

Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



G	I	W	R	C	W	U	I	R	L	L	T	I	C	R
H	M	A	O	H	O	I	O	Q	B	M	S	N	A	O
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A	R	B	I	L	E	R	I	F	N	O	B	U	O	L
T	H	A	N	K	S	G	I	V	I	N	G	T	M	Y

BONFIRE
BOSS'S (Day)
CANDY
COLUMBUS (Day)
COSMOS
GOURDS

HALLOWEEN
INDIGENOUS
(Peoples' Day)
LIBRA
OPAL
RAKE
ROSH HASHANAH

SCARECROW
SCORPIO
SWEETEST (Day)
THANKSGIVING
(Canada)
WORLD SERIES
YOM KIPPUR

DEPARTMENT HEAD DIRECTORY

General Manager: Kim Stokes
Controller: Tammie Sells
Marketing Director: Kathy Heffron
Plant Engineer: Forest Leonard
Dining Supervisor: Sara Lascano



Executive Chef: Denise Bradbury
Housekeeping Supervisor: Jessie Wingfield
Wellness Director: Kimberly Richards
Social Coordinator: Sara Lascano
Transportation Dir.: Tony Carp

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The Terrace Connection



This Month's Highlights

- ♦ **Craft Classes:** Fall Craft with Erin, Sara's Crafty Creations, & Pumpkin Decorating
- ♦ **Musical Performances by:** The Angels, Gus Russell, Timothy Patrick & The Three of Hearts
- ♦ **Shopping Trips to Thistledown Farm & Trader Joes**
- ♦ **Cyber Presentation by Forest**
- ♦ **Trivia & Root beer Floats**
- ♦ **Resident Picture Day**
- ♦ **Outings:** Beergarden, Museum of Natural & Cultural History, Casino and more!
- ♦ **TED Talk & Discuss Indigenous People's Day**
- ♦ **Movie Nights with Susie in the Cinema Room**

Sign up sheets will be available at the Front Desk, one week in advance, for events that require it.



Social Coordinator's Message

"October is the month for painted leaves.... As fruits and leaves and the day itself acquire a bright tint just before they fall, so the year near its setting. October is its sunset sky; November the later twilight." – Henry David Thoreau

I hope we enter autumn embracing the changing of the seasons and welcoming to new experiences with friends, old and new. The launch of the Fall Seasonal Menu, an array of new outings to experience, and the familiarity of our favorite musicians should keep us going as the days get shorter and colder. Stay warm & healthy!

Inspiration

Chapel Service

Fridays, in Packard Place, with Chaplain John Pearson. Service starts at 10:30 am



This is a non-denominational service.

Women's Bible Study

Thursdays @ 12:30 pm - CK3

Please join our new Ladies Study. We will be meeting on Thursdays. Join us for a place for all women to come together to support each other.

Men's Bible Appreciation

Thursdays @ 1:00 pm - CK1

Join us for a dose of wisdom, brotherhood and scripture with fellow residents. Bible appreciation always welcomes new faces.

Grief Support Group

Tuesday, October 1st @ 11:30 am - Cinema Room

Grief can range from death, selling your home, moving away, divorce, etc. Connect with others who are experiencing similar grief. Remember, we are stronger together.

The Connection

Terpening Terrace, and our sister buildings, have created a page on Facebook where we can all stay connected. On this page you will find videos of Terpening Terrace staff and residents, and some videos from all the other buildings too!

Guided Meditation

Fridays @ 9:30 am - Cinema Room

Join Kimberly for a refreshing break to reset your mind and body. Meditation is proven to improve anxiety, memory, sleep and more.

TED Talk & Thoughts

Monday, October 7th @ 1:00 pm - Cinema Room

This month's talk:

How Indigenous Guardians Protect the Planet & Humanity



TED is a non-profit that believes powerful ideas, powerfully presented, moves us: to feel something, to think differently, to take action. TED is devoted to curiosity, reason, wonder and the pursuit of knowledge without an agenda.

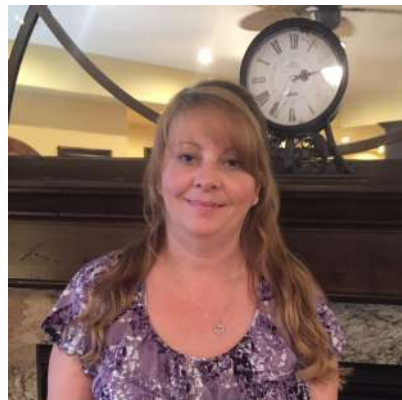
Creative Writing Class

Tuesday, October 15th @ 11:30 am - CK3

Express ideas, feelings, and memories through creative writing. From short stories to memoirs, and even poetry, expand your writing skills by sharing with friends.

