

• NOTE •
All Activities are subject to change.
Changes will be posted.
All Activities are held in the Activity Room.

Activity Director: Maria Isabel Zarzuela • Activity Assistant: Sona Paltadzayan

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Check out the 2011 Survey Results!
Posted by the Public Phone
outside front office.

Attend Residents' Council Meetings.
Know Your Rights & Win the Raffle



BIRTH STONE

Opal

FLOWER

Calendula



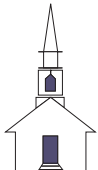
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
11:00 Senior Fitness
11:30 Flash Cards/Reality Orientation
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour



Room Visits 8:00 a.m.

9:00 Church Service w/ Praise Songs
10:00 Morning Social w/ refreshments
10:30 Senior fitness
11:00 Sensory Stimulation
11:30 History Channel
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

2



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts

3



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Identify the Object
9:30 Morning Social w/refreshments
10:00 The Price is Right
10:30 Communion Service w/Praise Songs
11:00 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age

4



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Flash Cards/ Numbers and Alphabet
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Adult Education
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming

5



Room Visits 8:00 a.m.

RESIDENT'S COUNCIL MEETING
8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
2:00 Resident's Council Meeting with refreshments

6



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Sensory Stimulation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Communion Service from St. Dominic's w/ Praise Songs
11:30 Ring Toss and Ball Games
1:30 Movie w/ Popcorn/ Scrabble

7



Room Visits 8:00 a.m.

9:00 Relaxing Music
9:30 Morning Social w/ refreshments
11:00 Senior Fitness
11:30 Flash Cards/Reality Orientation
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

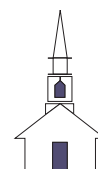
8



Room Visits 8:00 a.m.

Grandparents Day/Patriot Day
9:00 Church Service w/Praise songs
10:00 Morning Social w/ refreshments
10:30 Senior Fitness
11:00 Sensory Stimulation
11:30 History Channel
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

9



Room Visits 8:00 a.m.

COUNTRY BREAKFAST COLUMBUS DAY
7:00 COUNTRY BREAKFAST
8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts

10

Thanksgiving Day (Canada)

Room Visits 8:00 a.m.

8:00 News Watch
9:00 Identify the Object
9:30 Morning Social w/refreshments
10:00 The Price is Right
10:30 Communion Service w/Praise Songs
11:00 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age

11



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Flash Cards/ Numbers and Alphabet
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Adult Education
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming

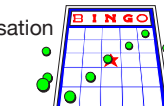
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Room Visits 8:00 a.m.

OPEN HOUSE
8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age
4:00 OPEN HOUSE

13



Room Visits 8:00 a.m.

TRIP TO THE MALL
8:00 News Watch
9:00 Sensory Stimulation
9:30 Morning Social w/ Refreshments
10:30 TRIP TO THE MALL
11:00 Communion Service from St. Dominic's w/ Praise Songs
11:30 Ring Toss and Ball Games
1:30 Movie w/ Popcorn/ Scrabble

14



Room Visits 8:00 a.m.

9:00 Relaxing Music
9:30 Morning Social w/ refreshments
11:00 Senior Fitness
11:30 Flash Cards/Reality Orientation
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

15



Room Visits 8:00 a.m.

9:00 Church Service w/Praise Songs
10:00 Morning Social w/ refreshments
10:30 Senior Fitness
11:00 Sensory Stimulation
11:30 History Channel
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

16



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts

17



Room Visits 8:00 a.m.

HOLY FAMILY CHURCH SERVICE
8:00 News Watch
9:00 Identify the Object
9:30 Morning Social w/refreshments
10:00 The Price is Right
10:30 Comm. Service w/Praise Songs
11:00 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age

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Room Visits 8:00 a.m.

COOK & EAT
8:00 News Watch
9:00 Flash Cards/ Numbers and Alphabet
9:30 Morning Social w/ refreshments
10:00 The Price is Right
10:30 COOKING TIME
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming

19



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age

20



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Sensory Stimulation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Communion Service from St. Dominic's w/ Praise Songs
11:30 Ring Toss and Ball Games
1:30 Movie w/ Popcorn/ Scrabble

21



Room Visits 8:00 a.m.

9:00 Relaxing Music
9:30 Morning Social w/ refreshments
11:00 Senior Fitness
11:30 Flash Cards/Reality Orientation
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

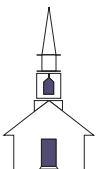
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Room Visits 8:00 a.m.

9:00 Church Service w/Praise Songs
10:00 Morning Social w/ refreshments
10:30 Senior Fitness
11:00 Sensory Stimulation
11:30 History Channel
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

23



Room Visits 8:00 a.m.

RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT
8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
10:30 Party Time w/Entertainer
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts

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31 HALLOWEEN COSTUME PARTY
1:30 COSTUME TIME

8:00 News Watch
9:00 Identify the Object
9:30 Morning Social w/refreshments
10:00 The Price is Right
10:30 Communion Service w/Praise Songs
11:00 Senior Fitness/Sing & Dance
1:20 Arts and Crafts
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time

25



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Flash Cards/ Numbers and Alphabet
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Adult Education
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming

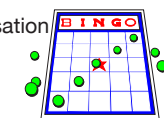
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Room Visits 8:00 a.m.

8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age

27



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Sensory Stimulation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Communion Service from St. Dominic's w/ Praise Songs
11:30 Ring Toss and Ball Games
1:30 Movie w/ Popcorn/ Scrabble

28



Room Visits 8:00 a.m.

9:00 Relaxing Music
9:30 Morning Social w/ refreshments
11:00 Senior Fitness
11:30 Flash Cards/Reality Orientation
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Residents Family Hour

29



Room Visits 8:00 a.m.

30

Why do we Carve Pumpkins at Halloween?

Halloween originated in Ireland several hundred years ago. The Celtic Irish celebrated October 31 for several reasons. October 31 signified the end of the summer and the start of the 'new year.' It was on this night and this night only that the boundaries between the living and the dead were broken. The spirits of the recently deceased could enter the bodies of the living as their one shot at the afterlife. Of course the living didn't want to be possessed by these spirits so they would dress up in devilish costumes, extinguish all the lights in their houses, and create havoc on their town to scare the spirits away.

Years later the English adopted many of the Celt's practices. October 31 was known as "All Hallows Eve," the night before "All Hallows Day," a celebration in honor of the saints. As the idea of spirit possession became less prominent, the English would dress up as witches or ghosts in a more ceremonial manner.

In Ireland, one of the most popular traditions that went along with their "Halloween," was carrying the jack-o-lantern. In Scotland and England they would carry turnips. The jack-o-lantern was originally carried all night to replicate the faces of the ghoulish spirit possessed. No one is quite sure why the 'jack-o-lantern' is called 'jack.' However, according to an ancient Irish legend, the devil once wanted to steal the soul of a man named 'Jack.' Jack outwitted the devil on several occasions and kept his life. Eventually, Jack died and neither heaven nor hell would take him. Jack was condemned to an afterlife in limbo. He asked the devil for a piece of coal to provide light for his never ending life. Jack stuck the coal into a turnip and is said to still be walking around with his light until heaven or hell will open the gates for him.



HALLOWEEN

Why do People Dress Up on Halloween?

Dressing up on Halloween is probably why it's considered the most fun holiday. All year people contemplate a costume that will be the envy of all the trick-or-treaters or win the costume contest at the Halloween party. Either way, the practice of dressing up in costume on Halloween is hundreds of years old and still performed today.

Halloween essentially means, "All Hallows Eve," which occurred the night before "All Hallows Day," a Roman Catholic holiday celebrating the saints. Years before "All Hallows Day," was celebrated, the Celtic Irish celebrated October 31st as the "new year."

