



**LEGACY
HOUSE**
Avondale

2635 N Dysart Road • Avondale, AZ 85392

Meet Your Management Team

- Executive Director- Carol Mazza
- Wellness Nurse- Athena Anderson
- Marketing Director- Jennifer Eldredge
- Maintenance Director- Isidor Grant
- Food Service Director- William Torres
- Activities Director- Amy Heusted

Welcome New Residents

- Pat P.
- Kim W.
- Tony G.
- Dorothy L.
- Edwina M

Happy Birthday!

- 1st Edwina M.

Upcoming Events

- 2nd Birthday Lunch
- 5th Social Hour w/Patrick McNally
- 9th Romeo Lunch
- 12th Social Hour w/Ronny Lee
- 16th Holiday Wreath Making
- 19th Social Hour w/Matt Dillon
- 23rd Juliet Lunch
- 26th Family Night Bingo
- 30th Octoberfest Celebration
- 31st Halloween

Flu Shot Tip

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.

October 2018



Another Fall Fruit

While pumpkins are plentiful this time of year, there's another orange fall fruit, the persimmon. Native to Asia, persimmons were introduced to the U.S. in the late 19th century. The two most common varieties are the fuyu, which looks like a squat tomato, and the hachiya, which is acorn-shaped. Both can be eaten fresh or cooked into sweet and savory recipes.

Use Your Own Pen

One way to reduce your risk of catching contagious viruses is to carry your own pen. When signing a credit card receipt or filling out forms at a doctor's office, avoid using the shared pen that's provided, since it's likely handled by many people.

Play With Clay

Whether molding simple shapes or creating an elaborate sculpture, crafting with clay can lift your mood and increase motivation. Researchers say ceramics is an effective form of art therapy due to the physical sensation of working the clay and transforming it into something beautiful.



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Sit and Be Fit MPR 10:00 Chef's Chat 10:30 Pictionary- CR 2:00 Bingo 6:00 Movie -T	2 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Birthday Lunch - PDR 2:00 Creativity Hour - ACR 6:00 Movie -T	3 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T	4 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo 6:00 Movie -T	5 8:00 Outing to Casino * 9:30 Sit and Be Fit MPR 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 6:00 Movie -T	6 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
7 1:00 Movie Matinee -T 6:00 Movie -T	8 Columbus Day 9:30 Sit and Be Fit MPR 10:30 Pictionary- CR 2:00 Bingo 6:00 Movie -T	9 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Romeo Lunch 2:00 Creativity Hour - ACR 6:00 Movie -T	10 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T	11 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo 6:00 Movie -T	12 9:30 Sit and Be Fit MPR 10:30 Shopping at Walmart * 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 6:00 Movie -T	13 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
14 1:00 Movie Matinee -T 6:00 Movie -T	15 9:30 Sit and Be Fit MPR 10:00 Activities Meeting- T 10:30 Pictionary- CR 2:00 Bingo 6:00 Movie -T	16 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Holiday Wreath Making- ACR 2:00 Creativity Hour - ACR 6:00 Movie -T	17 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T	18 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo 6:00 Movie -T	19 9:30 Sit and Be Fit MPR 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 6:00 Movie -T	20 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
21 1:00 Movie Matinee -T 6:00 Movie -T	22 9:30 Sit and Be Fit MPR 10:30 Pictionary- CR 2:00 Bingo 6:00 Movie -T	23 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Juliet Lunch 2:00 Creativity Hour - ACR 6:00 Movie -T	24 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 1:00 Dementia Support Group-T 2:00 Left Center Right Game- MPR 6:00 Movie -T	25 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo 6:00 Movie -T	26 9:30 Sit and Be Fit MPR 10:30 Shopping at Walmart * 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 11:00 Wii Bowling -MPR 6:00 Movie -T 6:00 Family Night Bingo- MPR	27 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
28 1:00 Movie Matinee -T 6:00 Movie -T	29 9:30 Sit and Be Fit MPR 10:30 Pictionary- CR 2:00 Bingo 6:00 Movie -T	30 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 2:00 Creativity Hour - ACR 6:00 Movie -T	31 Halloween 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T			

Word Search

Category: Insects

A E L F E K B E Z B M L	1. <u>Locust</u>
S M G K R M A A F E G I	2. _____
D H T O M R D T L E H V	3. _____
A C A C W A G G Y G C E	4. _____
P C R I C A N T Z D T E	5. _____
H G G I E W A S P I I W	6. _____
I H C G C D T X M G G D	7. _____
D C D H T K D R X H H G	8. _____
F V S I L V E R F I S H	9. _____
H O R N E T C T D S C S	10. _____
S Y G T O T I U Q S O M	11. _____
<u>L O C U S T</u> B E E T L E	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Ant	11. Hornet
2. Aphid	12. Katydid
3. Bee	13. Locust
4. Beetle	14. Mosquito
5. Cicada	15. Moth
6. Cricket	16. Roach
7. Earwig	17. Silverfish
8. Flea	18. Termite
9. Fly	19. Wasp
10. Gnat	20. Weevil

"This Month In History"

OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>These activities may be subject to change. Please look at white board in kitchen for daily.</p> 	<p>1</p> <p>10:00 Drumming w Andrew 11:00 Color Therapy 2:00 Sensory Boxes 3:30 Lotion Therapy 5:30 Movie and Popcorn</p>	<p>2</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Cornhole 11:30- Music w Alex 12:00 BirthDay Lunch 2:00 Nail Time 3:30 Arm Chair Travels 5:30 Movie and Popcorn</p> <p><small>Simchat Torah</small></p>	<p>3</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Cooking w Krystal 11:30 Whacky Words 2:00 Lotion Therapy 3:00 Sensory Time 5:30 Movie and Popcorn</p>	<p>4</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Coffee and Games 11:00 Brain Teasers 2:00 Penny For Your Thoughts 3:30 Music Therapy 5:30 Movie and Popcorn</p>	<p>5</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Balloon Chaos 11:00 Outside Walk 2:00 Reminiscing (IN2L) 5:30 Movie and Popcorn</p>	<p>6</p> <p>9:30 Praise and Worship 10:00 On This Day 10:00 Coffee IN2I Games 11:00 Bowling 2:00 Prize Bingo 5:30 Movie and Popcorn</p>
<p>7</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Karaoke 2:00 Movie and Popcorn 4:00 IN2L Sensory</p>	<p>8</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Color Therapy 2:00 Sensory Boxes 3:30 Lotion Therapy 5:30 Movie and Popcorn</p> <p><small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p>9</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Cornhole 2:00 Nail Time 3:30 Arm Chair Travels IN2L 5:30 Movie and Popcorn</p>	<p>10</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Crafts w Krystal 11:30 Whacky Words 2:00 Lotion Therapy 3:00 Sensory Time 5:30 Movie and Popcorn</p>	<p>11</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Coffee and Games 11:00 Brain Teasers 2:00 Penny For Your Thoughts 3:30 Music Therapy 5:30 Movie and Popcorn</p>	<p>12</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Balloon Chaos 11:00 Outside Walk 2:00 Reminiscing (IN2L) 5:30 Movie and Popcorn</p>	<p>13</p> <p>9:30 Praise and Worship 10:00 On This Day 10:00 Coffee IN2I Games 11:00 Noddle Baseball 2:00 Prize Bingo 3:00 Lotion Therapy 5:30 Movie and Popcorn</p>
<p>14</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Karaoke 2:00 Movie and Popcorn 4:00 IN2L Sensory</p>	<p>15</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Color Therapy 2:00 Sensory Boxes 3:30 Lotion Therapy 5:30 Movie and Popcorn</p>	<p>16</p> <p>10:00 Sit To Be Fit 10:30 Todd Hagen 2:00 Nail Time 11:00 Cornhole 3:30 Arm Chair Travels IN2L 5:30 Movie and Popcorn</p>	<p>17</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Cooking w Krystal 11:30 Whacky Words 2:00 Lotion Therapy 3:00 Sensory Time 5:30 Movie and Popcorn</p>	<p>18</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Coffee and Games 11:00 Brain Teasers 2:00 Penny For Your Thoughts 3:30 Music Therapy 5:30 Movie and Popcorn</p>	<p>19</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Balloon Chaos 11:00 Outside Walk 2:00 Reminiscing (IN2L) 5:30 Movie and Popcorn</p>	<p>20</p> <p>9:30 Praise and Worship 10:00 On This Day 10:00 Coffee IN2I Games 11:00 Bowling 2:00 Prize Bingo 5:30 Movie and Popcorn</p>
<p>21</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Karaoke 2:00 Movie and Popcorn 4:00 IN2L Sensory</p>	<p>22</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Color Therapy 2:00 Sensory Boxes 3:30 Lotion Therapy 5:30 Movie and Popcorn</p>	<p>23</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Cornhole 2:00 Nail Time 3:30 Arm Chair Travels IN2L 5:30 Movie and Popcorn</p>	<p>24</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Crafts w Krystal 11:30 Whacky Words 2:00 Lotion Therapy 3:00 Sensory Time 5:30 Movie and Popcorn</p>	<p>25</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Coffee and Games 11:00 Brain Teasers 2:00 Penny For Your Thoughts 3:30 Music Therapy 5:30 Movie and Popcorn</p>	<p>26</p> <p>9:30 Sit To Be Fit 10:00 On This Day 10:30 Balloon Chaos 11:00 Outside Walk 2:00 Reminiscing (IN2L) 5:30 Movie and Popcorn 6:00 Family Night Bingo</p>	<p>27</p> <p>9:30 Praise and Worship 10:00 On This Day 10:00 Coffee IN2I Games 11:00 Bowling 2:00 Prize Bingo 5:30 Movie and Popcorn</p>
<p>28</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Karaoke 2:00 Movie and Popcorn 4:00 IN2L Sensory</p>	<p>29</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Color Therapy 2:00 Sensory Boxes 3:30 Lotion Therapy 5:30 Movie and Popcorn</p>	<p>30</p> <p>10:00 Sit To Be Fit 10:30 On This Day 11:00 Cornhole 1:30 Bob Doziak 3:30 Arm Chair Travels IN2L 5:30 Movie and Popcorn</p>	<p>31</p> <p>9:30 Sit To Be Fit 10:00 Halloween Fun Pumpkin Decorating 2:00 Lotion Therapy 3:00 Sensory Time 5:30 Movie and Popcorn</p> <p><small>Halloween</small></p>			