Employee of the Month October, 2024

Congratulations, Jamie Kluth!



Jamie is an extraordinary employee that is always willing to lend a helping hand in any department. Her kindness, joyful laugh, and radiant positivity are only a few qualities that Jamie brings to work each day. She is a very important part of the Activities Department, and Terpening Terrace as a whole.



Merla Easton
October 13th

Colette Freitag
October 14th

Lynn Chilson
October 15th

Susie Ingalls
October 16th

Dianne Thielman
October 17th

Darin McDowell
October 20th

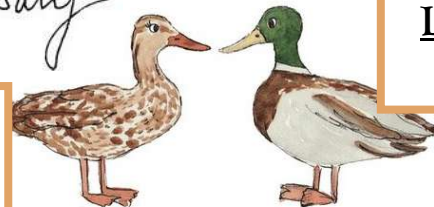
Gene Hestdalen
October 23rd

Jane Hatfield
October 24th

Libby Tankersley
October 13th

Michelle Wittenberg
October 31st

Happy Anniversary



Bill & Nadya Henry
October 17th

Fun & Games

Available Game Rooms

FH = Fishing Hole –1st Floor

PP = Packard Place –1st Floor

TP = Tea Party –2nd Floor

CK3 = Connie’s Kitchen –3rd Floor

Weekly Games

Sundays @ 1:30 pm in PP - Manipulation

Sundays @ 3:00 pm in PP - Bridge

Mondays at 2:30 pm in PP - Cribbage

Mondays at 6:30 pm in PP - Players Choice

Tuesdays at 6:30 pm in PP - Players Choice

Wednesdays at 6:30 pm in TP - Bridge Refresher

Fridays at 6:30 p.m. in PP - Manipulation

These events are resident run, please contact activities if you would like to inquire about starting a new weekly game.

Wii Sports with Kimberly

Tuesdays & Wednesdays @ 11:00 am - PP

Improve your hand-eye coordination using the Wii system with friends. Get your body moving!

Wii Golf on Tuesdays

&

Wii Bowling on Wednesdays

Games with Jamie

Saturdays @ 11:00 am - Packard Place

October 5th: Scrabble

October 12th: Ladder Ball

October 29th: Croquet

October 26th: Bean Bag Toss



Bingo

Tuesdays @ 2:00 pm - Packard Place

Join Activities in Packard Place for Bingo! Playing regular Bingo, fun patterns and blackout! You will have the chance to win candy or a snack if you get a bingo.



Vegas Bingo

Saturdays @ 2:00 pm - Packard Place

Saturday bingo has higher stakes. Bring some quarters and play to win big!

Each card you play costs 25 cents for the day, so if you want to play 3 cards it will cost 75 cents.

Chair Volley Ball

Wednesdays & Fridays @ 2:00 pm - PP

Get energized by bopping a beach ball over a net during chair volley ball. You will laugh, hoot, and holler during this exercise activity!

Community

Community Libraries

Take a vacation in a good book or learn something new! Books from Terpening and the Eugene Library are available to you. Be sure to write your name and book down on the checkout sheet in the library.

There are libraries located on the second and third floors.



Puzzle Room

Located on the Second Floor

See what’s new in the Puzzle Room. The residents are working on new puzzles each week to display in the common area near the dining room. Come add a piece and make a friend.

Mimosa Morn’ in the Dining Room

Monday, October 28th, 7:00-10:00 am

Need a reward for being an early riser? Or need motivation to become one? Join us for fun flavored mimosas at breakfast! Non-alcoholic options will also be available.

Resident Town Hall Meeting

Monday, October 14th

Meetings are usually held on the Second Monday of each month at 10:30 a.m. in Packard Place.

Limited Seating - Sign up to attend!

Gathering Hands for Charity

Monday October 14th & 28th

@1:00 pm - Packard Place



“Helping children in crisis one Bag of Love at a time”

Give back to the community by helping us tie cozy blankets for children and teens in need. No supplies or experience is needed.

Sunday Drives with Jason

6th: McKenzie River Northwest

13th: McKenzie River - Hendricks Park

20th: Harrisburg River Park

27th: Cheshire



Transportation

Our On-Demand transportation is convenient and reliable, courtesy of our fantastic Transportation Department. Residents sign up for transportation at the front desk. Medical appointments allow a 10 mile radius and all other destinations allow a 6 mile radius of Terpening Terrace. Please provide the time you would like to be at your destination as well as the address.

