


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY BIRTHDAY AFTON! 1 10:00 <i>LDS General Conference</i> 1:00 Bingo with Sharon 2:00 <i>LDS General Conference</i> 3:00 <i>Old Fashioned Preaching & Music</i> 3:00 Adult Coloring w/ Patricia 4:00 Yoga with Patricia 6:00 <i>Resident Spotlight</i> <i>(treats will be served)</i>	2 10:30 <i>Doterra Hand Massages</i> 1:00 Exercise with Willis 2:00 <u>Shopping @ Smith's</u> 6:30 <u>Senior Center</u> <i>Von Glasgow and Friends</i> <i>(Country Music)</i>	3 9:00 Exercise with Heidi <i>No food meeting today!</i> 10:00 <u>Technology</u> 12:00-1:00 Ice Cream Social 1:00 \$ Tai Chi 1:00 Bingo with Dennis & Kay 2:15 <i>Worship w/ Pastor Tracy</i> 2:45 <u>Manicures</u> 6:00 Scrabble	4 10:00 <i>Blood Pressure Clinic</i> 1:30 <i>Minding Motion Exercise Class</i> 2:30 Mexican Train Dominoes Game 6:00 Movie & Popcorn: <i>"Guys and Dolls"</i>	5 9:00 Exercise with Tyler 10:00 Headlines & Donuts 1:00 \$ Tai Chi 2:00 <i>Variety Hour Smile Time</i> 5:45 \$ <u>Mary Poppins @ WHS</u> Sukkot	6 HAPPY BIRTHDAY DOTTIE B! 9:00 Exercise with Amy 10:00 <i>Piano with Kathy</i> 11-4 \$ <i>Dental Hygienist</i> 1:00 <i>Oral Health=Body Health Presentation/Q&A</i> 2:00 <i>Book Club Discussion</i> 6:00 Scrabble	7 12:00-1:30 Ice Cream Social 1:30 Card Game with Billie <i>(players' choice)</i> 3:30 <i>Round Table Discussion</i> 6:00 Movie & Popcorn: <i>"Barefoot in the Park"</i>
8 HAPPY BIRTHDAY MARYLEE & ROY! 10:00 <i>LDS Church</i> 1:00 Bingo with Sharon 3:00 Adult Coloring with Patricia 4:00 Yoga with Patricia 6:00 <i>Family Home Evening</i>	9 10:30 Balloon Game 1:00 Exercise with Willis 2:00 <u>Shopping @ Walmart</u> <i>No Senior Center tonight</i> 6:00 <u>Scenic Drive to Lake Creek Forest</u> Columbus Day (US) Thanksgiving Day (Canada)	10 HAPPY BIRTHDAY BARBARA! 9:00 Exercise with Heidi 10:00 <u>Technology</u> 10:30 <i>Music with Korrine</i> 12:00-1:00 Ice Cream Social 1:00 \$ Tai Chi 1:00 Bingo with Dennis & Kay 2:15 <i>Worship w/ Pastor Tracy</i> 2:45 <u>Manicures</u> 6:00 <i>Concert: Ete AhPing & Friends</i>	11 10:30 <i>Ask Nurse Russ</i> 1:30-4 <u>Podiatrist</u> <i>You MUST make an appointment with the front desk</i> 1:30 <i>Minding Motion Exercise Class</i> 2:30 <i>Catholic Mass</i> 3:00 Quiddler Game 6:00 Movie & Popcorn: <i>"Radio"</i>	12 9:00 Exercise with Tyler 10:00 Headlines & Donuts 11:00 \$ <u>Lunch Outing to Ruth's Diner</u> 1:00 \$ Tai Chi 2:00 <i>Variety Hour Smile Time</i> 6:00 Game of Pool	13 9:00 Exercise with Amy <i>no Piano with Kathy</i> 10:30 <i>Halloween Crafts</i> 12:30 <u>Shopping Outing to Kohl's Department Store</u> 2:00 Documentary: <i>"A Conversation with Gregory Peck"</i> 6:00 Scrabble	14 12:00-1:30 Ice Cream Social 1:30 Card Game with Billie <i>(players' choice)</i> 3:30 <i>Round Table Discussion</i> 6:00 Movie & Popcorn: <i>"Dr. Strange"</i>
