



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Happy Birthday STELLA! 1  <b>9:00</b> Chair Yoga w/ Emily  <b>10:30</b> Adult Coloring  <b>1:00-4:00</b> <b>Flu Shots</b>  <b>2:00</b> <b>Shopping @ Smith's</b>  <b>6:30</b> <b>Senior Center</b>  <b>Fireside: Folk/Country Music with Johnson Creek Band</b></p>	<p>Happy Birthday MARYLEE! 8  <b>9:00</b> Chair Yoga w/ Emily  <b>10:00-11:15</b> <b>Halloween Crafts</b>  <b>1:00-4:30</b> <b>Racehorse Lane Shopping Boutique</b>  <b>2:00</b> <b>Shopping @ Walmart</b>  <small>(SENIOR CENTER CLOSED)</small>  <b>6:00</b> <b>Scenic Drive: Aspen Grove</b>  <small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p>Happy Birthday Anna! 9  <b>9:00</b> Exercise  <b>10:15</b> <b>Technology Help</b>  <b>10:30</b> <b>Doterra Hand Massages</b>  <b>12:00-1:00</b> Ice Cream Social  <b>1:00</b> \$ Tai Chi Class  <b>1:00</b> Bingo w/ Dennis &amp; Kay  <b>2:15</b> <b>Worship w/ Pastor Tracy</b>  <b>2:45</b> <b>Manicures &amp; Nail Care</b>  <b>6:00</b> <b>Vocal Performance by Sherry Walker</b>  <small>Simchat Torah</small></p>	<p>Happy Birthday Bruce! 24  <b>9:00</b> Walking Group  <b>10:30</b> <b>Encompass Blood Pressure Clinic</b>  <b>1:30</b> <b>Minding Motion</b>  <b>2:30</b> Mexican Train  Dominoes  <b>6:00</b> Movie &amp; Popcorn:  <i>"Walk the Line" (2005)</i></p>	<p>Happy Birthday DOTTIE A! 26  <b>9:00</b> Exercise with Tyler  <b>10:00</b> <b>Headlines and Donuts</b>  <b>1:00</b> \$ Tai Chi  <b>2:00</b> <b>Variety Hour with Symbii</b>  <b>3:30</b> Documentary: "Secrets of Scotland Yard" (2013)  <b>6:00</b> <b>Scenic Drive: Guardman's Pass</b></p>	<p>Happy Birthday STELLA! 1  <b>9:00</b> Exercise with Amy  <b>10:00</b> <b>Piano with Kathy</b>  <b>1:30</b> <b>Shopping @ Dollar Tree (Heber)</b>  <b>3:30</b> <b>Social Hour on the Patio</b>  <b>3:30</b> Kings in the Corner  <b>6:00</b> Movie &amp; Popcorn:  <i>"Moon Struck" (1987)</i></p>	<p>Happy Birthday DOTTIE B &amp; Florian! 6  <b>12:30-1:30</b> Ice Cream Social  <b>1:30</b> <b>Balloon Game w/ Chuck</b>  <b>2:30</b> Five Crowns  <b>6:00</b> Movie &amp; Popcorn:  <i>"The Lake House" (2006)</i></p>	