Monday - Friday	9:00 a.m. - 5:00 p.m.
Saturday	9:00 a.m. - 3:30 p.m.
Sunday	9:00 a.m. - 2:00 p.m.

**Please note: Earlier and later times can be accommodated with advance notice, depending on driver availability.*

Art & Creativity

Fall Craft with Erin Friday, October 11th @ 1:00 pm - CK3

Our beloved Erin is leading a fall themed craft in the third floor kitchen. Join in for the festive fun and get the chance to catch up with Erin! Supplies will be provided.

Please sign up at the desk to attend.

Sara's Crafty Creations Wednesday, October 16th @ 11:00 am - CK3

Sara is back for another craft, geared towards the new fall season. Join in on the fun and find out what this month's crafty creation will be! All supplies will be provided.

Please sign up at the desk to attend.

Pumpkin Decorating Friday, October 25th @ 1:00 pm - CK3

Get festive this fall and decorate pumpkins without the orange goop and mess! Paint, glue, and carve on artificial pumpkins for fall décor around your home or give away as a gift. All supplies are provided.



Please sign up at the desk to attend.

Art Therapy Monday, October 28th @ 1:00 pm - CK3

Nurturing your inner artist is good for your health! Proven benefits are improved memory, cognitive function, and motor skills. Release some stress and get creative with this month's art therapy - *Watercolor Painting*. No prior experience needed, supplies are provided.



Social Hour

The Angels

Thursday, October 3rd
@ 3:00 pm - Packard Place

The Angels are returning to Terpening for their Trio debut! Join us in support of our favorite Portland ladies and listen to their angelic voices with friends.

Please sign up at the desk to attend.

Gus Russell

Thursday, October 10th
@ 3:00 pm - Packard Place

Enjoy lovely piano tunes and tap those toes with Gus Russell! Food, drinks, and music with the company of your friends and neighbors.

Please sign up at the desk to attend.

Timothy Patrick

Thursday, October 24th
@ 3:00 pm - Lobby

Inviting all ghosts, ghouls, and residents to a spooky performance by Timothy Patrick. Food, drinks, and laughs will be had as we enjoy another talented musical performance.

Please sign up at the desk to attend.

Three of Hearts

Thursday, October 31st
@ 3:00 pm - Packard Place

A spooktacular event is taking place in Packard Place this Halloween... Three of hearts are returning for a holiday themed musical performance! Come dressed in costumes for a chance to win a contest prize.

Please sign up at the desk to attend.

October's Special Events

Movie Night with Susie

6:30 pm in the Cinema Room, sign up at the front desk.

Thursday, October 10th - *Breakfast at Tiffany's*

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

Thursday, October 24th - *Dave*

Dave is a 1993 American political comedy film directed by Ivan Reitman, written by Gary Ross, and starring Kevin Kline and Sigourney Weaver.

Trivia & Root Beer Floats

Thursday, October 17th
@ 3:00 pm - Packard Place

Get your thinking caps on for a friendly competition of combined wit.

Enjoy a root beer float as you, and teammates, work together to answer random trivia questions. We all harbor more information than we think!

Please sign up at the desk to attend.

Saran Wrap Ball

Friday, October 18th
@ 1:00 pm - CK3

Test your reaction time with the fun and exciting game of saran wrap ball! Prizes are hidden in many layers of plastic wrapping, the goal is to unwrap enough plastic to reach a prize before time is up and you have to pass the ball to the player next to you.

Please sign up at the desk to attend.

Outings

Oktoberfest at Beergarden
Wednesday, October 2nd
@ 12:00 pm - Lobby

Hop on the bus for a lovely beer in the sun to celebrate Oktoberfest. Beergarden has food trucks for meal options, for those who do not wish to eat in the dining room before.

[Sign up at the front desk to join the trip.](#)

First Friday Museum & Lunch
Friday, October 4th
@ 10:00 am - Lobby

Check out the new Hubble Space exhibit at the Museum of Natural & Cultural History, admission is free on the first Friday. Enjoy lunch with a view at McMenamins afterwards.

[Sign up at the front desk to join the trip.](#)

Three Rivers Casino
Wednesday, October 23rd
@ 9:30 am - Lobby

Feeling lucky? The bus is driving to the coast for our monthly Casino trip in Florence.

[Sign up at the front desk to join the trip.](#)

Our Daily Bread & Scenic Drive
Wednesday, October 30th
@ 10:00 am - Lobby

Enjoy a scenic drive of fall foliage as we venture out to Veneta for lunch at Our Daily Bread.

