Social

Come and join us at our fun socials.









Ice Cream Social with Legacy

Feline Phrases

Cats have been pet companions for centuries, and they've pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:

Catnap — Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat's since the early 1800s.

Scaredy-cat — American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

Like herding cats — It's nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

Cat got your tongue? — This question is posed to one who remains silent when they are expected to speak. The phrase

first appeared in print in 1881, where it was described as a children's playground taunt.

Let the cat out of the bag — This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.











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 Big Jack BBQ 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



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.







SUNDAY

MONDAY

10:30 Blood Pressure

3:15 Trivia Club, B

6:00 Card Games, B

Checks w/A.R.T., CR

Pokeno for Prizes, CR

Bridge Club, CR

2:15 Singalong w/Karen, L

Channel 12), R66

6:30 Resident Card Games, B

Resident Choice Game

9:00 Bible Study, CR

1:15 Chicken Foot, LL

TUESDAY

Walmart, O

10:30 Rosary Service, B

2:30 Scrapbooking

Club, CR

6:00 Card Games, B

10:00 Catholic Communion, B

INDEPENDENT LIVING

OCTOBER 2018

Locations

AL Parking Lot, ALPL Bistro, B Community Room, CR Dining Room, DR Dog Park, DG Fitness Room, F Flagpole, FP Garden, G Library, LL Lobby, L Outing, O Route 66, R66

Transportation Schedule

Theater, TH

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

Friday, 2 p.m. **Express Errands**

"In life, as in football, vou won't go far unless you know where the goal posts are."

