

**Pastor Anthony Jones & Chaplain Stephanie Jones**

Faith Services

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## **THE MEANING OF C.H.O.I.C.E.S.**

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care.

When Lehigh County families choose Cedarbrook, they are selecting a

**“Community with Heart Offering Individualized Care and Excellent Service.”**

Visit us on our Facebook page and website for updates and pictures of recent events!

[www.facebook.com/cedarbrookseniorcareandrehab](https://www.facebook.com/cedarbrookseniorcareandrehab)

website: <https://www.cedarbrookseniorcare.com>





# THE

# BUZZ...



# AROUND CEDARBROOK

## ATTENTION RESIDENTS:

For October, we are directing our Monthly Travels with a trip to Germany. There will be on-unit activities including crafts, trivia, history, food, snacks movies/documentaries and an end-of-the-month theme party with the dietary team.

Our Germany celebration is  
Monday, October 28, 2024, at 2:15 PM in the Auditorium.



\*Employee dress down approved for any Germany colors yellow, black or red attire the day of party.\*



CAN YOU SPY...WITH YOUR LITTLE EYE,



"FLYING WITCH"



COUNT HOW MANY YOU SPY.  
(Answer on page 16)



# OCTOBER BIRTHDAYS



KIMBERLY HARRIS	1ST
DORIS SWEDA	5TH
DOLORES NOVAK	5TH
SHIRLEY WENTZEL	5TH
DAVID WRIGHT	5TH
KATHLEEN HENNING	6TH
SALLY KLEPPINGER	9TH
GREGORY SKIMBO	9TH
PATRICIA MERENDA	10TH
DOROTHY LEOPOLD	10TH
CAROLINE SNYDER	11TH
ESTHER MEYERS	12TH
JODI OBERTO	14TH
ROSALIE MISERA	16TH
JANETTE LOCH	16TH



DOROTHY KERN	18TH
THOMAS MARSHMAN	19TH
CECILIA KREMPASKY	20TH
JOSEPH PIZZUTTI	22ND
MARIA ESCOBAR	22ND
CARLOS GARCIA	23RD
FRANK BAILEY	23RD
VERONICA HONSEL	26TH
MARLEE HARRISON SR.	26TH
ROBERT ACHEY	26TH
SUSAN GILBERT	27TH
LENORA ROBERTSON	30TH
JUAN ROMAN	30TH
PATRICIA ZOTTER	31ST
DOROTHY WILLENBECHER	31ST



# HALLOWEEN WORD SEARCH

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



**Autumn**  
Bats  
Bones  
Candy



**Ghosts**  
Halloween  
Hayride  
Moonlight

**October**  
Potion  
Pumpkins  
Spider

**Spooky**  
Treat  
Trick  
Witch



# **EASY BLACK FOREST CAKE**

Black forest cake is a chocolate sponge cake filled with a rich cherry filling based on the German dessert Schwarzwälder Kirschtorte which means “Black Forest Cherry-torte.” A black forest cake usually consists of several layers of chocolate sponge cake sandwiched with whipped cream and cherries. It is decorated with additional whipped cream, maraschino cherries, and chocolate shavings on top. Traditionally, kirschwasser, a clear spirit made from sour cherries, is added to the cake.

## **Ingredients**

1 box chocolate cake mix  
(plus ingredients required on the box)  
1/4 cup cherry liqueur (optional)  
1 can pitted black cherries (drained well)  
1 pkg cream cheese, softened  
1 carton whipping cream, cold  
1/2 cup granulated sugar  
1 & 1/2 tsp vanilla  
maraschino cherries (optional)  
chocolate shavings (optional)



## **Instructions**

- Bake cake as instructed for two 9 inch rounds. Let cool completely. Trim cake domes if necessary for a flat surface. Lightly brush with cherry liqueur (if using) as you're assembling the cake.
- Using an electric mixer, blend the cream cheese, sugar, and vanilla until smooth. Slowly add half the whipping cream and whip for a minute or so until it just starts to thicken. Add the rest of the whipping cream and continue to whip until stiff peaks form.
- Spread about one-quarter of the whipped cream on one of the cakes. Spoon the cherries on top and spread another quarter of the whipped cream on top of the cherries. Carefully layer the second cake on and top with the remaining whipped cream. Decorate with chocolate sprinkle or curls if desired.
- For piped edges: Transfer half of the whipped cream into a piping bag fitted with a tip of your choice. Pipe along the edges of the first cake, spread some whipped cream onto the center, spoon the cherries on top, and spread more whipped cream on top of the cherries. Repeat with the top layer and finish with some maraschino cherries and chocolate shavings if desired.

