

SEPTEMBER/OCTOBER 2024

Management
TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

ANITA TOPPING
Administrator

MOLLIE JONES
Nurse Manager

ROBERT ZELANO
Executive Chef

DEBBIE ECKER
*Human Resources
Manager*

ASHLEY RUKEYSER
Sales & Activity Manager



A word from your
ADMINISTRATOR

Dear Residents,

Happy October! Fall is such a beautiful time of year, even if we don't see much of a change in season here in South Florida. The temperature begins to cool down and we're able to spend more time outdoors with our family and friends.

We had a fabulous September and have our sights set on an even greater October! We are busy planning all the Fall/Spooky fun. Join us on October 31st at 2:30 in the lobby for our "Spook-tacular" Halloween celebration and wear a costume! Be sure to check out our monthly activities calendar so you won't miss out on events like our weekly music, Yoga-Blast exercise class, and our Fall Festival/ Petting Zoo (invite the family to this fun filled day with the farm animals on October 17th).

Please enjoy this newsletter and be sure to greet our new residents when you see them. A special Happy Birthday shout out to our longtime friend and resident, Dee Brainard, who celebrates her 100th birthday with us this month! I wish you all an outstanding October and can't wait to see what the holiday season brings us in the coming months.

Sincerely,

Anita Topping

Anita Topping
Administrator





Chef's
SPECIAL

SAUERBRATEN



German Specialty, meaning “Sour Roast”, made by Marinating Beef Eye Rounds in a Sweet-Sour marinade before browning and slow braising in the marinade. Thin sliced with mashed potatoes and finished with a gravy of the natural juices, Red wine, Vinegar, and Gingersnap Cookies.

Happy
BIRTHDAY!!!



SEPT
13

Linda D.

SEPT
14

Liz S.

SEPT
17

Kathy S.

SEPT
21

Jerry F.

SEPT
22

Jean H.

OCT
22

Nancy S.

OCT
27

Dee B. **100!!!**

New Move-Ins
WELCOME!!



Trenna M.

Vencil L.

Lois R.

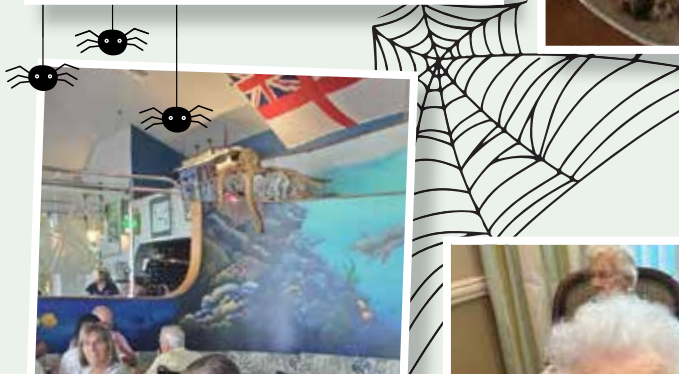
Nancy S.

Jack B.

Jack S.

Alberta P.