15 10:00 <i>LDS Church</i> 1:00 Bingo with Sharon 3:00 <i>Old Fashioned Preaching & Music</i> 3:00 Adult Coloring with Patricia 4:00 Yoga with Patricia 6:00 Sunday Movie: <i>"Hugo"</i>	16 8:40 \$ <u>Water Aerobics</u> 10:30 <i>Halloween Crafts</i> 1:00 Exercise with Willis 2:00 <u>Shopping @ Lee's</u> 6:30 <u>Senior Center</u> <i>Laurissa Pullen & friends</i> <i>(piano music)</i>	17 9:00 Exercise with Heidi 10:00 <i>Technology Scam Prevention Class with Justin</i> 12:00-1:00 Ice Cream Social 1:00 \$ Tai Chi 1:00 Bingo with Dennis & Kay 2:15 <i>Worship w/ Pastor Tracy</i> 2:45 <u>Manicures</u> 6:00 <i>Heber Valley Choir and Orchestra Concert</i>	18 10:30 <i>Halloween Crafts</i> 1:30 <i>Minding Motion Exercise Class</i> 2:30 Five Crowns Game 6:00 Movie & Popcorn: <i>"Brigadoon"</i>	19 9:00 Exercise with Tyler 10:00 Headlines & Donuts 11:00 \$ <u>Men's Lunch</u> 1:00 \$ Tai Chi 2:00 <i>Variety Hour Smile Time</i> 3:00 <i>Halloween Crafts</i> 6:00 <i>"M&M Band" Concert</i>	20 7:30-9:00 <i>Volunteer Appreciation Breakfast</i> 9:00 Exercise with Amy 10:00 <i>Piano with Kathy</i> 1:30 <i>Activities Meeting</i> 3:00 <i>Halloween Crafts</i> 6:00 Scrabble	21 12:00-1:30 Ice Cream Social 1:30 Card Game with Billie <i>(players' choice)</i> 3:30 <i>Round Table Discussion</i> 6:00 Movie & Popcorn: <i>"ET"</i>
22 10:00 <i>LDS Church</i> 1:00 Bingo with Sharon 3:00 Adult Coloring with Patricia 4:00 Yoga with Patricia 6:00 <i>Family Home Evening</i>	23 10:30 <i>Finish Halloween Crafts</i> 1:00 Exercise with Willis 2:00 <u>Shopping @ Smith's</u> 6:30 <u>Senior Center</u> <i>"Bewitched Bothered & Bewildered" with Kathy Buell, Amy Andersen & Natalie Johnson</i>	24 Happy Birthday Bruce! 9:00 Exercise with Heidi 10:00 <u>Technology</u> 10:30 <i>Music with Korrine</i> 12:00-1:00 Ice Cream Social <i>*No Tai Chi today</i> 1:00 Bingo with Dennis & Kay 2:15 <i>Worship w/ Pastor Tracy</i> 2:45 <u>Manicures</u> 6:30 <i>Halloween Concert</i> <i>(children on piano/violin)</i>	25 10:30 <i>Help prep for our Halloween Party</i> 1:30 <i>Minding Motion Exercise Class</i> 2:30 <i>Town Meeting w/ Owen</i> 3:30 Kings In the Corner Card Game 6:00 Movie & Popcorn: <i>"O Brother Where Art Thou"</i>	26 Happy Birthday Angie & Morgan! 9:00 Exercise with Tyler 10:00 Headlines & Donuts <i>*No Tai Chi today</i> 1:30 <i>Monster Mash Carnival/Party</i> 3:00 <i>Employee Staff Meeting</i> 6:00 <u>Scenic Drive w/ Bruce to Woodland</u>	27 9:00 Exercise with Amy 10:00 <i>"Bewitched Bothered & Bewildered" Fall Concert with Kathy, Amy & Natalie</i> 1:30 \$ <u>Cowboy Poetry Gathering & Buckaroo Fair</u> 2:00 Documentary: <i>"Can Alzheimer's Be Stopped"</i> 6:00 Scrabble	28 HAPPY BIRTHDAY MARGUERITE! 12:00-1:30 Ice Cream Social 1-3 <i>Children's Halloween Parade & Trick or Treating</i> 1:30 Card Game with Billie <i>(players' choice)</i> 3:30 <i>Round Table Discussion</i> 6:00 Movie & Popcorn: <i>"The Addams Family"</i>
29 10:00 <i>LDS Church</i> 1:00 Bingo with Sharon 3:00 <i>Old Fashioned Preaching & Music</i> 3:00 Adult Coloring with Patricia 4:00 Yoga with Patricia 6:00 Sunday Movie: <i>"Forever Strong"</i>	30 HAPPY BIRTHDAY JOYCE! 10:30 <i>"The Mixed Nuts" Band Concert</i> 1:00 Exercise with Willis 2:00 <u>Shopping @ Walmart</u> 6:30 <u>Senior Center</u> <i>Sidney Thiede & Friends</i> <i>(pop music: vocals & band)</i>	31 9:00 Exercise with Heidi 10:00 <u>Technology</u> 12:00-1:00 Ice Cream Social 1:00 \$ Tai Chi 1:00 Bingo with Dennis & Kay 2:15 <i>Worship w/ Pastor Tracy</i> 2:45 <u>Manicures</u> 6:00 Scrabble Halloween	 <h1>October 2017</h1> <p>THE ABBINGTON ASSISTED LIVING & MEMORY CARE COMMUNITY</p>			KEY: <u>Important Meeting or Event at The Abbington</u> <u>Outing or Activity outside of The Abbington</u> \$ <u>Activity</u> with an extra cost <i>(see back for details)</i> <u>Underlined: Please sign up!</u> Gold: Take note!