## **Notes**

Chilling the assembled cake for 30 minutes will make it easier to slice and serve.  
Leftovers can be covered and stored in the fridge for up to 3 days.



# EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
CAROL STEWART	NURSING	35
SHARON STARLING - PHILLIPS	LIFE ENRICHMENT	30
REBECCA SZILLI	LIFE ENRICHMENT	30
KRISTINE ERNEY	NURSING	26
SALLYANN HUDDLESTON	NURSING	23
MELISSA SWANSON	NURSING	19
GERALDINE STECKEL	NURSING	19
FRANCINE BENTON	ENVIRONMENTAL	19
CHRISTINA METZ	NURSING	17
CHRISTOPHER THIELE	NURSING	17
KAROLE PEREZ	NURSING	17
EVAN ROTH	NURSING OFFICE	16
AMY SNYDER	NURSING	14
LEE LICHTENWALNER	NURSING	14
CAITLIN MOHR	NURSING	12
NICOLE LEWIS	NURSING OFFICE	12
MARIA MARTINEZ - NUNEZ	NURSING	11
RICHARD HOPE	NURSING	10
RHETT PALUSHOCK	SOCIAL SERVICES	10

EMPLOYEE	DEPARTMENT	YEARS
CRAIG REMALEY	FACILITIES	10
KRISTINA MCMULLEN	NURSING	9
GINA BURTON	ENVIRONMENTAL	9
MARIE BOURDEAU	NURSING	6
JOAN HEIN	FINANCIAL	6
AZIZA MUKOYA - OTIU	NURSING OFFICE	5
MELISSA CRYSLER	HEALTH INFORMATION	5
NYRIA JEAN - BAPTISTE	NURSING	4
MYRIAME JOSEPH	NURSING	3
LAURIE SENG	NURSING	3
ABIGAIL ORTIZ	NURSING	2
RENATA THOMAS - ASOH	NURSING	2
LAURAL BUTRYN	LIFE ENRICHMENT	2
KEVIN BARROW	FINANCIAL	1
AMARILIS SANCHEZ	NURSING	1
THALIA CROAL	NURSING	1
UZOAMAKA UMEAGUDOSI	NURSING	1
EMMANUEL NJAMFON	NURSING	1
TINA OWENS	NURSING OFFICE	1





# **CHAPLAIN'S CORNER**



## ***What is the spirituality of the Fall season?***

Welcome to the Fall! As the seasons change and the colors on the trees change from green to yellow, red and orange, let us remember that Fall is Harvest time. It is a time to show Gratitude for the blessings of what we have received from our toil. It is a time to turn inward and reflect, a time of letting go of negative and unhealthy things or habits. And let us not forget a time of remembering our ancestors.

What is the spirituality of the Fall/Autumn season.



Spiritually speaking, Fall/Autumn represents the harvest time of the year, a time to acknowledge growth and expansion as a natural evolution of our organic being. Our lives go through cycles of growth, harvest, death, and rebirth just as we see in nature. The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God endures forever. Psalm 85:12: "The Lord will indeed give what is good, and our land will yield its harvest." Autumn Is the Season To Thank God For His Many Blessings.

It's a season of praise. It's a season to gather with family and friends to thank God for the many blessings He has bestowed upon us. It's a season to share the love of Jesus with others by blessing them with the gifts that He has so generously shared with us.

October 31st is also a day of remembering our ancestors' as we recognize the Day of the Dead as the Eve to All Saints day, November 1st.

We also recognize October 31st as Halloween. What actually is Halloween and why do we celebrate it? Halloween's origins can be traced back to the ancient Celtic festival known as Samhain, which was held on November 1 in contemporary calendars. It was believed that on that day, the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits. Halloween has Christian origins as well.

It's right there in the name, meaning "holy evening." Shortened from All Hallows' Eve, Halloween is the evening vigil before All Saints' Day, a religious holiday honoring Christian martyrs.



**CHAPLAIN STEPHANIE JONES**





# CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPLE



Thinking about all the fun in the autumn months? Hay rides, bon fires, trick or treating, and many more. These things can bring us so much joy and help reduce our stress and give us that "good all-over" feeling. You can get those benefits by volunteering at Cedarbrook. Volunteering can reduce your stress, give you lots of laughs, and make others happy at the same time.

