

Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

Door décor — Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

Pumpkin planter — Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Festive foliage — Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns — Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

The Tradition of Corn Husk Dolls

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were weaved into baskets, moccasins and other items, including dolls.

After soaking the papery husks in water to soften them, they could be folded into body shapes, which were stuffed with leaves, then tied with husks that were cut or braided into strips.

Creating the dolls helped children learn needed hand skills such as tying and wrapping. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

A corn husk doll usually has no face, a feature that comes from a legend passed down by many Northeastern tribes. In the story, the original corn husk doll saw her reflection in a stream, admired her beauty and became vain, so her face was taken away to teach her the value of humility.



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OCTOBER 2020

Special Breakfast Station With Chef Zack

Everyone had a good time when Chef Zack brought in an omelette bar! It was so much fun to watch him flip the ingredients and everyone enjoyed having a fresh breakfast made to order.



Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



OCTOBER 2020
Locations

 Activity Room, Memory Care, ARMC
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

Birthdays

 Taku Mitchell, 10th
 Marian Faile, 19th
 Elease Brown, 27th

"Autumn's the mellow time."

—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				1 Practice Social Distancing 9:30 Chair Yoga, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	2 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	3 Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
4 Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	5 Practice Social Distancing 10:00 Fall Wreath Decorating, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	6 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 10:30 Country Drive w/Bill, O 2:30 Afternoon Snack	7 Practice Social Distancing 8:00 Gardening 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Zack, VDR 3:00 Bingo, VDR	8 Practice Social Distancing 9:00 Virtual Museum Tour, VUGP 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	9 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	10 Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
11 Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	12 COLUMBUS DAY Practice Social Distancing 10:30 Individual Snack Social 11:00 Choral Singalong, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	13 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:00 Remember When?, VUGP 2:30 Afternoon Snack	14 Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Zack, VDR 3:00 Bingo, VDR	15 Practice Social Distancing 9:45 Chair Yoga, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack	16 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	17 Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
18 Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	19 Practice Social Distancing 10:30 Individual Snack Social 10:30 Painting, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	20 Practice Social Distancing 10:30 Individual Snack Social 10:30 Country Drive w/Bill, O 11:00 Talk w/Talonya!, VDR 2:30 Afternoon Snack	21 Practice Social Distancing 10:00 Fall Festival, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Zack, VDR 3:00 Bingo, VDR	22 Practice Social Distancing 10:30 Individual Snack Social 10:30 Trivia, VDR 1:30 Bible Study, VUGP 2:30 Afternoon Snack	23 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	24 Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
25 Practice Social Distancing 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	26 Practice Social Distancing 9:45 Pumpkin Painting Contest, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	27 Practice Social Distancing 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:00 Town Hall Meeting, VDR 2:30 Afternoon Snack	28 Practice Social Distancing 10:00 Halloween Trivia, VDR 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Dining Experience w/Zack, VDR 3:00 Bingo, VDR	29 Practice Social Distancing 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 6:00 Halloween Movie, VUGP	30 Practice Social Distancing Halloween Celebration 9:30 Some Good News — Self Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Bingo, VDR	31 HALLOWEEN Practice Social Distancing 10:30 Individual Snack Social 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP