

October
2023

Vineyard Ranch at Temecula



And all at once,
summer
collapsed into
fall.

Oscar Wilde



Oct 2- Chair Cardio
Oct 3-Outing-Walmart Walk
Oct 4 -Walkaholics Walk
Oct 5 - Chair Stretching
Oct 6 - Chair Yoga
Oct 7 - Chair Tai Chi
Oct 8 - Chair Dance



Happy Birthday to You!

Antoinette L.	10/13
Judith C.	10/14
Alexandra B.	10/22
Steven J.	10/23
Joyce O.	10/27



Food Word Puzzle

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

Bacon	Gyros	Plug
Beat	Ham	Pot
Bin	Ice box	Round
Bloody Mary	Infuser	Sieve
Bowl	Jug	Snow
Bun	Lime	Soy
Cake	Mace	Tea
Can	Mild	Thyme
Chef	Mince	Tin
Cup	Mop	Toss
Dill	Mug	Towel
Egg	Nougat	Urn
Grog	Peel	Wiper