Cedarbrook has many opportunities where you can provide help as a volunteer. We accept volunteers beginning at 13 years of age. This would be a great bonding activity to do with your child or grandchild. Helping others is a valuable lesson for everyone. It is also something you can add to your resume or applications. If you are interested in seeing some of the wonderful activities, we do at Cedarbrook, check out our Facebook page at: Cedarbrook Senior Care & Rehabilitation.

**Bingo Volunteer Needed** – Every Tuesday 2:00 PM – 4:00 PM. Just a little bit of time each week and you can help provide a great time for our residents. Our residents love playing bingo, but could always use a helping hand on covering all their numbers.

**Church Transporters** – Every Sunday 2:00 PM – 4:00 PM.

**On-Unit and In-House Activities** – Cedarbrook has lots of different activities every afternoon and needs volunteer helpers. We do on-unit crafts, cooking, games, and music; as well as activities in our auditorium 7 days a week 2:00 PM – 4:00 PM, especially on weekends.

**Pet Visitors** – Do you have a well behaved, people friendly furry friend (dog/cat) who would love to visit others and be showered with affection, while bringing smiles and joy to our residents? Some of our folks had pets at home and are really missing the unique and loving comfort of a pet. This would be at your convenience. Animals and their Pet Parent will be interviewed. Pet health documents will be required.

**Back-Up Gift Shop Volunteer** – Our gift shop is open Monday, Wednesday, and Friday afternoons, 1:00 PM – 4:00 PM. We are in need of some volunteers to fill in when the regular volunteer needs to be away. Just 3 hours. Our residents love to stock up on snacks or just browse. It's very simple to run the register and training will be provided.

Come and volunteer at Cedarbrook. There is always something great happening. We need YOU! Come out and volunteer. Most shifts are about 2 hours, hours can be flexible. It will not matter how much time you can give, how many days or hours, every minute is precious.



If you need more information contact me at,  
610-336-5684 or email: [kerrymagliane@lehighcounty.org](mailto:kerrymagliane@lehighcounty.org)



# HIDDEN PICTURES- FIND ALL THE OBJECTS

## Country Hayride



golf club



paintbrush



duck



pencil



open book



comb



pennant

**ANSWERS ON PAGE 16**



wishbone



baton



fishhook



pair of pants



hammer



ice-cream cone



fish

# EMPLOYEE PET OF THE MONTH

**Name of employee and department...**

Torie Yackanicz, Dietary

**Type of animal/breed...**

Domestic cat

**Pet's name, how did you come up with it?**

Her name is Candy which they gave to her at the shelter.

**How old is your pet?**

Candy is 5 years old.

**Are there any other nicknames you have for your pet?**

Surprisingly, no.

**How and when did you choose your pet?**

I volunteer at an animal shelter. One day during my shift, I was petting Candy as she was lounging in a sunbeam. She looked up at me and I noticed she was blind. I instantly fell in love with her and adopted her immediately.

**Does your pet do any special tricks?**

She comes when you say her name and knows the sound of the treat jar opening.

**Does your pet have any bad/naughty habits that drive you crazy?**

She eats my fake plants and throws them up, only to keep eating the plants again and repeating the cycle.



**Funniest memory of your pet.**

Candy has a basket where I keep all of her toys. I put them all away every night before bed; however, she takes out the same toys in the middle of the night and places it on the floor in the same place for me to discover every morning, without fail.

**Does your pet have a favorite toy or treat?**

She loves anything that has a crinkle sound to it.

**Fun facts about your pet or the breed...**

They are not so much fun facts, but Candy was born with cataracts in her eyes and was unfortunately abused during her first year of life. I rescued her at 8 months old and now she is 5. Her life has certainly changed.

Candy is happy, healthy and most importantly, loved.



(If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire.

Please be prepared to email pictures of your pet to: [MarnieDistasio@lehighcounty.org](mailto:MarnieDistasio@lehighcounty.org))

## WELCOME NEW RESIDENTS

Arthur Spengler  
Barbara Keagle  
Jerome Mazeikas  
Barbara Snyder  
Marie Dietrich



## JOKE OF THE MONTH...

### NO EXCUSE SUNDAY...

To make it possible for everyone to attend church each Sunday, we are going to have a special, "No Excuse Sunday."

