



C Mt. Carmel

ASSISTED LIVING EDITION • OCTOBER 2023

CONNECTIONS

GOURDgeous PUMPKINS

Harvest time always brings about an abundance of beautiful GOURDS and PUMPKINS that come in a wide array of shapes, colors, and sizes. Whether you're looking for a new fall recipe, decorating your space, or simply celebrating the season, there is a member of the GOURD family that's perfect for your needs. We've planned an entire month of activities and events around these GOURDgeous fruits! We'll explore colorful sayings at "GOURDgeous Fall Colors" Wheel of Fortune, feature popular idioms about beauty at our "GOURDgeous Phrases" edition, and all our word puzzles on October 16 "Rhyme with GOURD". On Tuesday and Thursday mornings, you'll enjoy playing Bingo on lovely GOURD, PUMPKIN, and PUMPKIN Patch Bingo cards. We'll play a GOURD Matching Game on the 6th while enjoying a PUMPKIN Spice Tasting Party. Try your hand at various dice games, such as PUMPKIN Doubles, GOURD Connect 4, and a sweet PUMPKIN Candy Dice Game! Craft your way into the spirit of the season by creating some GOURDgeous PUMPKIN and GOURD projects on Wednesday afternoons at 1:30. Earn extra Bingo Bucks playing games like PUMPKIN Hoops, where we'll toss Hula Hoops around PUMPKINS, tossing beanbags in our PUMPKIN Patch, and taking target practice at PUMPKIN Pie in the Sky Nerf Gun Fun! We've also included a few fun physical activities each week in October, such as GOURD Toss Across, GOURD Bowling, PUMPKIN Bocce Ball, and PUMPKIN Chunkin'. There's so much to love about Autumn at Mt.Carmel Community!

Fall Festival

Please make plans to join us at our annual **Mt. Carmel Fall Festival** on Tuesday, October 31. We'll gather in the Main Dining Room at 1:30 to enjoy concessions, a musical Cakewalk, PUMPKIN Balloon Darts, PUMPKIN Chunkin', and many more fun carnival-style games! Our Activity Department would like to let our family and friends know that we are accepting donations for cakewalk prizes, like 12 packs of soda, jars of nuts, bakery goods, bags of candy, and chips. These items can be brought to the Front Desk, Monday-Saturday, up until the day of the Festival.

Special Guests

We are blessed to have special guests come to share their talents with us throughout the year, and this month is no exception. The **Benton Senior Steppers** will present a lively line-dancing show on Tuesday afternoon, October 10! These ladies are fantastic, and their performance is not to be missed! We also have **The Norris Couple** coming to sing for us this month. Join us in the Main Dining Room on the 20th for a wonderful concert by this sweet couple.

New Exercise Opportunities

At Mt. Carmel Community, we understand how important it is to add movement into our daily routine. As the weather turns cooler and our natural inclination is to hibernate, we invite you to try some exciting new exercise opportunities instead. We'll meet each weekday morning at 9:00 in the 200 Hall Fitness Room. On **Movin' It Mondays**, Sharon will introduce you to a variety of ways to move intentionally to the rhythm of upbeat music. These chair exercises will help boost your energy and improve your cardiovascular health. Join Jackie for some seated scarf exercises on Tuesdays. Exercising with scarves encourages bigger body movements that include your larger muscle groups in a fun, creative, and artistic way. Learn some simple seated dance moves at **Chair Dancing**, led by Sharon, every Wednesday. Improve your strength and flexibility with a series of fun exercises that incorporate the use of a mobility ball on Thursday mornings with Jackie. Sharon will lead our new Friday exercise class, **Chair Zumba**. It's a modified version of the Zumba dance fitness programs that are so popular. Instead of standing and dancing, you can perform low-impact dance moves from your chair. No special equipment is needed for any of our new fitness classes. Just wear some comfortable clothes and shoes and come join the fun! Let's make it our goal to get more fit this Fall!

October Birthdays



Mt. Carmel Residents:

October 1 • Jean Myers
October 12 • Ellie Hobby
October 13 • Joan Haynes
October 13 • Jane Jackson
October 19 • Jean Otwell
October 20 • Jo Thomas
October 30 • Betty Dunahoo
October 30 • Brittany Johnson
October 30 • Howard Rowton

Mt. Carmel Staff:

October 6 • Megan Cash
October 7 • Amy Fite
October 11 • Madison Hamel
October 22 • Sommer Shankles
October 30 • Maria Juarez