

October got its name from the Latin “octo”, meaning “eight”. If this seems odd to you, considering it's the tenth month in the modern day calendar (Gregorian), that actually used to not be the case. It was once the eighth month (in the Roman Calendar) and the name simply carried over.

**FRIENDLY REMINDERS:**

**GARBAGE NEEDS TO BE THROWN AWAY IN A SECURE GARBAGE BAG. NO LOOSE GARBAGE PLEASE. BOXES, ETC NEED TO BE BROKEN DOWN AND PLACED INTO RECYCLING BIN OR BROKEN DOWN AND SET BESIDE IT, IF NO ROOM. POP CANS OR MONETARY VALUED ITEMS CAN GO WITH THE CANS, PLEASE NO WATER BOTTLES ETC. PETS ARE NOT TO BE TIED UP OUTSIDE, LEASH ONLY AND PLEASE UTILIZE THE PET STATIONS. IF SPILLS HAPPEN IN THE COMMON AREAS PLEASE CLEAN THEM UP RIGHT AWAY, IF WE ARE HERE REPORT THEM TO US IMMEDIATELY, SO WE CAN ASSIST. THANK YOU**



**WHO WANTS TO PLAY PING PONG?!**

**WE HAVE LOTS OF NEW ITEMS TO UTILIZE IN THE SELF ROOMS AND MORE ON THE WAY! ENJOY!**

(PICTURED ABOVE PAT & TT)

**\*Come as strangers, live as friends\***

**10/31 Knock Knock Joke Day**

\*Knock\*Knock\*  
 –"Who's there?" **Knock, knock. Who's there? Holmes.**  
 –"Boo hoo" **Holmes who? Holmes is where the heart is.**  
 –"Boo hoo Who?"  
 –"Aww, don't cry—it's just a joke"