—Arnold H. Glasow

THURSDAY 2 Halloween 3 4 Get Funky Day 9:30 Walking Warriors ⁶ 9:30 Exercise w/Jacque 9:30 Chair Zumba 9:30 Balance Class of A.R.T., CR **Door Decorating** 9:30 Walking Warriors, B w/Legacy, CR Class w/Patty, CR 10:30 Coffee & 10:00 Post Office/Bank, O 10:00 Shopping at Walmart, O 9:30 Express Errands, O **Contest Begins** 10:00 Shopping at Conversation, L 10:00 Current Events Coffee & Exercise w/Jacque of A.R.T., CR 10:00 Blood Pressure Check 10:00 Coffee & Snacks Snack Wednesday Social, L Walmart, O 10:00 Coffee & Snacks Monday Social, L 1:00 Trivia Pursuit, LL w/Legacy, CR Friday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure 10:00 Catholic 10:15 Bible Study w/ 1:30 Card Games, B 10:30 Live Well Strength 10.30 Blood Pressure Checks w/A.R.T., CR Checks w/A.R.T., CR **Pastor Frances, CR** Bridge Club, CR Communion, B w/Legacy, CR 2:30 Fun Flicks and 2:00 Sassy Senior \$1 Bingo, CR 2:00 Pokeno for Prizes, CR 12:30 Singalong, O 2:00 Wonder Word Challenge 10:30 Rosary Service, B 3:15 Bible Study, TH Popcorn, TH 2:15 Singalong w/Karen, L 1:00 Bridge Club, CR 3:30 Get Funky During 9 Years Celebration w/ 6:00 Card Games, B 2:30 Art Expression, CR 3:30 Billiards (Pool) 2:00 Misc. Errands, O Jacque and Art, L Happy Hour, L 6:45 Bring a Friend 3:15 Trivia Club, B 6:00 Card Games, B 6:00 Card Games, B 7:00 Crazy Card Game, B Movie Night, TH 6:00 Card Games, B 6:00 Card Games, E COLUMBUS DAY 9 9:30 Balance Class w/ 10 7:30 The Truth in Love 11 Family Bowling Day 9:30 Exercise w/ 7:30 Men's Out for 9:30 Walking Warriors Legacy, CR 9:30 Exercise w/Jacque (TV Channel 7), R66 Jacque of A.R.T., CR 9:30 Walking Warriors, B Breakfast, O 10:00 Shopping at Walmart, O 10:30 Coffee & of A.R.T., CR Post Office/Bank, O 9:30 Express Errands, O 8:30 In Search of the 9:30 Chair Zumba Class Blood Pressure Check Coffee & Snacks 10:00 Current Events Coffee & Coffee & Snacks Conversation, L 10:00 Lord's Way (TV KTXA Monday Social, L w/Patty, CR w/Legacy, CR Snack Wednesday Social, L Friday Social, L 10:15 Bible Study w/Pastor 1:00 Trivia Pursuit, LL Channel 12), R66 10:00 Bia Lots, O 10:00 Shopping at Walmart, O 10:00 Flu Shots, F **Live Well Strength** 10:30 10:30 Blood Pressure Checks Frances, CR Bible Study, CR Catholic Communion, B 10:00 Health Fair, L 1:30 Card Games, B w/Legacy, CR w/A.R.T., CR 12:30 Singalong, O Chicken Foot, LL 10:30 Blood Pressure Checks Rosary Service, B **Out to Big Jack** 11:00 1:00 Bridge Club, CR Bridge Club, CR 2:30 Fun Flicks and w/A.R.T., CR Barbeque, O Pokeno for Prizes, CR 2:00 2:30 Town Hall Meeting, CR Resident Choice Game 2:00 Misc. Errands, O Popcorn, TH 2:00 Sassy Senior \$1 Bingo, CR Singalong w/Karen, L Wonder Word Challenge 2:15 2:30 Busy Hand Club, B 3:15 Witch Please Social Resident Card Games, B 3:15 Bible Study, TH Trivia Club, B Let's Strike Up Some Fun 3:30 Billiards (Pool) 3:00 I'll Get You My Pretty w/Sunshine, B Cowboys vs. 6:00 Card Games, B 4:00 Rowdy Ring Toss, B **During Our Happy Hour, L** Social w/Jacque, B 7:00 Crazy Card Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH Card Games, B Houston, R66 6:00 Card Games, B 6:00 Card Games, B 7:30 The Truth in Love 14 16 17 9:30 Balance Class w/ 18 9:30 Exercise w/ 9:30 Chair Zumba 9:30 Walking Warriors, B 9:30 Walking Warriors I Love Lucy Day Legacy, CR Jacque of A.R.T., CR (TV Channel 7), R66 Class w/Patty, CR 10:00 Shopping at Walmart, O 9:30 Exercise w/Jacque of A.R.T., CR 9:30 Express Errands, O 10:30 Coffee & 10:00 Post Office/Bank, O In Search of the 10:00 Coffee & Snacks Monday Social, L 10:00 Blood Pressure Check 10:00 Coffee & Snacks 10:00 Shopping at Conversation, L 10:00 Current Events Coffee & w/Legacy, CR Lord's Way (TV KTXA Dollar Tree, O