

## Social

Come and join us at our Assisted Living to celebrate different and fun socials!



Baby Shower Social



Donut and Lemonade Social



Let's Get Together Social

## Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

**Italy** — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

**Brazil** — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

**Japan** — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

**Costa Rica** — Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

**Sweden** — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

**Australia** — Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.



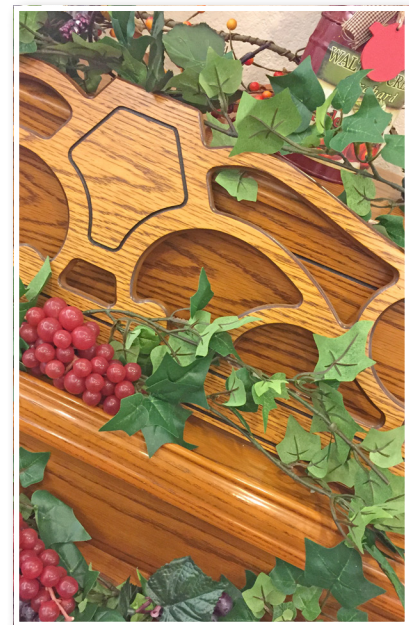
## Dear Residents, Family and Friends

Fall is in full swing around here, and I for one could not be happier! We had a great month of September celebrating the start of football season with our "Kick Off Happy Hour," soaking up the last few days of summer with an Ice Cream Social and a great night with our Murder Mystery Event, "A Taste for Wine and Murder!" Be sure to check out your activity calendar and activity flyers to see what exciting outings, socials and events are scheduled for each month!

October has many fun and exciting things planned that include Trick or Treating for the families of our residents and staff, a lunch outing to Korner Cafe and our Main Event, "Bewitching Soiree!" Be sure to invite your family and friends. We hope to see you all there! Also, remember to check out our Facebook and website for weekly picture updates.

Happy October!

*Erin Montgomery*  
Executive Director



## Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.





### Locations

Activity Room, AR  
AL Courtyard, ALC  
AL Parking Lot, ALPL  
Bistro, B  
Dining Room, DR  
Library, LL  
Lobby, L  
Outing, O  
Spa, Spa

### Transportation Schedule

Monday, 10 a.m.  
Grocery Stores  
Tuesday, 10 a.m.  
Walmart  
Wednesday, 10 a.m.  
Post Office/Bank  
Thursday, 10 a.m.  
Walmart  
Friday, TBA  
Field Trips/Outing

“In life, as in football,  
you won’t go far unless  
you know where the  
goal posts are.”