On the eve of the "new year," or "Samhain," (rhyming with cow-en) as they called it, the spirits of the recently deceased could re-enter the bodies of the living for a chance at an afterlife. During this night, all barriers between the living and the dead were broken.

Fearing for their souls, the Celts would extinguish all the lights in their houses, dress up in ghoulish costumes, and reek havoc on the town to scare the spirits away. The Roman Catholic's later adopted these practices as their own. As spirit possession became less popular, people began dressing up as witches, goblins, and demons in a more ceremonial manner.

In the 1840's the famous 'potato famine' struck Ireland. Many Irish fled Ireland in search of refuge and ended up in America as immigrants. Although the practice of "dressing up" on Halloween was already a practice in Europe, this is when the ceremony was brought to America.

Today, people all over the world still dress up in costume on Halloween, or "All Hallows Eve," as it was once called. Many believe that dressing up is a tribute to the 'devil,' or some kind of 'demonic' ceremony. Quite the contrary, dressing up actually started as means to save souls from demons and later on to celebrate the saints!

OCTOBER 2011

OCTOBER ACTIVITIES AT A GLANCE

Monday through Friday at 10:00 AM to 11:00 AM, Join us in Watching "The Price is Right"!

- **RESIDENT'S COUNCIL MEETING** - Will be held on Thursday, October 6th at 2:00 p.m. in the Activity Room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
 - **COOK N' EAT** - Have a chance to cook with us and prepare your favorite dish on October 19th at 10:00 a.m. in the Activity Room.
 - **CHURCH SERVICE** - Held every Sunday in the Activity Room and starts at 9:00 a.m. Please come on time.
 - **TRIP TO THE MALL** - All shopping lovers! We'll be taking a trip to the mall on October 14th so if you're interested, please look for any activity staff and register.
 - **SENIOR FITNESS** - Come on everybody! Let's exercise every Monday, Tuesday, Friday, Saturday and Sunday at 11:00 a.m. in the Activity Room.
 - **BINGO SOCIAL** - Come on all Bingo lovers! Let's play bingo every Sunday, Monday, Wednesday, Thursday, and Saturday at 1:30 p.m. in the Activity Room.
 - **HOLY FAMILY CHURCH SERVICE** There will be church service every 3rd Tuesday of the month. This month will be on October 18th, 2011.
 - **RESIDENT'S BIRTHDAY PARTY** - It's party time! We're throwing a party plus entertainment for all our Birthday Celebrants this month and it will be on October 24th at 10:30 a.m. in the Activity Room.
 - **MOVIE WITH POPCORN** - Every Friday at 1:00 p.m. in the Activity Room, we'll be showing a movie with popcorn and juice.
 - **ADULT EDUCATION** - The activity staff will feature shows which include History, Biography
- of famous people, National Geographic and Concert of famous celebrities. Everybody is welcome to attend.
- **Wii GAMES** - Hello Everyone! Come, play and enjoy your favorite sports with Wii Games like tennis, bowling, boxing and more in the Activity Room every Monday and Thursday at 11:00 a.m.
 - **ICE CREAM SOCIAL** - Every Monday at 2:30 p.m. after Bingo Social, we will serve ice cream.
 - **GROUP CONVERSATION** - Every Tuesday in the activity room, there is a Group Conversation at 2:00 p.m. headed by Dr. Linda Yertzley a Clinical Psychologist that processing feelings and emotions. Everybody is welcome to attend.
 - **HALLOWEEN COSTUME PARTY** - We will have our Party on Oct. 31st in the Activity Room. All employees are welcome to join the fun!
 - **COUNTRY BREAKFAST** - On Monday, Oct. 10th, it is Columbus Day. We're going to serve delicious food for breakfast at 7:00 in the morning. Please come and join us.
 - **OPEN HOUSE** - On Wednesday October 13th, everyone is cordially invited to our first of many Open Houses: 4:00 - 7:00 pm. All are welcome to tour our facility and enjoy food and drinks.

