



TWIN RIVERS

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

October 2021

Meet our Team!!

Chris Henger.....Executive Director
Sheila Ricketts.....Marketing/Sales
Helen Kassaye...Business Office Director
Salem Demsew.....ALCoordinator
Diane Martinez.....LE Director
Syndi Sphabmixay.....VP Coordinator
Chef Nach.....Culinary Director
Mario Luna.....Maintenance Director
Jason Myers.....Van Driver
Mabelle McCoy.....Weekly Concierge
Diana Sutton.....Weekend Concierge

A birthday in October can be a special treat, the harvest has begun of pumpkins, gourds and wheat.

So on your happy day here's a birthday wish for you.

May you gather joy & laughter, love and friendships too.

Resident Birthdays

Dick Townsend.....October 3rd
Joanne Hopkins.....October 7th
Bette Darrah.....October 7th
Kay Brown.....October 14th
Jean Robinson.....October 22nd
Lola Tekell.....October 22nd
Lucy Baker.....October 28th
Colleen Withrow.....October 30th
Happy Birthday to All in October!

Staff Birthdays

Diana Sutton.....October 7th
Almaz Solomon.....October 8th
Pamela McCurdy.....October 10th
Diane Martinez.....October 29th

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.



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OCTOBER 2021

Twin Rivers Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday
Chris Henger..Executive Director Sheila Ricketts....Sale/Marketing Helen Kassaye.....BOD Selma Demsew..AL Coordinator	Chef Nach.....Culinary Director Mario Luna.....Maintenance Diane Martinez.....LED Jason Myers.....Van Driver Syndi Sphabmixay.....VPC			
3 Happy Birthday Dick SP 11:00 Christ United Methodist SO 12:00 Cowboys vs Carolina Panthers (FOX) SE 12:00 Music Sing Along CO 6:30 Mexican Train	4 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Chair Exercise w/Jason SP 3:30 Bible Study/ Communion w/Kelly CO 6:30 Mexican Train	5 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SE 2:30 Movie Matinee (Letter to Juliet) CO 6:30 Mexican Train	6 SO 10:00 Coffee & Conversaion CO 10:30 BINGO SE 2:30 BINGO CO 3:30 Rummikub or Skip-bo SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	7 Happy B Day Joanne & Bette PY 10:30 Sit & Stretch Exercise I 2:00 Bridge SO 3:00 BINGO SO 6:30 Mexican Train
10 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along SO 3:25 Cowboys vs New York Giants (FOX) CO 6:30 Mexican Train	11 Columbus Day E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly CO 6:30 Mexican Train	12 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club I 2:00 Silver Derby Horse Races CO 6:30 Mexican Train	13 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO CO 3:30 Skip-bo SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	14 Happy Birthday Kay B. PY 10:30 Sit & Stretch Exercise SP 11:00 Prayer Session CO 2:00 Bridge CO 3:00 Bingo CO 6:30 Mexican Train
17 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along SO 3:25 Cowboys vs New England Patriots (CBS) CO 6:30 Mexican Train	18 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly 4:00 Chocolate Cupcake Social CO 6:30 Mexican Train	19 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SE 2:30 Movie & Popcorn (5 Flights Up) CO 6:30 Mexican Train	20 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	21 PY 10:30 Sit & Stretch Exercise SP 11:30 Jody & Jody CO 2:00 Bridge SO 3:00 Bingo SO 4:30 Entertainment by Ruby Westin
24 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along CO 6:30 Mexican Train	25 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly CO 6:30 Mexican Train	26 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SO 3:00 Monthly Birthday Party with Blane & Carla CO 6:30 Mexican Train	27 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	28 Happy Birthday Lucy PY 10:30 Sit & Stretch Exercise SP 11:00 Prayer Session CO 2:00 Bridge SO 3:00 Bingo CO 6:30 Mexican Train
31 Halloween SP 11:00 Christ United Methodist SE 12:00 Music Sing Along CO 6:30 Mexican Train SO 7:20 Cowboys vs Minnesota Vikings (NBC)				

Events are Subject to Change.

October 2021 Assisted Living



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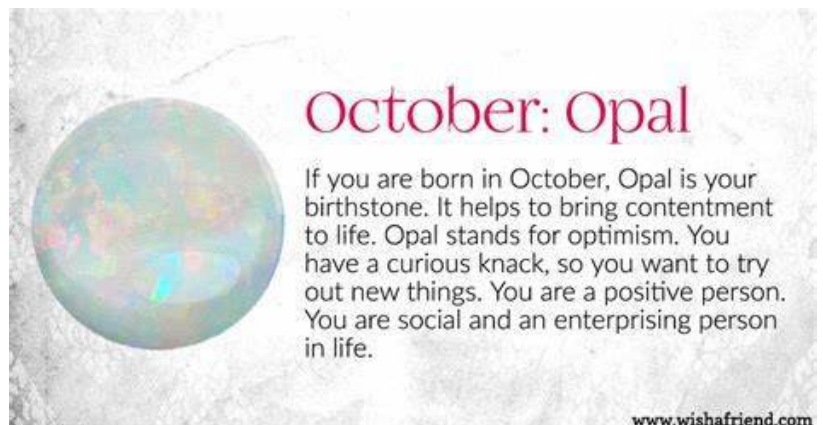
Friday

Saturday

1 E 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SE 11:00 Texas Winds CR 4:00 Happy Hour CO 6:30 Mexican Train	2 National Custodian Day! SO 10:00 Coffee & Donut I 2:00 Card Games CO 6:00 Mexican Train PR 6:30 Dominos
8 E 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service CR 4:00 Happy Hour CO 6:30 Mexican Train	9 SO 10:00 Coffee & Donut I 2:00 Card Games CO 6:00 Mexican Train PR 6:30 Dominos
15 SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service CO 4:00 Happy Hour CO 6:30 Mexican Train	16 National Boss Day! SO 10:00 Coffee & Donut SO 10:30 Donuts & Coffee CO 6:00 Mexican Train PR 6:30 Dominos
22 Happy B Day Jean & Lola SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service SO 4:00 Happy Hour CO 6:30 Mexican Train	23 SO 10:00 Coffee & Donut CO 6:00 Mexican Train PR 6:30 Dominos
29 SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service SO 4:00 Halloween Happy Hour w/ Bill Cobbs CO 6:30 Mexican Train	30 Happy Birthday Colleen W. SO 10:00 Coffee & Donut CO 6:00 Mexican Train PR 6:30 Dominos
Birthdays 10/3 - Dick T. 10/7 - Joanne H. 10/7 - Bette D. 10/14 - Kay B. 10/21 - Harold G. 10/22 - Jean R. 10/22 - Lola T.	CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social



October had the tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised the world full of beautiful adventures. They made me believe in miracles.



Twin Rivers Assisted Living!! October 2021



What's Lucky in October?

Lucky Color: Green

Lucky Day: Tuesday

Lucky Animal: Shark

Lucky Plant: Pumpkins

Lucky Letter: W