<p><b>10:00</b> <b>LDS Church</b> 7  <b>1:00</b> Patio Social  <b>2:00-4:00</b> Bingo w/ Sharon  <b>6:00</b> Sunday Show:  <i>"Highway to Heaven" (1984)</i></p>	<p><b>9:00</b> Chair Yoga w/ Emily 15  <b>10:00-11:15</b> <b>Halloween Crafts</b>  <b>2:00</b> <b>Shopping @ Lee's</b>  <b>3:30</b> <b>Activities Meeting with Amy</b>  <b>6:30</b> <b>Senior Center</b>  <b>Fireside: Lorraine Branham and Friends</b></p>	<p><b>9:00</b> <b>Podiatrist</b> 16  <b>9:00</b> Exercise  <b>10:15</b> <b>Technology Help</b>  <b>10:30</b> <b>Music w/ Kailey</b>  <b>12:00-1:00</b> Ice Cream Social  <b>1:00</b> \$ Tai Chi Class  <b>1:00</b> Bingo w/ Dennis &amp; Kay  <b>2:15</b> <b>Worship w/ Pastor Tracy</b>  <b>2:45</b> <b>Manicures &amp; Nail Care</b>  <b>6:00</b> Movie &amp; Popcorn:  <i>"Big Miracle" (2012)</i></p>	<p><b>9:00-12:00</b> <b>Flu Shots</b> 10  <b>1:30</b> <b>Minding Motion</b>  <b>2:30</b> Polish Poker  <b>3:00</b> <b>Edward Jones Medicare and Finance Seminar with Jared Jensen</b>  <b>6:00</b> Movie &amp; Popcorn:  <i>"Dial M for Murder" (1954)</i>  <small>(For Mystery Week!)</small></p>	<p><b>9:00</b> Exercise with Tyler 11  <b>10:00</b> <b>Headlines and Donuts</b>  <b>1:00</b> \$ Tai Chi  <b>2:00</b> <b>Variety Hour with Symbii</b>  <b>3:30</b> <b>Book Club Discussion: "The Boy in the Suitcase"</b>  <b>6:00</b> <b>Scenic Drive: Lake Creek Forest</b></p>	<p><b>9:00</b> Exercise with Amy 12  <b>10:00</b> <b>Piano with Kathy</b>  <b>12:30</b> <b>Shopping @ Dillard's Department Store (Provo)</b>  <b>3:00</b> Documentary: (2018)  <i>"The Simone Biles Story"</i>  <b>6:00</b> Movie &amp; Popcorn:  <i>"Back to the Future" (1985)</i></p>	<p><b>10:30</b> <b>Balloon Game w/ Chuck</b> 13  <b>11:30-1:00</b> <b>Polish Lunch</b>  <b>12:30-1:30</b> Ice Cream Social  <b>2:00</b> <b>Polish Cultural Activity with Anna from the Kitchen</b>  <b>3:00</b> Five Crowns  <b>6:00</b> Movie &amp; Popcorn:  <i>"Dunkirk" (2017)</i></p>	
<p><b>10:00</b> <b>LDS Church</b> 14  <b>1:00</b> Patio Social  <b>2:00-4:00</b> Bingo w/ Sharon  <b>6:00</b> Documentary: (2010)  <i>"Polar Bears: Spy on the Ice"</i></p>	<p><b>9:00</b> Chair Yoga w/ Emily 22  <b>10:00-11:15</b> <b>Halloween Crafts</b>  <b>2:00</b> <b>Shopping @ Smiths</b>  <b>3:30</b> Afternoon Show:  The Carol Burnett Show  <b>6:30</b> <b>Senior Center Fireside: Amy, Natalie, &amp; Kathy "A Judy Garland Tribute"</b></p>	<p><b>9:00</b> Exercise 23  <b>10:15</b> <b>Technology Help</b>  <b>10:30</b> <b>Music w/ Kailey</b>  <b>12:00-1:00</b> Ice Cream Social  <b>1:00</b> \$ Tai Chi Class  <b>1:00</b> Bingo w/ Dennis &amp; Kay  <b>2:15</b> <b>Worship w/ Pastor Tracy</b>  <b>2:45</b> <b>Manicures &amp; Nail Care</b>  <b>6:00</b> Movie &amp; Popcorn:  <i>"The Queen" (2006)</i></p>	