- Cots will be placed in the foyer for those who say "Sunday is my day to sleep in."
- There will be a special section with lounge chairs for those who feel that our pews are too hard.
- Eye drops will be available for those with tired eyes from watching TV late Saturday night.
- We will have steel helmets for those who say, "The roof will cave in if I ever enter a church!"
- Blankets will be furnished for those who think church is always too cold, and fans for those who say it's always too hot.
- Score card will be available for those who wish to list the hypocrites present.
- Relatives and friends will be in attendance for those who can't go to church and cook dinner, too.
- We will distribute "Stamp Out Stewardship" buttons for those who feel that church is always asking for money.
- One section will be devoted to trees and grass for those who like to seek God in nature.
- Doctors and nurses will be in attendance for those who plan to be sick on Sunday.
- The sanctuary will be decorated with both Christmas poinsettias and Easter lilies for those who never have seen the church without them.
- We will provide hearing aids for those who can't hear the preacher and cotton for those who say he's too loud.

We hope to see YOU at church this Sunday!



Submitted by,  
Kay Mohr



## FRIGHTFUL & DELIGHTFUL



October is the month for ghosts, bats, & goblins  
and maybe even a flying witch or two  
The weather is getting a wee bit chilly,  
But there is nothing we can do  
At the end of the month comes Halloween Kiddies in costumes  
They make a wonderful scene  
At school they parade to each other's classroom  
with a scary mask on their face  
But at night "Trick or Treat" candy from the neighbors quicken the rat race

Written & submitted by,  
Jean Larison

5 fun facts about



# HALLOWEEN

Two thirds of adults who take kids trick or treating admit to stealing some of the kid's candy



Pet costumes are becoming more popular with almost a third of US pet owners dressing up their pets



In some places including Dublin, Georgia and Illinois, only kids are allowed to wear

Americans spend \$2.6 billion on candy at Halloween



Giant pumpkins grown for competitions can weigh over 2000lbs

Halloween masks – they are illegal for adults



## Residents' Council Minutes

Monday  
September 9,  
2024

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the August meeting.
- Marilyn Barker, Vice-President, read the Resident Right for September.

**TRANSFER AND DISCHARGE** – You cannot be transferred or discharged from your nursing facility except in an emergency; the nursing facility ceases operations; you may endanger the health and safety of the other residents; nonpayment of your share, if any, of your cost of care; improvement in your health to the point where you no longer need nursing facility care; or an urgent need for medical services the nursing facility cannot provide. Except for an emergency or your urgent need for medical services the nursing facility cannot provide, the nursing facility must give you and a relative or other responsible person you have named, 30 days advance written notice of your transfer or discharge. The nursing facility must arrange for your safe and orderly transfer to a site where your needs can be adequately provided for, and the nursing facility must thoroughly prepare you for your upcoming transfer or discharge. Transfer or discharge does not mean movement of a resident to a bed within the same certified facility.

- Jean welcomed new residents for August.

### Old Business

- C3 had questions about routine toileting during meal times. Concerns and questions were addressed by nursing supervisor.
- C3 questioned staffing levels, residents acknowledged the process. Staffing levels are being reviewed to make sure we are in compliance
- C3 and D7 now have working bathrooms.
- C3 residents approved the cup holder that were shown and we are moving forward with having them in the family room area.

### New Business:

#### Jason Cumello: Administrator

- Discussed that on August 12 we have begun the construction of the new E-wing.
  - No major problems are anticipated. Looks like they are going to start the foundation in the next three months.
- August 30<sup>th</sup> we had another power outage. It took out some fan motors around the building that's what happened to B3. we were experiencing power fluctuations from PP&L. Luckily, fans were on their own circuit breakers which prevented a whole power outage. Meeting with PP&L at the end of the month to see if they can explain what happened to our buildings power.
- Still looking at survey responses and working on things from the responses from that survey.

#### Jessica Sanchaz: Director of Social Services

Next month for resident council will be our resident rights Bingo.

#### Jennifer Szakacs Strohl: Director of Life Enrichment

- Monthly Destination
  - We are in the Caribbean for September. Activities on the units will be geared towards the Caribbean theme.
  - We are wrapping up Iron Pig trips in September.
  - During the day-of-caring on the 19<sup>th</sup>, 10:15 in the auditorium, volunteers from area agencies and businesses are coming in to help us with a seashell craft.
- Activities/Events
  - We continue with our entertainers on the weekends.
  - Nativity Lutheran was there on Sunday, residents enjoyed it.
  - We also have the Auxiliary Money Bingo on the first Monday of the month.
  - We still have house games on the 4<sup>th</sup> Friday of every month.
  - Iron Pigs season tickets should be ending at the end of the month
  - October starts the Phantoms Ice Hockey games - Oct 27<sup>th</sup> is the first game.
  - Auxiliary Bingo will resume on Oct. 7, 2024. It will be the week before the Social Service Residents' Rights Bingo
- The Auxiliary is having a "Kiss the Pig" fund raiser. The contestants are Jason Cumello and Phil Armstrong. Whoever raises the least amount of money will have to kiss the pig. The main event is in our auditorium Friday, September 20 at 2:15. We will media blitz this, the county will advertise this downtown, it will be on channel 22, and Facebook live. Chanel 69 WFMZ, will be notified to make them aware.



