



## BULLETIN BOARD

### WII BOWLING WINNER!!

A big congratulations goes to Debbie Ortenzio, who won the Wii Bowling Trophy on Tuesday, Sept. 3! Way to go, Debbie!!! Her picture has been posted in the Community Room on the corkboards!

Wii Bowling is the 1st Tuesday of each month in the Community Room. Come out and play!

It involves using a remote control device so there is no lifting of a bowling ball.

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## OCTOBER 2013



## NOTES & NEWS

### HAPPY, HAPPY BIRTHDAY

Sharon Cooper	Oct. 1
Pearl Porter	Oct. 2
Mary Vandermotten	Oct. 26
Glenn Brown	Oct. 30

### Radiant Gem

The opal is the birthstone for October.  
The flower of the month is the marigold.



### Alleviate Joint Pain

If you experience pain in your knees and hips and you are overweight, shedding pounds could make a big difference. According to *WebMD.com*, slimming down will reduce stress on weight-bearing joints, which will ease pain and could slow the progress of osteoarthritis.

### Sweet and Spicy

Instead of using sugar as a sweetener, try cinnamon. It has a unique taste, and studies have found it helps regulate blood sugar.

## HIGHLIGHTS

### RESIDENT OF THE MONTH MARY VANDERMOTTEN

Mary lives in apartment 322 of the West Building with her dog, Sasha. She has lived here for one year.

Mary is originally from Scotland. When she was 25, she moved to Manchester, England. Her husband's job brought them to the United States in 1980. Her two daughters and two sons were so excited and have not been disappointed. She states that the people of Ohio were wonderful and made them feel at home.

Some of Mary's fondest memories are a trip she took to Belgium, Holland and to Mount Rushmore during the making of the new Crazy Horse project.

### SIMPLE START TO A GOOD DAY

Want to start every morning with a smile?  
Make your bed.

Studies show that completing tasks that are "keystone habits"—which also include cooking dinner and exercising—has a positive effect on your life. A made bed can lead to increased productivity and happiness throughout the day, especially since finishing one task motivates you to do another. By the end of the day, you'll feel more accomplished and less stressed, thanks to this simple morning chore.

### RESIDENT COUNCIL CALENDAR

10/16, 3 p.m. ... RESIDENT COUNCIL MEETING  
10/18, 6 p.m. ... SENIOR MOMENTS  
Forthcoming ... RESIDENTS' BIRTHDAY PARTY

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### Glass Gripper

From children to seniors, anyone can get a better grip on a beverage glass if it has a wide rubber band wrapped around it.





# October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Wii BOWLING 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	2 BREAD / SWEETS 11 A.M. CHANGES IN MEDICARE 2:00 P.M.	3 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	4 PEST CONTROL 1ST FLOOR EAST BUILDING	5
6 BREAD / SWEETS 1 P.M.	7 CHAIR EXERCISE 1:00 P.M. LEGAL DOCUMENTS MEETING 2:00 P.M. GAME NIGHT 6 P.M.	8 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	9 BREAD / SWEETS 11 A.M.	10 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	11	12 LEGAL DOCUMENTS CREATED 9:00 A.M. BY APPOINTMENT
13 BREAD / SWEETS 1 P.M.	Columbus Day 14 CHAIR EXERCISE 1:30 P.M. HAIRCUTS 3:45 P.M. GAME NIGHT 6 P.M.	15 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	16 PODIATRIST 9 A.M. BREAD / SWEETS 11 A.M. RESIDENT COUNCIL MEETING 3 P.M.	17 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	18 PEST CONTROL 1ST FLOOR WEST BUILDING SENIOR MOMENTS 6 P.M.	19
20 BREAD / SWEETS 1 P.M.	21 CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	22 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	23 BREAD / SWEETS 11 A.M.	24 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	25	26 
27 BREAD / SWEETS 1 P.M.	28 CHAIR EXERCISE 1:30 P.M. BUNGO 6 P.M.	29 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	30 BREAD / SWEETS 11 A.M.	31 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	 <b>OCTOBER</b> 