A Note from the Executive Director

Happy Fall! Thank you to everyone who made National Assisted Living Week a success, we hope to do even better next year! To start out the month of October we have handed out activity questionnaires, please hand these back into Betty Jean, LEC. These will help us better understand what kind of activities you would like to see added on to your monthly calendar as we work on upgrading. We look forward to your thoughts and as always please stop by Betty Jean’s office with any ideas. I would like to welcome new residents Richard A. and Paul M. (back of course). Also please help us also welcome Kristy Schneider, Sales Director and Josey, Resident Aide. This month we be holding a formal dinner with a violinist, please be on the look-out for these flyers, be sure to invite your family and make your reservations.

“If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old.” - James A. Garfield
Employee Spotlight

We have selected Jan for our staff spotlight this month. Jane joined the Sweetwater team in June of this year and started as a Staff Nurse, with a recent promotion. Jan now serves our residents as the Assistant Director of Nursing. “What I love most about my work is getting to take care of such wonderful people, the residents become like grandparents,” she said. Outside of work, you can find Jan spending her time gardening, watching documentaries and hanging out with her three grown children. We are so glad you chose us, Jan!

Resident Spotlight

Margaret has been part of our Sweetwater family since October 2010. “I grew up in Jordan, MT and one of my fondest memories of childhood is attending country school. We had more of a one on one experience and my mother actually taught so my brother and I lived on the school yard!” My favorite part of living at Sweetwater is having meals fixed, no dishes, cooking or cleaning! “Before my retirement, I was staying busy becoming an RN, raising seven children and being married for 58 years!” Some of Margaret’s hobbies are sewing, embroidery and spending time with family. We are honored that you have made Sweetwater your home, Margaret!

Event Highlight

September was so full of many fun activities for National Assisted Living Week, from piñatas to Sweetwater’s version of Wheel of Fortune. The week started off with banana splits and a trip to Laurel to honor Americas hero’s. On Tuesday Betty Jean put together a game named Phrase of Thought which is another version of Wheel of Fortune. Congratulations to everyone who won, it was a great game and we hope to do it again in the future! Wednesday was an amazing vocal performance from Joey Traywick of the residents favorite “oldies”. Last but not least was an extended Happy Hour with a piñata and shake a day. Make sure to attend Happy Hour every Friday and you might be the lucky one to win the Shake A Day gift card!!!

Coming Events

- Violinist Dinner—October 23rd at 5:00pm
- Happy Hour—Every Friday at 2:30pm in the Pub
- Fit Over 50—Every Thursday at 2:00 in the Activity Room

Celebrations

BIRTHDAYS
8-Betty H.
10-Jean G.
22-Hazel M.
24-Patsy S.

NEW STAFF
Kristy S.
Josey

ANNIVERSARIES

NEW RESIDENTS
Paul M.
Richard A.
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<td>9:30 Coffee &amp; Chat-P</td>
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<td>6:30 Movie-MT</td>
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**October Life Enrichment Calendar**

**Sunday, October 1**
- 8:30 Mall Walk
- 9:30 Boardgame-CC
- 10:00 Chair Tai Chi-AR
- 10:30 Church - C
- 1:00 Wii Bowling-MT
- 3:00 BINGO-AR
- 4:00 Rosary-C
- 6:30 Pinochle-I
- 6:30 Movie - MT

**Monday, October 2**
- 8:30 Mall Walk
- 9:30 Wal-Mart
- 10:00 Exercise-AR
- 1:30 Albertsons
- 3:00 Cake & Ice Cream Social-I
- 4:00 Walking @ Home-AR
- 6:30 Movie-MT
- 6:30 Poker-P

**Tuesday, October 3**
- 8:30 Mall Walk
- 9:30 Albertsons
- 10:00 Exercise-AR
- 1:30 Wii Bowling-MT
- 3:00 BINGO-AR
- 4:00 Rosary-C
- 6:15 Marine Band-Alberta Bair Theatre*
- 6:30 Movie-MT
- 6:30 Poker-P

**Wednesday, October 4**
- 8:30 Mall Walk
- 9:30 Albertsons
- 10:00 Exercise-AR
- 1:30 Wii Bowling-MT
- 3:00 BINGO-AR
- 4:00 Rosary-C
- 6:15 Marine Band-Alberta Bair Theatre*
- 6:30 Movie-MT
- 6:30 Poker-P

**Thursday, October 5**
- 9:30 Coffee & Chat-P
- 10:00 Chair Tai Chi-AR
- 10:30 Wii Golf-MT
- 1:30 Wii Bowling-MT
- 2:00 Fit Over 50-AR
- 3:00 Wii Golf - MT
- 6:30 BINGO-AR
- 6:30 Movie-MT