—Arnold H. Glasow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>7:30 The Truth in Love (TV Channel 7), L</p> <p><b>8:30 New Covenant Baptist Church, L</b></p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p><b>2:00 Church Service w/ Rob Harrison, L</b></p> <p><b>3:00 Cinema Sundays, L</b></p>	<p><b>Halloween Door Decorating Contest Begins</b></p> <p><b>9:30 Exercise w/Legacy, AR</b></p> <p>10:00 The Prize is Right and Snack Social, L</p> <p><b>10:00 Dollar Tree, O</b></p> <p>2:00 Snack Attack Bingo, AR</p> <p>4:00 Adult Coloring Club, AR</p>	<p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Parachuting, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>10:30 Catholic Communion</b></p> <p>1:00 Movie &amp; Snack, L</p> <p><b>2:00 Fancy Nails &amp; Hand Massage, AR</b></p> <p>3:00 Game of Choice, L</p>	<p><b>9:30 Tone Those Bones, AR</b></p> <p><b>10:00 Post Office/Bank, O</b></p> <p>10:15 Word of the Day!, L</p> <p>1:30 Card Club, AR</p> <p><b>2:00 Sassy Senior Bingo w/Lifeway, AR</b></p> <p>4:00 Trivia, L</p>	<p><b>9:00 Senior Fitness, L</b></p> <p><b>9:45 Christian Service w/Rev. Mark, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>1:00 Storytelling Club, L</b></p> <p><b>2:30 Art Expression, AR</b></p> <p>4:00 Rowdy Ring Toss, L</p>	<p><b>Get Funky Day</b></p> <p><b>9:30 Senior Fitness, AR</b></p> <p>10:30 Wonder Word Search, AR</p> <p><b>11:00 Out to Korner Cafe, O</b></p> <p><b>1:00 Bible Study w/Laura</b></p> <p><b>2:00 Get Funky During Social Hour, L</b></p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Word of the Day!</p> <p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Chair Exercise, L</b></p> <p><b>10:30 Wonder Word Search, AR</b></p> <p><b>2:00 Saturday Bingo, AR</b></p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L</p> <p><b>8:30 New Covenant Baptist Church, L</b></p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p><b>2:00 Church Service w/ Rob Harrison, L</b></p> <p><b>3:00 Cinema Sundays, L</b></p>	<p>COLUMBUS DAY</p> <p><b>9:30 Exercise w/Legacy, AR</b></p> <p>10:00 The Prize is Right and Snack Social, L</p> <p><b>10:00 Shopping at Big Lots, O</b></p> <p>2:00 Snack Attack Bingo, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Parachuting, L</b></p> <p><b>9:45 Blood Pressure Clinic w/Life Way Hospice, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>10:00 Men Bible Study w/John</b></p> <p><b>10:30 Catholic Communion</b></p> <p>1:00 Popcorn/Movie, L</p> <p>3:00 Game of Choice, L</p> <p><b>6:00 Bewitching Soiree (Main Event), L</b></p>	<p><b>9:00 Flu Shots, AR</b></p> <p><b>9:30 Tone Those Bones, AR</b></p> <p><b>10:00 Post Office/Bank, O</b></p> <p>10:15 Spelling Bee, L</p> <p><b>1:00 Chicken Foot (Dominoes), AR</b></p> <p>1:30 Card Club, AR</p> <p><b>2:00 Sassy Senior Bingo w/Lifeway, AR</b></p> <p><b>3:00 Town Hall Meeting, L</b></p> <p>4:00 Fun Time Event, L</p>	<p><b>9:00 Senior Fitness, L</b></p> <p><b>9:45 Christian Service w/Rev. Mark, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>1:00 Karaoke Time, AR</b></p> <p><b>2:30 Art Expression, AR</b></p> <p>3:30 Ring Toss of Fire, L</p>	<p><b>Family Bowling Day</b></p> <p><b>9:30 Senior Fitness, AR</b></p> <p><b>10:00 "Family Feud," L</b></p> <p>10:30 Wonder Word Search, AR</p> <p><b>1:00 Bible Study w/Laura</b></p> <p><b>2:00 Let's Strike Up Some Fun During Our Social Hour, L</b></p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Word of the Day!</p> <p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Chair Exercise, L</b></p> <p><b>10:30 Wonder Word Search, AR</b></p> <p><b>2:00 Saturday Bingo, AR</b></p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L</p> <p><b>8:30 New Covenant Baptist Church, L</b></p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p><b>2:00 Church Service w/ Rob Harrison, L</b></p> <p><b>3:00 Cinema Sundays, L</b></p> <p><b>3:25 Cowboys vs. Jacksonville (CBS), L</b></p>	<p><b>I Love Lucy Day</b></p> <p><b>9:30 Exercise w/Legacy, AR</b></p> <p>10:00 The Prize is Right and Snack Social, L</p> <p><b>10:00 Dollar Tree, O</b></p> <p>2:00 Snack Attack Bingo, AR</p> <p><b>3:30 Fun Phrases of I Love Lucy Show, L</b></p> <p>4:00 Adult Coloring Club, AR</p>	