### Resident Concerns / Comments:

A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

- Resident on C3 - has had her power chair out of service for 4 months and it is still not getting serviced by national. Company is saying the paperwork is not being sent or that when it is sent there is a wrong number on the paperwork. The company is supposed to come on Thursday to fix the belt strap.
  - Nursing will follow up.
- Resident on D3 - has a broken tooth and the dentist has not come out to fix it for her. Donna will follow up.

### Announcements:

- Next meeting will be Monday, October 14<sup>th</sup> at 2:15 PM in the auditorium. It is also the Annual Review of Residents Rights Bingo.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



# Dietician's Corner



## *In Loving Memory*

### *At Rest*

*Joe Gadson  
James West  
Edwin Baker  
Joy Harmount  
Dolores Hoffert  
Richard Fahringer  
Nabat Bano Ukani  
Roxanne Schoeneberger*

*He heals the  
broken hearted and  
binds up their  
wounds*

With flu season creeping up on us and after the emergence of Covid19, here are some tips on how to boost your immune system to stay as healthy as you possibly can.

" **Boost Your Immunity.** Interest in immune boosting nutrients and dietary supplements has increased, Vitamins such as A, C, D, and E, along with minerals like zinc and selenium, play crucial roles in strengthening the immune response. Additionally, foods rich in antioxidants help combat oxidative stress and inflammation, further enhancing immunity. Maintaining good hydration and including probiotic-rich foods like yogurt or fermented foods can promote a healthy gut, which is integral to overall immune health. Note that most supplements are not superior to the nutrients you can get from real whole food. Most studies show that dietary supplements are only useful if you have a deficiency in a nutrient. Taking supplements on top of a healthy diet does not add much to your immune system. By prioritizing a well-rounded diet, you can naturally bolster your body's defenses against illness. A lifestyle that includes eating healthy foods, physical activity, reducing stress, and getting enough sleep is known to keep your immune system in the best shape.

### Tips to Support a Healthy Immune System

1. Eat a balanced diet 2. Limit processed foods and sugar 3. Stay hydrated with water 4. Exercise regularly 5. Don't smoke 6. Get adequate sleep 7. Manage stress 8. Wash hands frequently 9. Consider a multivitamin 10. Consider vaccination."

These are just a few tips to try and stay healthy, but rule of thumb is if you feel sick please stay home.



*Morrison*  
LIVING



**HOW MANY DID YOU SPY?**  
There are **18**  
"Flying Witches"

## LOST AND FOUND

**DID YOU LOSE  
SOMETHING?**



Lost and Found is located at security on first floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

## SUNSHINE NEWS STAFF

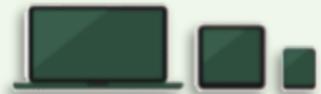
Advisor: Jennifer Szakacs Strohl

Editor/Format: Marnie Distasio  
Lea Hayes  
Emily Strohl

Writers/  
Humorists: Jean Larison  
Kay Mohr

### HIDDEN OBJECTS ANSWERS

**Wishbone-** Front left tree truck upside down.  
**Baton-** Side of tractor hood.  
**Fish hook-** Below front tractor tire.  
**Pair of pants-** On tractor hood.  
**Hammer-** Left arm of boy with striped sweater.  
**Ice cream cone-** Roof of tractor sideways.  
**Fish-** In leaves of right side tree.  
**Pennant-** Above front door edge of roof overhang.  
**Comb-** Right side of porch wall, above woman's head.  
**Open book-** Side of barn roof.  
**Pencil-** Above window above cow.  
**Duck-** Front left tree upside down.  
**Paintbrush-** To the right of the tree in back left corner.  
**Golf club-** Above side door, edge of roof.



Wireless access to the Internet is now available at Cedarbrook-Allentown and Cedarbrook-Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc.) may request access through their Social Worker or Natalia Villamil, Administrative Assistant. Our PC Specialist will assign a unique username and password which must be kept confidential.

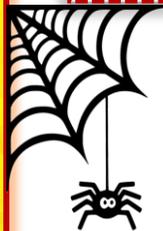


**NEED A REPAIR?  
SOMETHING FIXED?**



Here's how to get it done...

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC. Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.



### DO YOU HAVE A CONCERN?

If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help. Your local Ombudsman is trained to advocate for your rights and will work to resolve your problems by:

- ◆ *Listening to your concerns*
- ◆ *Respecting your choices*
- ◆ *Offering ideas and options to help you meet your individual needs*
- ◆ *Services are free and confidential*

Contact your local Ombudsman  
(484) 619-3337

Pennsylvania  
Department of Aging Office  
of the Long-Term Care Ombudsman



# October 2024



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**1**  
10:15 AM  
Talking Book  
Family Room  
2:30PM  
House Bingo  
Channel 22

**2**  
2:15 PM  
October  
Birthday Bash  
\*Invite Only\*  
Family Room  
2:15 PM  
Bible Study with  
Chaplain  
Stephanie  
Aud. & Chan.22

**3**  
11:00 AM  
Color & Chat  
Family Room  
2:15 PM  
Card Club  
Family Room  
2:30 PM  
Rosary - Chapel

**4**  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
House Movie  
Channel 22  
3:30 PM  
SSN Meeting  
Family Room

**5**  
10:15 AM  
Puzzle Your  
Mind  
Family Room  
2:15 PM  
Music by  
Patrice  
Hawthorne  
Aud. & Chan.22

**6**  
2:15 PM  
Church with  
Chaplain  
Stephanie  
Auditorium &  
Channel 22

**7**  
2:15 PM  
Auxiliary Money  
BINGO  
Auditorium

**8**  
10:15 AM  
Talking Book  
Family Room  
2:30PM  
House Bingo  
Channel 22

**9**  
2:15 PM  
Bible Study with  
Pastor Tony  
Aud. & Chan.22

**10** 11:00 AM  
Color & Chat  
Family Room  
2:15 PM  
Card Club  
Family Room  
2:30 PM  
Splash of Color  
Family Room  
D-5 Bus Trip

**11**  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
House Movie  
Channel 22

**12**  
10:15 AM  
Puzzle Your  
Mind  
Family Room  
2:15 PM  
Music by  
Claude  
Shappelle  
Aud. & Chan.22

**13**  
2:15 PM  
Church with  
Pastor Tony  
Auditorium &  
Channel 22

**14**  
2:15 PM  
Resident Rights  
BINGO  
Auditorium  
C-3 Bus Trip

**15**  
10:15 AM  
Talking Book  
Family Room  
2:30PM  
House Bingo  
Channel 22

**16**  
2:15 PM  
Memorial  
Service  
Aud. & Chan.22

**17** 11:00 AM  
Color & Chat  
Family Room  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
Catholic Mass  
Aud. & Chan. 22  
D-4 Bus Trip

**18**  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
House Movie  
Channel 22

**19**  
10:15 AM  
Puzzle Your  
Mind  
Family Room  
2:15 PM  
Music by  
Bill Frye  
Aud. & Chan.22

**20**  
2:15 PM  
Church with  
Chaplain  
Stephanie  
Auditorium &  
Channel 22

**21**  
**On Unit  
Activities**

**22**  
10:15 AM  
Talking Book  
Family Room  
2:30PM  
House Bingo  
Channel 22  
D-7 Bus Trip

**23**  
2:15 PM  
Bible Study with  
Chaplain  
Stephanie  
Aud. & Chan. 22

**24**  
11:00 AM  
Color & Chat  
Family Room  
2:15 PM  
Card Club  
Family Room

**25**  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
House Movie  
Channel 22  
B-3 Bus Trip

**26**  
10:15 AM  
Puzzle Your  
Mind  
Family Room  
2:15 PM  
Kevin Macintire  
Aud. & Chan.22

**27**  
2:15 PM  
Church with  
Pastor Tony  
Auditorium &  
Channel 22  
D-2  
Phantoms  
Game

**28**  
2:15 PM  
Germany/  
Octoberfest  
Party  
\*Invite Only\*  
Auditorium



**29**  
10:15 AM  
Talking Book  
Family Room  
2:30PM  
House Bingo  
Channel 22

**30**  
2:15 PM  
Bible Study with  
Pastor Tony  
Aud. & Chan.22



**31** 11:00 AM  
Color & Chat  
Family Room  
2:15 PM  
Card Club  
Family Room  
2:15 PM  
Halloween Party  
Auditorium  
D-3 Bus Trip