**Friday, October 6**
- 9:30 Errands
- 2:30 Happy Hour-P
- 6:30 Movie-MT
- 6:30 Pinochle-DR

**Saturday, October 7**
- 3:15 Ice Cream Social-I
- 4:00 Pool Game-B
- 6:30 Movie-MT
- 6:30 Pinochle-DR

**Sunday, October 8**
- 9:00 Flu Shots-P
- 9:30 Errands
- 10:00 Exercise-AR
- 1:00 Beginners Bowling-MT
- 3:00 Bunco-P
- 4:30 Walking @ Home-AR
- 6:30 Bible Study -C
- 6:30 Movie - MT

**Monday, October 9**
- 8:30 Mall Walk
- 9:30 Albertsons
- 10:00 Exercise-AR
- 1:30 Wii Bowling-MT
- 3:00 BINGO-AR
- 4:00 Rosary-C
- 6:15 Marine Band-Alberta Bair Theatre*
- 6:30 Movie-MT
- 6:30 Poker-P

**Tuesday, October 10**
- 9:30 Bookmobile-DR
- 10:00 Chair Tai Chi-AR
- 10:30 Church - C
- 1:30 Wii Bowling-MT
- 3:00 BINGO-AR
- 4:00 Rosary-C
- 6:15 Marine Band-Alberta Bair Theatre*
- 6:30 Movie-MT
- 6:30 Poker-P

**Wednesday, October 11**
- 9:30 Coffee & Chat-P
- 10:00 Chair Tai Chi-AR
- 10:30 Wii Golf-MT
- 1:30 Wii Bowling-MT
- 3:00 Phrase of Thought-AR
- 4:00 Walking @ Home-AR
- 4:30 Dinner @ Enzo*
- 6:30 Movie-MT
- 6:30 Poker-P

**Thursday, October 12**
- 9:30 Coffee & Chat-P
- 10:00 Chair Tai Chi-AR
- 10:30 Wii Golf-MT
- 1:30 Wii Bowling-MT
- 3:00 Phrase of Thought-AR
- 4:00 Walking @ Home-AR
- 4:30 Dinner @ Enzo*
- 6:30 Movie-MT
- 6:30 Poker-P

**Friday, October 13**
- 9:30 Errands
- 10:00 Residents Meeting-P
- 2:30 Happy Hour-P
- 6:30 Movie-MT
- 6:30 Pinochle-DR

**Saturday, October 14**
- 2:00 Traci in the Kitchen- DR
- 3:15 Ice Cream Social-I
- 4:00 Pool Game-B
- 6:30 Movie-MT
- 6:30 Pinochle-DR

**Sunday, October 15**
- 9:00 Flu Shots-P
- 9:30 Errands
- 10:00 Exercise-AR
- 1:00 Beginners Bowling-MT
- 3:00 Bunco-P
- 4:30 Walking @ Home-AR
- 6:30 Bible Study -C
- 6:30 Movie - MT

**Monday, October 16**
- 9:30 Coffee & Chat-P
- 10:00 Chair Tai Chi-AR
- 10:30 Wii Golf-MT
- 1:30 Wii Bowling-MT
- 3:00 Wii Golf - MT
- 6:30 BINGO-AR
- 6:30 Movie-MT

**Tuesday, October 17**
- 8:30 Mall Walk
- 9:30 Wal-Mart
- 10:00 Donuts w/Director - FS
- 10:00 Exercise-AR
- 1:30 Albertsons
- 3:30 Phrase of Thought-AR
- 4:00 Walking @ Home-AR
- 6:30 Movie-MT
- 6:30 Poker-P

**Wednesday, October 18**
- 8:30 Mall Walk
- 9:30 Wal-Mart
- 10:00 Exercise-AR
- 1:30 Wii Bowling-MT
- 3:00 Wii Golf-MT
- 4:00 Walking @ Home-AR
- 6:30 Movie-MT
- 6:30 Poker-P

**Thursday, October 19**
- 9:30 Coffee & Chat-P
- 10:00 Chair Tai Chi-AR
- 10:30 Wii Golf-MT
- 1:30 Wii Bowling-MT
- 2:00 Fit Over 50-AR
- 3:00 Wii Golf - MT
- 6:30 BINGO-AR
- 6:30 Movie-MT

**Friday, October 20**
- 9:30 Errands
- 10:00 A/L Meeting-AR
- 1:30 Halloween Store*
- 2:30 Happy Hour-P
- 6:30 Movie-MT
- 6:30 Pinochle-DR

**Saturday, October 21**
- 10:00 Exercise-AR
- 1:30 Hand & Foot Card Game-DR
- 2:00 Matinee Movie -MT
- 2:00 Cribbage-P
- 6:30 Movie-MT
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**Don't Forget to Dress up on Halloween at noon meal for the Costume Contest!**

**Resident Birthdays**
- 8-Betty H.
- 10-Jean G.
- 22-Hazel M.
- 24-Patsy S.