551 East 1200 South
Heber City, Utah 84032
(435) 657-8888
www.theabbington.com

The Abbington Management Team

Dave Fox
CORPORATE

Owen Snead
EXECUTIVE DIRECTOR

**Janet Hensley &
Patricia Mitchell**
FRONT OFFICE

Candyce Meriwether
MARKETING DIRECTOR

Russell Preator
NURSING DIRECTOR

Kayla McMillan
WELLNESS COORDINATOR

Amanda McNeill
MEMORY CARE SUPERVISOR AM

Rosa Yubeta
MEMORY CARE SUPERVISOR PM

Ariel Laure
FOOD SERVICE DIRECTOR

Natalie Johnson
ACTIVITIES DIRECTOR

Paul McFee
MAINTENANCE DIRECTOR

Newsletter from the Executive Director:

Happy SPOOKtober to all our witches, goblins, ghosts, and ghouls ☺. We are excitedly anticipating the start of the holiday season. I think for most of us that time begins early in October as we know that soon after Halloween, Thanksgiving is right around the corner. Some of us have already been hit with the “holiday bug” early and have started baking pies and cooking up hearty soups and stews. (Below are pictures of the very first peach pies I’ve ever made. They turned out quite well if I do say so myself!) We can’t wait for the many other great treats that await us all. I love this time of year!

We hope everyone has had a great start to the cooler fall season. Natalie and Amy have another fun-filled month of activities in store for us all and we look forward to many visitors joining in on as many activities as possible. Don’t miss out on the fun!

On a more serious topic, I’d like to address Emergency Preparedness. With the plethora of natural disasters taking place throughout the world, it has all of us thinking about and reevaluating our personal emergency preparedness for our immediate families and beyond. For those of us with the responsibility of looking over a community like The Abbington, our work families are just as important.

The state of Utah requires all Assisted Living communities to keep 3 days-worth of “perishable” food items and a weeks-worth of “non-perishables” on hand, always. While I am confident with this supply being available at all times, we would like to be extra certain that we have adequate supplies and a back-up plan. We request that each resident have a 72-hour Emergency Preparedness Kit on hand in their individual apartment, likely to be stored in their kitchenette area. We will be drawing from the vast knowledge provided by the American Red Cross to help all of our residents decide exactly which items they would like to have included in their 72-hour kit. Residents and their families are more than welcome to provide their own 72-hour kits or they can choose to have the Abbington provide and prepare the kit at cost. (More information to follow in the coming weeks.) It is my hope that ALL of our residents will have their own kit ready to go and stored in their apartment by no later than the end of October.

As always, thank you to all of our residents, families, friends, staff, home health agencies, doctors, and volunteers who help make The Abbington such a happy and healthy place to be.

All our LOVE,

Owen & Team Abbington



Estimated Costs for Activities

\$ Tai Chi Class:
\$2.50 / person / class

\$ Mary Poppins play at Wasatch High:
\$6 / ticket (senior discount)

\$ Dental Hygienist:
Depends on service (ask Lori prior to service)

\$ Lunch Outing to Ruth’s Diner:
around \$10-15 / entrée

\$ Water Aerobics class:
\$5 / class

\$ Men’s Lunch (location TBD):
around \$10-15 / entrée

\$ Cowboy Poetry:
\$10 / person

* Costs incurred for all other activities are covered by the Activities Department

October RESIDENT Birthdays

1st – Afton Christensen
6th – Dottie Boardman
8th – Marylee Kantin
8th – Roy Hopgood
10th – Barbara Prescott
28th – Marguerite Smith
30th – Joyce Lea

October STAFF Birthdays

24th – Bruce McCarty
26th – Angie James
26th – Morgan Woolstenhulme

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