[Sign up at the front desk to join the trip.](#)

Shopping

Bi-Monthly trip to Bi-Mart
Tuesday, October 8th & 22nd
@ 10:00 am - Lobby

Meet the Activities Department in the front lobby and get some shopping done!

[Sign up at the front desk to join the trip.](#)

Thistle Down Farm
Wednesday, October 9th
@ 10:00 am - Lobby

Get your farm fresh veggies, apple cider, and baked goodies at Thistledown Farm.

[Sign up at the front desk to join the trip.](#)

Trader Joes
Tuesday, October 29th
@ 9:30 am - Lobby

Hop on the bus and get those essentials you can only find at this popular organic store.

[Sign up at the front desk to join the trip.](#)



Health Minded Living

Healthy Habits
Monday, October 14th & 28th
@ 1:30 pm - Packard Place

Join Kimberly and friends for helpful tips and tricks to lead a healthier lifestyle.

Learn how to make choices that are right for you and your body! No person is the same, so making choices to be active and nutritious can look differently from one person to the next.



Vaccine Clinic
Date & Time TBA by Memo

Savon Pharmacy will be hosting a Flu & Covid 19 vaccine booster clinic this month. A memo will be sent out with detailed information when the pharmacy has confirmed a date and time.

Making Memories



Our Residents

Picture Day
Thursday, October 3rd
1:00 - 2:00 pm - Lobby



Get camera ready for Terpening's Picture Day, we have a resident photo book that needs updating!

You will receive an invitation with your name and a window of time to come down to the lobby. If you are unavailable, we will reschedule.

★ **Terpening's Veterans Board** ★

We are dedicated to honoring our Veterans.

Please contact the Activities Department if you would like a photo and name plate made for board display. Thank you for your service.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 - 5:00 Transportation 9:40 Sit and Resist-PP 10:15 Posture and Balance-PP 11:00 Wii- PP 11:30 Grief Support Group - CK3 2:00 Bingo-PP	2 9:00 - 5:00 Transportation 10:15 Yoga Video - PP 11:00 Wii Bowling- PP <u>Resident Outing *</u> <u>12:00 Oktoberfest at Beergarden</u> 2:00 Chair Volleyball-PP 6:30 Bridge Refresher- TP 6:30 Games- PP	3 9:00 - 5:00 Transportation 9:40 Fitness Video PP 10:15 Fitness Video PP 12:30 Ladies Bible Study CK3 1:00 Bible Appreciation CK1 2:00 Resident Picture Day - Lobby <u>3:00 Social Hour - PP *</u> <u>The Angels</u>	4 9:00 - 5:00 Transportation 9:30 Guided Meditation -Cin <u>Resident Outing *</u> <u>10:00 First Friday Museum</u> <u>Tour & McMenamins</u> 10:30 Chapel - PP 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP	5 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Scrabble - PP 2:00 Vegas Bingo - PP
	6 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP <u>2:00 Weekend Drive *</u> 3:00 Bridge-PP 6:30 Wii Bowling - PP	7 9:00 - 5:00 Transportation 10:15 Total body-PP 11:00 Chair Dancing-PP 1:00 Ted Talk & Thoughts - CinRM <u>"How Indigenous Guardians</u> <u>Protect the Planet & Humanity "</u> 2:30 Cribbage Club -PP 6:30 Games-PP	8 9:00 - 5:00 Transportation 9:40 Sit and Resist-PP <u>10:00 Bi-mart - Lobby*</u> 10:15 Posture and Balance-PP <u>11:00 Cyber Talk with Forest - PP</u> 2:00 Bingo-PP	9 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP <u>Resident Outing*</u> <u>10:30 Thistle Down Farm</u> 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 6:30 Bridge Refresher- TP 6:30 Games- PP	10 9:00 - 5:00 Transportation 9:40 Chair Dance - PP 10:15 Total Body Fitness PP 12:30 Ladies Bible Study CK3 1:00 Bible Appreciation CK1 <u>3:00 Social Hour - PP *</u> <u>Gus Russel</u> 6:30 MOVIE WITH SUSIE* CIN* <u>"Breakfast at Tiffany's"</u>	11 9:00 - 5:00 Transportation 9:30 Guided Meditation -Cin 10:30 Chapel - PP <u>1:00 Crafts with Erin - CK3 *</u> 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP
13 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP <u>2:00 Weekend Drive *</u> 3:00 Bridge- PP 6:30 Wii Bowling - PP	14 9:00 - 5:00 Transportation <u>10:30 TOWN HALL *</u> 1:00 Gathering Hands - PP 1:30 Healthy Habits -PP 2:30 Cribbage Club PP 6:30 Games-PP	15 9:00 - 5:00 Transportation 9:40 Sit and Resist-PP 10:15 Posture and Balance-PP 11:00 Wii- PP 11:30 Creative Writing - CK3 2:00 Bingo-PP	16 9:00 - 5:00 Transportation 10:15 Yoga Video - PP 11:00 Wii Bowling-PP <u>11:00 Sara's Crafty Creations*</u> 2:00 Chair Volleyball - PP 6:30 Bridge Refresher/ TP 6:30 Games- PP	17 9:00 - 5:00 Transportation 9:40 Chair Dance - PP 10:15 Total Body Fitness - PP 12:30 Ladies Bible Study CK3 1:00 Bible Appreciation CK1 <u>3:00 Social Hour *</u> <u>Trivia & Root Beer Floats</u>	18 9:00 - 5:00 Transportation 9:30 Guided Meditation -Cin 10:30 Chapel - PP <u>1:00 Saranwrap Ball - CK3 *</u> 2:00 Chair Volley Ball - PP <u>4:00 Lobster Night - DR</u> 6:30 Manipulation - PP	19 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Croquet - PP 2:00 Vegas Bingo - PP
20 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP <u>2:00 Weekend Drive *</u> 3:00 Bridge-PP 6:30 Wii Bowling- PP	21 9:00 - 5:00 Transportation 10:15 Total body-PP 11:00 Chair Dancing-PP 12-2 Holly Carter Jewelry-PP <u>1:00 Art Therapy - CK3 *</u> 2:30 Cribbage Club -PP 6:30 Games-PP	22 9:00 - 5:00 Transportation 9:40 Sit and Resist-PP <u>10:00 Bi-mart - Lobby*</u> 10:15 Posture and Balance-PP 11:00 Wii- PP 2:00 Bingo-PP	23 9:00 - 5:00 Transportation <u>Resident Outing*</u> <u>9:30 Three Rivers Casino</u> 10:15 Chair Yoga - PP 11:00 Wii Bowling-PP 2:00 Chair Volleyball-PP 6:30 Bridge Refresher/TP 6:30 Games- PP	24 9:00 - 5:00 Transportation 9:40 Chair Dance - PP 10:15 Total Body Fitness - PP 12:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - CK1 <u>3:00 Social Hour - PP *</u> <u>Timothy Patrick</u> 6:30 MOVIE WITH SUSIE* CIN* <u>"Dave"</u>	25 9:00 - 5:00 Transportation 9:30 Guided Meditation-Cin 10:30 Chapel - PP <u>1:00 Pumpkin Decorating- CK3*</u> 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP	26 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Bean Bag Toss - PP 2:00 Vegas Bingo - PP
27 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP <u>2:00 Weekend Drive *</u> 3:00 Bridge-PP	28 9:00 - 5:00 Transportation <u>7:00 Mimosa Monday - DR</u> 10:15 Total Body - PP 11:00 Chair Dancing - PP 1:00 Gathering Hands - PP 1:30 Healthy Habits -PP 2:30 Cribbage Club PP 6:30 Games-PP	29 9:00 - 5:00 Transportation 9:40 Sit and Resist-PP <u>10:00 Trader Joes - Lobby *</u> 10:15 Fitness Video - PP 11:00 Wii- PP 2:00 Bingo-PP	30 9:00 - 5:00 Transportation <u>Resident Outing*</u> <u>10:00 Scenic Drive & Lunch at</u> <u>Our Daily Bread</u> 10:15 Fitness Video - PP 11:00 Wii Bowling-PP 2:00 Chair Volleyball-PP 6:30 Bridge Refresher/TP 6:30 Games- PP	31 9:00 - 5:00 Transportation 9:40 Chair Dance - PP 10:15 Total Body Fitness - PP 12:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - CK1 <u>3:00 Social Hour - PP *</u> <u>Three Of Hearts</u> 	DR = Dining Room PDR = Private Dining Room PP = Packard Place Lobby = Front Lobby CinRm = Cinema Room, 3rd Floor CK3 = Connie's Kitchen, 3rd Floor FH = Fishing Hole Game Rm, 1st Fl. TP = Tea Party Game Room, 2nd Fl. FIT = Fitness Room, Basement BP = Bits - Pieces Puzzle Room, 2nd Fl. CY = Courtyard * (asterisk) = Requires Sign Up	