**Quotes of the Month:** “Dogs come when they’re called: cats take a message and get back to you later.” Mary Bly

**You are invited to join us in wearing PINK for Breast Cancer Awareness every Friday in October.**



Scenic Trails Active Living

**Scenic Trails**

**OCTOBER**

**“Come as strangers, live as friends”**



**COMMUNITY INFORMATION**

**COMMUNITY MANAGER:**

ARWEN CHAPLIN

**CONNECT 55+ COORDINATOR:**

KIM YEAGER

**MAINTENANCE TECH:**

OFFICE PHONE # 515-442-9681










& AFTER HOURS EMERGENCY SERVICE #: 515-631-8276

**MANAGER EMAIL:**

SCENICTRAILSMANAGER@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO . RM30 HOLDINGS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>OCTOBER</h1> <h2>2019</h2>		<b>1 National Homemade Cookie Day</b> 10AM BIBLE STUDY APT 241 10AM CHAIR EXERCISES SERENITY ROOM 11AM BRING YOUR HOMEMADE COOKIES SIGN UP 1PM COLORING 2PM BEGINNING BOOK CLUB 3PM PUZZLES 630 BILLARDS 	<b>2</b> 10 AM COFFEE/CHAT 11AM PUZZLES CHOICE 11AM SOCIAL HOUR 1PM WALK W/FRIENDS 1PM CHAT W/FRIENDS 2PM WII GAMES 4PM CARDS CHOICE	<b>3 National Poetry Day</b> 10AM CHAIR EXERCISES 11AM CHAT W/FRIENDS 1PM COLORING 2PM JEANIE W/CRAFTS 3PM BLAST FROM THE PAST 330PM MEDICAP FLU CLINIC (SIGNUP) 4PM WII GAMES	<b>4 National Diversity Day WEAR PINK FRIDAY</b> 9AM COFFEE & DONUTS 930AM WEEKLY UPDATE 10AM FINANCIAL TALK 10AM WESLEY LIFE BREAST CANCER EVENT 11AM CHAT W/FRIENDS 1PM PING PONG 2PM GAMES CHOICE 	<b>5 Natl Be Nice Day</b>
		<b>6</b> 6:30 PM BIBLE STUDY APT 123	<b>7</b> 10AMCOFFEE & CHAT 11AM PUZZLES 11AM CHAT 2PM PING PONG 3PM WALK W FRIENDS 615PM PINOCHLE 630PM GAMES 	<b>8</b> 10AM BIBLE STUDY APT. 241 10AM CHAIR EXERCISES 11AM WALK W/FRIENDS 1PM COLORING 1PMCHAT W/FRIENDS 2PM PUZZLES 4PM CARDS CHOICE	<b>9 Yom Kippur</b> 10AM CHAT W/FRIENDS 1030AM BRUNCH 1130AM GAMES CHOICE 1PM PUZZLES 2PM CRAFTS CHOICE 3PM PING PONG 6PM-7PM TRINITY LUTHERAN CHURCH SINGING AND CRAFTS (SIGN UP) 	<b>10 World Mental Health Day</b> 10AM CHAIR EXERCISES 10 AM CHAT W/ FRIENDS 11AM PUZZLES 1PM COLORING 2PM HYVEE FLU CLINIC (SIGN UP) 3PM PING PONG 4PM DARTS
<b>13 Train Your Brain Day</b>	<b>14 Columbus Day/ Canada Thanksgiving</b> 10AM MORNING CHAT 11AM GAMES/ CARDS 1PM CHAIR YOGA 2PM PUZZLES/ BOARD GAMES 3PM RING TOSS 615PM PINOCHLE 630PM GAMES	<b>15</b>  10AM BIBLE STUDY 10AM GAMES 11AM PUZZLES 11AM CHAT 1PM COLORING 2PM PING PONG 630 BILLIARDS	<b>16</b> OPEN HOUSE 11AM-2PM 10AM COFFEE &CHAT 11AM PUZZLES 1PM WALK W FRIENDS 2PM BIRTHDAY CELEBRATION 3PM NAPKINS FOR NURSING HOMES 4PM WII GAMES 6PM CARDS CHOICE	<b>17</b> 10 AM CHAIR EXERCISES 1130 AM FUNAROS DELI SIGN UP 1PM CHAT 1PM COLORING 2PM PING PONG 3PM CRAFTS CHOICE 4PM PUZZLES	<b>18</b>  9AM COFFEE & DONUTS 9AM WEEKLY UPDATE 930 AM FINANCIAL TALK 10 AM NAPKINS FOR NURSING 1PM SENIOR HELPERS BREAST CANCER EVENT 2PM HUNT FOR CURE PINK SCAVENGER HUNT 3PM WALK W / FRIENDS	<b>19 Sweetest Day</b>
<b>20</b> 630PM BIBLE STUDY APT 123	<b>21</b> 10 AM MORNING CHAT 11AM WALK W/ FRIENDS 1PM CRAFTS CHOICE 2PM PING PONG 3PM CARDS CHOICE 615PM PINOCHLE 630 GAMES	<b>22</b> 10AM BIBLE STUDY APT 241 10AM CHAIR EXERCISES 11AM CHAT 1130AM DINGS RESTAURANT 1PM COLORING 1PM CHAT 2PM BOOK CLUB	<b>23</b> 10AM COFFEE & CHAT 11AM GAMES 1PM WALK W/ FRIENDS 1PM CHAT 2PM PUZZLES 330PM HYVEE BINGO 330 SOCIAL HOUR	<b>24</b> 10AM CHAIR EXERCISES 10AM CHAT 11AM PUZZLES 1PM CRAFTS 2PM CARMAL CORN 2PM SOCIAL HOUR 3PM COLORING	<b>25</b>  9AM COFFEE & DONUTS 9AM WEEKLY UPDATE 930AM FINANCIAL TALK 10AM BREAST CANCER EVENT 11AM COLLECT SCARVES & HATS 1PM DECORATE PINK PUMPKINS 2PM WALK W/ FRIENDS	<b>26 Make a Difference Day/ Community Service Day</b>
<b>27</b>	<b>28</b> 10AM MORNING CHAT 11AM WALK/ W FRIENDS 1PM WII GAMES 1PM MEET & GREET NEW RESIDENTS 1PM HOT CHOCOLATE 615PM PINOCHLE 630PM GAMES 	<b>29</b> 10AM CHAIR EXERCISES 10AM CHAT W/FRIENDS 11AM RING TOSS 1PM COLORING 2PM PUZZLES 3PM WALK W/ FRIENDS 4PM KARAOKE 	<b>30</b> 10AM COFFEE/ CHAT 11AM SCAVENGER HUNT 1PM WALK W/ FRIENDS 1PM HAPPY HOUR APPLE CIDER 2PM HALLOWEEN PARTY 4PM WII GAMES 5PM GAMES CHOICE	<b>31 Halloween</b> 10AM CHAIR EXERCISES 10AM CHAT W/ FRIENDS 11AM BOARD GAMES 1PM COLORING 2PM PUZZLES 3PM PING PONG 4PM KARAOKE	