

River Gardens



Celebrating October

Musical Entertainment by:
Jimmy the Crooner
October 1st

Blood Pressure & Weights
October 3rd

Thanksgiving
October 8th

Outing to: Snyder's Family Farm
October 10th

Birthday Party with: Randy Grey
October 12th

Oktoberfest Beer Tasting
October 17th

Oktoberfest Music by: Bill Speer
October 19th

**Halloween Costume Party and
Music by: Frank St. Germain**
October 31st

River Gardens News

- Evening Bingo will resume this month. Bingo will take place Monday evenings at 6:30pm in the Celebration Room. Starting Monday, October 15th.
- Aquatic Exercises will be changed to 2pm on Tuesdays with instructor Amy
- Municipal Election voting will take place on October 18th from 1:00pm-3:30pm and on October 22nd from 3:00pm-4:30pm
- We will be going on an outing to Snyder's Family Farm on Oct 10th at 10am. There will be a wagon ride, a petting zoo, a pumpkin patch and more. Everything is walker accessible. Cost is \$5 for transportation and \$10 + tax admission to the farm.
- Lily – our Spiritual Care Advisor will be back on Saturday, October 13th at 2pm for anyone who would like to speak with her.
- We will be having a Halloween Costume Party on October 31st from 2pm-3pm. We encourage all residents to dress up!!! There will be treats and musical entertainment by: Frank St. Germain!
- Please see memo regarding Flu Shot on back page.



More River Gardens News...

River Gardens, along with Shoppers Drug Mart (Huron St.) are working together again this year to offer an in-house flu shot clinic.

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This clinic will be held at the end of October or beginning of November (date to be determined). If you plan to receive your flu shot here, please see Audrene or Pam in the nursing department before October 20/17.

If you plan to get your flu shot at your doctor's office, a community clinic, or your own pharmacy please let Audrene or Pam know the date you received it.

We strongly encourage all residents and staff to get their flu shot.

If you are experiencing flu symptoms, please notify the nursing/care department. Do not come to the dining room until given the authorization from Audrene or Pam.

October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Resident Birthdays

- **Coba S. - Oct 12th**
- **Warren G. - Oct 16th**
- **Colleen G. – Oct 18th**
- **Della D. – Oct 21st**
- **Ruthanne P. – Oct 22nd**
- **Harriet G. – Oct 29th**

Thank You, Sir Frobisher



On October 8, be sure to wish all your Canadian friends a Happy Thanksgiving. In 1578, more than 40 years before the Pilgrims celebrated their first Thanksgiving in the Americas, English explorer Martin Frobisher held a

Thanksgiving celebration in present-day Newfoundland. He and his crew were giving thanks for surviving their exploration looking for the Northwest Passage. This Thanksgiving celebration was finally formalized as a national holiday in 1879. Today, it does not honor Frobisher but is a harvest celebration similar to America's Thanksgiving, complete with turkey and pumpkin pie. And as far as Frobisher's claim to the first Thanksgiving, some historians think that Spanish explorers may have conducted Thanksgivings even before Martin Frobisher