Friday Social, L Snack Wednesday Social, L 10:15 Bible Study w/Pastor Walmart, O 10:30 Blood Pressure Checks Channel 12), R66 1:00 Trivia Pursuit, LL Frances, CR w/A.R.T., CR 10:30 Live Well Strength 10:30 Blood Pressure Bible Study, CR 10:00 Catholic 12:30 1:30 Card Games, B Singalong, O 1:00 Bridge Club, CR Checks w/A.R.T., CR w/Legacy, CR 1:00 Bridge Club, CR Chicken Foot, LL Pokeno for Prizes, CR Communion, B 2:30 Fun Flicks and 2:00 Sassy Senior \$1 Bingo, CR 2:00 Misc. Errands, O 2:00 Wonder Word 2:15 Singalong w/Karen, L Resident Choice Game Popcorn, TH 10:30 Rosary Service, B 3:15 Bible Study, TH Stop in for a Spel Trivia Club, B Challenge 3:15 Social w/Legacy, B 3:25 Cowboys vs. Fun Phrases of I Love 6:00 Card Games, B 3:30 Billiards (Pool) 2:30 Art Expression, CR 3:30 Birthday Bash, L Card Games, B Lucy Show, B Jacksonville, R66 6:45 Bring a Friend **Bewitching Soiree** 7:00 Crazy Card Game, B 6:00 6:00 Card Games, B Card Games, B 6:00 Card Games, B 6:30 Resident Card Games, B Movie Night, TH (Main Event), DR 22 23 24 9:30 Balance Class w/ 26 9:30 Chair Zumba **Wear Halloween** 7:30 The Truth in Love Exercise w/ 9:00 Out to Winstar 9:30 Walking Warriors Legacy, CR Jacque of A.R.T., CR (TV Channel 7), R66 Class w/Patty, CR Casino, O Colors 10:00 Shopping at Walmart, O 10:30 Coffee & Coffee & Snacks Monday Social, I Exercise w/Jacque In Search of the 9:30 Walking Warriors, B **Blood Pressure Check** 10:00 Shopping at 10:00 10:00 Out to Tom Thumb, O of A.R.T., CR Conversation, L 9:30 **Express Errands, O** Lord's Way (TV KTXA w/Legacy, CR 10:30 **Blood Pressure Checks** Walmart, O 10:00 Post Office/Bank, O Coffee & Snacks Bible Study w/Pastor 1:00 Trivia Pursuit, LL w/A.R.T., CR Channel 12), R66 Current Events Coffee & 10:00 Catholic Frances, CR Friday Social, L Bridge Club, CR Bible Study, CR Snack Wednesday Social, L 1:30 Card Games, B **Live Well Strength** 2:00 Pokeno for Prizes, CR Singalong, O 10:30 Communion, B 10:30 Blood Pressure Checks Chicken Foot, LL Singalong w/Karen, L w/Legacy, CR 2:30 Fun Flicks and 2:15 Bridge Club, CR 1:00 w/A.R.T., CR 10:30 Rosary Service, B Trivia Club, B Resident Choice Game 11:00 Out to 54th Street, O 2:00 Misc. Errands, O Popcorn, TH 2:00 Sassy Senior \$1 Bingo, CR Legacy Health Chat Wonder Word Challenge 2:30 Painting Class 2:30 Busy Hand Club, B Cowboys vs. 3:15 Bible Study, TH (Medicare Benefits), B 3:30 Billiards (Pool) I Put a Spell on You **Welcome Home New** Washington (CBS), R66 w/Lisa, CR 6:00 Card Games, B 4:00 Rowdy Ring Toss, B Happy Hour, L Residents' Social, CR 7:00 Crazy Card Game, B Card Games, B 6:45 Bring a Friend Movie Night, TH Resident Card Games, B 6:00 Card Games, B 6:00 Card Games, B 6:00 Card Games, B 30 HALLOWEEN 29 31 28 9:30 Exercise w/ **Candy Corn Day** 9:30 Exercise w/Jacque of A.R.T., CR Jacque of A.R.T., CR 7:30 The Truth in Love (TV **Birthdays** Post Office/Bank, O 9:30 Chair Zumba Class 10:00 10:00 Coffee & Snacks Channel 7), R66 10:00 Current Events Coffee & w/Patty, CR Monday Social, L Eleonore Murray, 4th Nora Condra, 14th Snack Wednesday Social, L In Search of the 10:00 Out to Dollar General 10:00 Shopping at 10:30 Blood Pressure Checks Richard Nelson, 5th Kathryn Ingram, 16th Lord's Way (TV KTXA w/A.R.T., CR

2:00 Sassy Senior \$1 Bingo, CR

Social w/Jason, B

Eat Drink and Be Scary

6:45 Bring a Friend Movie Night, TH

3:15 Bible Study, TH

3:30 Book Club, LL

6:00 Card Games, B

6:00 Trick or Treat, L

3:30

WEDNESDAY

FRIDAY

Will Powers, 18th

Inge Reece, 23rd

Lisbeth Munson, 24th

Jean Alexander, 29th

Lorenzo Marines.

8th (Employee)

Lillian Schauseil, 9th

Philip Ratliff, 10th

SATURDAY

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Activities Subject to Change