<p><b>9:00</b> Walking Group 17  <b>10:30</b> <b>Encompass Health Discussion: Improving your Memory</b>  <b>1:30</b> <b>Minding Motion</b>  <b>2:30</b> Mexican Train  Dominoes  <b>6:00</b> Movie &amp; Popcorn:  <i>"Gorillas in the Mist: The Story of Diane Fossey" (1988)</i></p>	<p><b>9:00</b> Exercise with Tyler 18  <b>10:00</b> <b>Headlines and Donuts</b>  <b>11:00</b> <b>\$ Lunch and Finnicular Ride at St. Regis (Park City)</b>  <b>1:00</b> \$ Tai Chi  <b>2:00</b> <b>Variety Hour with Symbii</b>  <b>3:30</b> Documentary: "Secrets of the Sky Tombs" (2017)  <b>6:00</b> <b>Scenic Drive: South Fork Canyon</b></p>	<p><b>9:00</b> Exercise with Amy 19  <b>10:00</b> <b>Piano with Kathy</b>  <b>1:30</b> <b>Nurses Corner with Jamie: "All Things White"</b>  <b>2:30-4:00</b> <b>Medicare Enrollment Assistance with Teresa Peck</b>  <b>2:30</b> Polish Poker  <b>6:00</b> Movie &amp; Popcorn: (1990)  <i>"Edward Scissor Hands"</i></p>	<p><b>12:30-1:30</b> Ice Cream Social  <b>1:30</b> <b>Balloon Game w/ Chuck</b>  <b>2:30</b> Five Crowns  <b>6:00</b> Movie &amp; Popcorn:  <i>"Pay it Forward" (2000)</i></p>	
<p><b>10:00</b> <b>LDS Church</b> 21  <b>1:00</b> Patio Social  <b>2:00-4:00</b> Bingo w/ Sharon  <b>6:00</b> Sunday Show:  <i>"Highway to Heaven" (1984)</i></p>	<p><b>9:00</b> Walking Group 29  <b>10:30</b> <b>Piano Performance by Larry Kent</b>  <b>2:00</b> <b>Shopping @ Walmart</b>  <b>3:30</b> <b>Town Meeting with Owen</b>  <b>6:30</b> <b>Senior Center</b>  <b>Fireside: Jeff Carson &amp; Friends</b></p>	<p><b>9:00</b> Exercise 30  <b>10:15</b> <b>Technology Help</b>  <b>12:00-1:00</b> Ice Cream Social  <b>1:00</b> \$ Tai Chi Class  <b>1:00</b> Bingo w/ Dennis &amp; Kay  <b>2:15</b> <b>Worship w/ Pastor Tracy</b>  <b>2:45</b> <b>Manicures &amp; Nail Care</b>  <b>6:30</b> <b>Piano Recital (Lillian Barrus)</b></p>	<p><b>9:00</b> Chair Yoga w/ Emily 31  <b>10:30</b> Adult Coloring  <b>1:30</b> <b>Minding Motion</b>  <b>3:00</b> <b>Halloween Party!</b>  <b>6:00</b> Movie &amp; Popcorn:  <i>"Hocus Pocus" (1993)</i>  <small>Halloween</small></p>	 <p><b>OCTOBER 2018</b>  <b>Abbingtion of Heber</b></p>			<p><b>10:30</b> <b>Bar J Wranglers Concert at WHS</b> 27  <small>(For residents who pre-paid in August. If you have questions please talk to AMY)</small>  <b>12:30-1:30</b> Ice Cream Social  <b>1:00-3:00</b> <b>Trunk-or-Treat</b>  <b>2:30</b> Five Crowns  <b>6:00</b> Movie &amp; Popcorn:  <i>"Cinderella Man" (2005)</i></p>

