




<div><p>MEMORY CARE <b>embrace</b> BY SENIOR LIFESTYLE</p></div> <div>This Month's Theme..... <b>Bittersweet October</b></div> <div><div>Location Keys</div><div>Assisted Living Gardens Kitchen Living Room Private Dining Room 2nd Floor</div><div>AL G K L PD</div></div> <div><div>Resident Birthdays</div><div>Joan C. 10/12 Mary H. 10/22</div></div>	<div></div> <div><p>"I'm so glad I live in a world where there are Octobers." — L.M. Montgomery, <i>Anne of Green Gables</i></p></div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes with Jan AM ● Lunch PM ● Spa Nails and Massages PM ● <b>Thymeless</b> PM ● How much did it cost? trivia on the I-Touch PM ● Dinner [K] PM ● Classic Movie</p></div> <div>1</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:30 Music with Susie Q I-touch AM ● Lunch — ● Mid-Week Matinee PM ● <b>Thymeless</b> PM ● Dinner [K] 6:15 ● Just the 2 of us Performs [L] 6:30 ● Calming Hand Massages [L]</p></div> <div>2</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes AM ● Lunch PM ● Bingo [G] 1:00 ● Rosary [PD] PM ● <b>Thymeless</b> 3:30 Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p></div> <div>3</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Happy hour PM ● <b>Thymeless</b> PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p></div> <div>4</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● <b>Thymeless</b> PM ● Balloon Fun PM ● Dinner [K]</p></div> <div>5</div>		
	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● <b>Thymeless</b> PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p></div> <div>6</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Chair Exercises [AL] AM ● Lunch 1:30 ● Art for Everyone with Jenny PM ● <b>Thymeless</b> PM ● Dinner [K] PM ● Relax your Breathing</p></div> <div>7</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes with Jan AM ● Lunch PM ● Spa Nails and Massages 2:30 Birthday bash with Goldie PM ● <b>Thymeless</b> PM ● How much did it cost? trivia on the I-Touch PM ● Dinner [K] PM ● Classic Movie</p></div> <div>8</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:30 Music with Susie Q I-touch AM ● Lunch — ● Mid-Week Matinee PM ● <b>Thymeless</b> PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p></div> <div>9</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes AM ● Lunch PM ● Bingo [G] 1:00 ● Rosary [PD] PM ● <b>Thymeless</b> — Todd Hepburn 3:30 Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p></div> <div>10</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Happy hour PM ● <b>Thymeless</b> PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p></div> <div>11</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● <b>Thymeless</b> PM ● Balloon Fun 3:30 ● Music music music PM ● Dinner [K]</p></div> <div>12</div>	
		<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● <b>Thymeless</b> PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p></div> <div>13</div>	<div><p><b>Columbus Day</b> AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Chair Exercises [AL] AM ● Lunch PM ● Mens Club PM ● <b>Thymeless</b> PM ● Dinner [K] PM ● Relax your Breathing</p></div> <div>14</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes with Jan AM ● Lunch PM ● Spa Nails and Massages 3:30 ● Life is bitter life is sweet PM ● Dinner [K] PM ● Classic Movie</p></div> <div>15</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:30 Music with Susie Q I-touch AM ● Lunch — ● Mid-Week Matinee PM ● <b>Thymeless</b> PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p></div> <div>16</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes AM ● Lunch PM ● Bingo [G] 1:00 ● Rosary [PD] PM ● <b>Thymeless</b> 3:30 Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p></div> <div>17</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloon Toss 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Happy hour PM ● <b>Thymeless</b> PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p></div> <div>18</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● <b>Thymeless</b> PM ● Balloon Fun 3:30 ● Music music music PM ● Dinner [K]</p></div> <div>19</div>
		<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● <b>Thymeless</b> PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p></div> <div>20</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Chair Exercises [AL] AM ● Lunch 1:30 ● Art for Everyone with Jenny PM ● Mens Club PM ● <b>Thymeless</b> PM ● Dinner [K] PM ● Relax your Breathing</p></div> <div>21</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes with Jan AM ● Lunch PM ● Spa Nails and Massages PM ● <b>Thymeless</b> PM ● How much did it cost? trivia on the I-Touch PM ● Dinner [K] PM ● Classic Movie</p></div> <div>22</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:30 Music with Susie Q I-touch AM ● Lunch — ● Mid-Week Matinee PM ● <b>Thymeless</b> PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p></div> <div>23</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes AM ● Lunch PM ● Bingo [G] 1:00 ● Rosary [PD] PM ● <b>Thymeless</b> — Todd Hepburn 3:30 Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p></div> <div>24</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloon Toss 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Happy hour PM ● <b>Thymeless</b> PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p></div> <div>25</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● <b>Thymeless</b> PM ● Balloon Fun 3:30 ● Music music music PM ● Dinner [K]</p></div> <div>26</div>
<div></div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● <b>Thymeless</b> PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p></div> <div>27</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Chair Exercises [AL] AM ● Lunch PM ● Mens Club PM ● <b>Thymeless</b> PM ● Dinner [K] PM ● Relax your Breathing</p></div> <div>28</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes with Jan AM ● Lunch PM ● Spa Nails and Massages PM ● <b>Thymeless</b> PM ● How much did it cost? trivia on the I-Touch PM ● Dinner [K] 6:00 ● Trick or Treat night!</p></div> <div>29</div>	<div><p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> 10:30 Music with Susie Q I-touch AM ● Lunch — ● Mid-Week Matinee PM ● <b>Thymeless</b> PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p></div> <div>30</div>	<div><p><b>Halloween</b> AM ● Breakfast [K] AM ● Good Morning Wakeup — ● <b>Thymeless sessions</b> AM ● Balloons and Tunes AM ● Lunch PM ● Bingo [G] 1:00 ● Rosary [PD] PM ● <b>Thymeless</b> 3:30 Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p></div> <div>31</div>	<div><p><b>It's going to be a great month!</b></p></div>		