October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 Sit and Fit with Diane 10:00 Coffee Club/Ice Cream Parlor 11:00 Baking with Diane in Ice Cream Parlor: 2:00 Pokeno 3:00 Afternoon Movie</p>	<p>2</p> <p>9:30 Yoga Blast with Emily 10:30 PUBLIX 11:15 Relax and Color in Activity Room 2:00 Mahjong/ Rummikub in Activity Room 3:00 Get Crafty with Diane: Halloween Craft</p> <p>Rosh Hashanah Begins</p>	<p>3</p> <p>9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Craft with Debbie: Activity Room 1:30 Rummikub Social in Ice Cream Parlor 2:30 Afternoon Movie</p>	<p>4</p> <p>9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Book Club with Val/ Relax and Color in Activity Room 2:00 BINGO 3:00 OKTOBERFEST PARTY in theater: live music by Ron Finn</p>	<p>5</p> <p>9:30 Light stretching/morning walk 10:00 Coffee Club in ice cream parlor 11:00 Game Time in Activity Room 1:30-2:30 Piano Performance by "House of Music" students 2:45 Afternoon Movie</p>
<p>6</p> <p>9:30 Sit and Fit with Diane 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie</p>	<p>7</p> <p>9:30 Drumming in Activity Room 10:00 Word Challenge or Trivia in Activity Room 11:00 Watercolor Painting w/ Val 2:00 Luck of the Draw in activity room 3:00 Afternoon Movie</p>	<p>8</p> <p>9:30 Sit and Fit with Diane 10:00 Coffee Club Ice Cream Parlor 11:00 Luck of the Draw 2:00 Pokeno 3:00 Monthly Birthday Party in theater: music and cake</p>	<p>9</p> <p>9:30 Dance Blast with Emily 10:30 Bank and Post Office 11:30 Kings in the Corner 2:00 Shuffleboard in Ice Cream Parlor 3:00 Get Crafty with Diane: beading</p>	<p>10</p> <p>9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Game Time: "Show Me the Money" in Activity Room 1:30 Rummikub Social in Parlor 3:00 Afternoon Movie</p>	<p>11</p> <p>9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Book Club with Val/ Relax and Color in Activity Room 2:00 BINGO 2:30 Happy Hour music: Jeff Shepherd</p> <p>Yom Kippur Begins</p>	<p>12</p> <p>9:30 Light stretching/morning walk 10:00 Coffee Club in ice cream parlor 11:00 Music: Karin and Charles Perform in lobby 2:30 Afternoon Movie</p>
<p>13</p> <p>9:30 Sit and Fit with Diane 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie</p>	<p>14</p> <p>9:30 Drumming in Activity Room 10:00 Vet to Vet Café- coffee, games, and prizes for our Veterans in ice cream parlor 11:00 Creating w/ Clay 2:00 L,R,C (left, right, center) in activity room 3:00 Afternoon Movie</p> <p>Columbus Day (US)</p>	<p>15</p> <p>9:30 Sit and Fit with Diane 10:00 Coffee Club in Parlor 11:00 Town Hall Meeting in movie theater 11:30 Trivia time/ activity room 2:30 Shuffleboard in ice cream parlor</p>	<p>16</p> <p>9:30 Yoga Blast with Emily 10:30 Walgreens 11:15 -LUNCH BUNCH- must sign up in advance 2:00 Mahjong/ Rummikub in Activity Room 3:00 Relax & Color-Activity Room 3:30 Yappy Hour with Humane Society</p> <p>Sukkot Begins</p>	<p>17</p> <p>9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 2:00 GRAND OAKS FALL FESTIVAL: petting zoo, live music, food and fun!</p>	<p>18</p> <p>9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Book Club with Val/ Relax and Color in Activity Room 2:00 BINGO 3:00 Afternoon music: Silver Wings in theater</p>	<p>19</p> <p>9:30 Light stretching/morning walk 10:00 Coffee Club in ice cream parlor 11:00 Game Time in Activity Room 2:30 Afternoon Movie</p>
<p>20</p> <p>9:30 Sit and Fit with Diane 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie</p>	<p>21</p> <p>9:30 Drumming in Activity Room 10:00 Coffee Club/ Ice Cream Parlor 11:00 Get Crafty with Diane: 2:00 Pokeno in Activity Room 3:00 Afternoon Movie</p>	<p>22</p> <p>9:30 Sit and Fit with Diane 10:00 Coffee Club in Ice Cream Parlor 11:00 Luck of the Draw in Activity Room 2:00 Shuffleboard in ice cream parlor 3:00 Flower Arrangements in activity room</p>	<p>23</p> <p>9:30 Dance Blast with Emily 10:30 PUBLIX 11:30 Kings in the Corner 2:00 Shuffleboard in Ice Cream Parlor 3:00 Afternoon Movie</p>	<p>24</p> <p>9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Craft with Debbie: Activity Room 1:30 Rummikub Social in Ice Cream Parlor 2:30 Afternoon Movie</p>	<p>25</p> <p>9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Book Club with Val/ Relax and Color in Activity Room 2:00 BINGO 3:00 Afternoon music: Mitchell Cote plays piano</p>	<p>26</p> <p>9:30 Light stretching/morning walk 10:00 Coffee Club in ice cream parlor 11:00 Game Time in Activity Room 2:00 Name That Tune with Jodi at the piano</p>
<p>27</p> <p>9:30 Sit and Fit with Diane 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie</p>	<p>28</p> <p>9:30 Drumming in Activity Room 10:00 Word Challenge or Trivia in Activity Room 11:00 Watercolor Painting w/ Val 2:00 Kings in the Corner in Activity Room 3:00 Afternoon Movie</p>	<p>29</p> <p>9:30 Sit and Fit with Diane 10:00 Coffee Club in Ice Cream Parlor 11:00 Luck of the Draw in Activity Room 2:00 Shuffleboard in ice cream parlor 3:00 Carve a pumpkin in the activity room!</p>	<p>30</p> <p>9:30 Yoga Blast with Emily 10:30 TARGET 11:30 Relax and Color in Activity Room 2:00 Mahjong/ Rummikub in Activity Room 3:00 Get Crafty with Diane:</p>	<p>31</p> <p>9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Show Me the Money 2:30 Pumpkin Hunt and Costume Contest 3:00 GRAND OAKS Halloween Party: wear your costumes and join us! Music by "My Brother's Band"</p> <p>Halloween</p>		

Please check the daily agenda for any changes or updates made to this calendar.



As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face many threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.







Grand Oaks
ASSISTED LIVING BY THE VNA
— JENSEN BEACH —

Calendar Highlights!

*Our Roots Run Deep
IN OUR COMMUNITY*



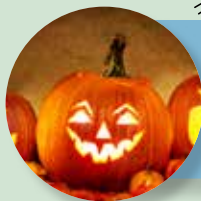
October 8th

Monthly Birthday Party
2:00 pm



October 17th

Fall Festival
2:00 pm



October 31st

Halloween Party!
2:00 pm