<p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Parachuting, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>10:30 Catholic Communion</b></p> <p>1:00 Movie &amp; Snack, L</p> <p><b>2:00 Fancy Nails &amp; Hand Massage, AR</b></p> <p>3:00 Game of Choice, L</p>	<p><b>9:30 Tone Those Bones, AR</b></p> <p><b>10:00 Post Office/Bank, O</b></p> <p>10:15 Word of the Day!, L</p> <p>1:30 Card Club, AR</p> <p><b>2:00 Sassy Senior Bingo w/Lifeway, AR</b></p> <p>4:00 Trivia, L</p> <p>4:00 Tic Tac Toss, L</p>	<p><b>9:00 Senior Fitness, L</b></p> <p><b>9:45 Christian Service w/Rev. Mark, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>1:00 Storytelling Club, L</b></p> <p><b>2:30 Art Expression, AR</b></p> <p>4:00 Rowdy Ring Toss, L</p>	<p><b>9:30 Senior Fitness, AR</b></p> <p>10:30 Wonder Word Search, AR</p> <p><b>11:00 Out to IHOP, O</b></p> <p><b>1:00 Bible Study w/Laura</b></p> <p><b>2:00 Birthday Bash, L</b></p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Word of the Day!</p> <p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Chair Exercise, L</b></p> <p><b>10:30 Wonder Word Search, AR</b></p> <p><b>2:00 Saturday Bingo, AR</b></p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L</p> <p><b>8:30 New Covenant Baptist Church, L</b></p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p><b>2:00 Church Service w/ Rob Harrison, L</b></p> <p><b>3:00 Cinema Sundays, L</b></p> <p><b>3:25 Cowboys vs. Washington (CBS), L</b></p>	<p><b>9:30 Exercise w/Legacy, AR</b></p> <p>10:00 The Prize is Right and Snack Social, L</p> <p><b>10:00 Out to Tom Thumb, O</b></p> <p>2:00 Snack Attack Bingo, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Parachuting, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>10:00 Men Bible Study w/John</b></p> <p><b>10:30 Catholic Communion</b></p> <p>1:00 Popcorn/Movie, L</p> <p><b>2:30 Witches w/Attitude Social, L</b></p> <p>3:00 Game of Choice, L</p>	<p><b>9:30 Tone Those Bones, AR</b></p> <p><b>10:00 Post Office/Bank, O</b></p> <p>10:15 Spelling Bee, L</p> <p>1:30 Card Club, AR</p> <p><b>2:00 Sassy Senior Bingo w/Lifeway, AR</b></p> <p>4:00 Fun Time Event, L</p>	<p><b>9:00 Senior Fitness, L</b></p> <p><b>9:45 Christian Service w/Rev. Mark, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>1:00 Karaoke Time, AR</b></p> <p><b>1:30 Scrapbooking Club, AR</b></p> <p><b>2:30 Art Expression, AR</b></p> <p>3:30 Ring Toss of Fire, L</p>	<p><b>Wear Halloween Colors</b></p> <p><b>9:30 Senior Fitness, AR</b></p> <p><b>10:00 "Family Feud," L</b></p> <p>10:30 Wonder Word Search, AR</p> <p><b>1:00 Bible Study w/Laura</b></p> <p><b>2:00 I Put a Spell on You Social Hour, L</b></p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Word of the Day!</p> <p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Chair Exercise, L</b></p> <p><b>10:30 Wonder Word Search, AR</b></p> <p><b>2:00 Saturday Bingo, AR</b></p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L</p> <p><b>8:30 New Covenant Baptist Church, L</b></p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p><b>2:00 Church Service w/ Rob Harrison, L</b></p> <p><b>3:00 Cinema Sundays, L</b></p>	<p><b>9:30 Exercise w/Legacy, AR</b></p> <p>10:00 The Prize is Right and Snack Social, L</p> <p><b>10:00 Dollar General, O</b></p> <p>2:00 Snack Attack Bingo, AR</p>	<p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Parachuting, L</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p><b>10:30 Catholic Communion</b></p> <p><b>2:30 Halloween Cupcakes Social, AR</b></p> <p>3:00 Game of Choice, L</p>	<p>HALLOWEEN</p> <p><b>9:30 Tone Those Bones, AR</b></p> <p><b>10:00 Post Office/Bank, O</b></p> <p>1:30 Card Club, AR</p> <p><b>2:00 Sassy Senior Bingo w/Lifeway, AR</b></p> <p><b>4:00 Spooky Stories Social, L</b></p> <p><b>6:00 Trick or Treat, L</b></p>	<p><b>Birthdays</b></p> <p>Yadira Hernandez, 1st (Employee) Dorothy Goldenfarb, 9th Norbert Britton, 10th Nada Howard, 11th Ruby Bridges, 11th</p> <p>Mary Bowman, 12th Maria Santillana, 12th (Employee) Mary Cole, 20th Annaliza Holtzclaw, 21st (Employee) Doris Allen, 28th</p>		 <p>9:30 Word of the Day!</p> <p><b>9:30 Beauty Salon Is Open</b></p> <p><b>9:30 Chair Exercise, L</b></p> <p><b>10:30 Wonder Word Search, AR</b></p> <p><b>2:00 Saturday Bingo, AR</b></p> <p>3:30 Resident Choice of Game, L</p>