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Please email us  
WITH QUESTIONS,  
SUGGESTIONS & IDEAS:  
activities@abbingtonheber.com

**The Abbington  
Management Team**

Owen Snead  
**EXECUTIVE DIRECTOR**  
Janet Hensley &  
Julie Wilson  
**FRONT OFFICE**  
Candyce Meriwether  
**MARKETING DIRECTOR**  
Jamie Coughlin  
**NURSING DIRECTOR**  
Diane Sweat  
**CARE COORDINATOR**  
Avalee Jones  
**MEMORY CARE COORDINATOR**  
Ariel Laure  
**FOOD SERVICE DIRECTOR**  
Amy Andersen &  
Emily Metcalf  
**ACTIVITIES DIRECTORS**  
Paul McFee &  
Jay Provost  
**MAINTENANCE DIRECTORS**

**Newsletter from the Executive Director:**

Hello and Happy Halloween month! I can't wait for all the little kiddos to dress up in their Halloween best. Here's some pics from last year's Trunk or Treat event.



With the fall season in full swing that also means the vaccination season is also in full swing. The Abbington has paired up with the Wasatch County Health Department to provide this service. The health department staff will be coming to the Abbington on Mon. October 1st from 1:00 to 4:00pm, then again for a 2nd round of vaccinations on Wed. October 10th from 9:00am to noon. Please sign up at the front desk to receive your vaccination flu shot and the pneumococcal vaccine.

More good news to pass along, Dr Jason Howell of Intermountain Healthcare is now open to take on new patients here in the valley, including Abbington residents, He will be making weekly visits in house to the Abbington so that our residents will NOT need to travel to him! There will be some instances where a visit to his office/practice will be warranted, but most visits can be done in house. There are fliers up by the front desk which contain a bio of Dr Howell. Please come take one if you're interested.

Finally, Medicare open enrollment is fast approaching so please consult with your family, trusted friends, or financial advisors to discuss if a change is needed for yourself. Teresa Peck is a certified Medicare broker and can assist anyone interested in making a change during open enrollment in November. Teresa can be contacted at:

Teresa Peck Insurance Services  
P.O Box 1197  
Midway, UT 84049  
Phone 801-859-8259  
Fax 435-654-3540  
[teresajaut.08@gmail.com](mailto:teresajaut.08@gmail.com)

That's all for now. We look forward to seeing kids of ALL ages dressed up for Halloween!

— Owen

**October RESIDENT Birthdays**

1<sup>st</sup> Stella Leckie      26<sup>th</sup> Dottie Annick  
6<sup>th</sup> Dotti Boardman    28<sup>th</sup> Marguerite Smith  
8<sup>th</sup> Marylee Kantin     30<sup>th</sup> Joyce Lea

**October STAFF Birthdays**

6<sup>th</sup> Florian Ordonez  
9<sup>th</sup> Anna Gorkiewicz Sullivan  
24<sup>th</sup> Bruce McCarty

**Estimated Costs for Activity**

\$ **Tai Chi Class:** \$2.50 / person / class  
\$ **Lunch Outing to St Regis**  
around \$18-\$20 per entree  
\$ **Men's Lunch to Rhode Island Diner**  
around \$10-20 per entrée  
(Costs incurred for all other activities,  
besides purchases on shopping outings, are  
covered.)

**Info on Activities:**

\*Flu Shots

When: October 1<sup>st</sup> 1:00-4:00  
& October 10<sup>th</sup> 9:00-12:00

What: *Get prepared for the flu season by getting your flu shot done by the Health Department here at The Abbington. Please sign up at the front desk!*

\*Racehorse Lane Shopping Boutique

When: October 8<sup>th</sup> 1:00-4:30  
What: *Get a head start on your Holiday shopping by stopping in at this boutique right upstairs in the Abbington Great Room. The boutique typically has Jewlery, Scarves, Wallets, Socks, Ties, Gifts for Children and more!*

\*Nurses Corner with Jamie

When: October 19<sup>th</sup> 1:30 pm  
What: *Topic revolves around "All Things White" i.e. Snow Safety, White Foods, Sunscreen Use in Winter, etc.*

\*Abbington Academy Lecture Series

When: October 24<sup>th</sup> 3:00 pm  
What: *Come learn about Emergency preparedness and safety from the Be Ready Utah group, sponsored by Heber Valley Funeral Home.*