

Activities in October

Happy first month of Fall! October is full of activities all around campus; from Football to Mocktails, Live Entertainment, Potlucks & Socials, Group Games, Fall Crafts, BINGO!, Casino Night, and BUNCO! With the weather and the leaves changing, what a great time to be active and stay social when fall days are wet, windy and crisp. Oh me! Oh my! The holiday season has arrived--and we are looking forward to a fun and festive Halloween month with a variety of themed events to choose from. Costumes are optional, but we encourage you to lean into whatever makes you smile!

As always, please check the dates, location, and times of activities and events on your calendar. Sign up's for outings and various activities on campus can be found on the 1st floor Tower board. Please sign up when indicated to ensure your spot is reserved. See you soon!



It's That Time of Year Again!

Vaccine Clinic is BACK! WalMart will be here October 22nd to provide their annual Vaccine Clinic. Here are some important details for Vaccine Clinic to go smoothly:

- *If you are interested in vaccinations, please stop by the Activity Room in the Tower and grab a request form to fill out.
- *There is a list of available vaccines for residents to reference as needed.
- *Completed forms must be returned to the Activity Room by 4PM on Friday, October 16th to allow enough time for insurance authorizations.
- *On Clinic day, please be in line before 1pm at the latest to be seen. Of course, earlier times are available, as Clinic doors will open just after 9AM.

Maintenance and Housekeeping Messages

I finally heard back from the battery recycling company, and unfortunately, they no longer provide collection buckets for us to send batteries in for recycling. If you have batteries to recycle, please save them and take them to the **Sullivan Transfer Station** for proper disposal.

Please help us keep the garbage disposals running smoothly. Before using the disposal, scrape food scraps into the trash and rinse plates in the sink. While the disposals can handle small amounts of food debris, they are not designed for everything. Items that should **not** go down the disposal include:

- Grease, fats, and oils
- Pasta, rice, and bread
- Coffee grounds

If you don't use your disposal regularly, it can become stuck or develop leaks. To help prevent problems, please turn it on and run cold water through it for about a minute at least once every couple of weeks. The facilities team appreciates your help!

Some Friendly Reminders

Please remember to clean up after your pet. There are pet stations around campus with bags to help with this process. Let's work together to keep the grounds looking clean and tidy for our community.

If you happen to have any dishes or silverware from the dining room, please return those as soon as you are able. We *Thank You!*

For those interested in meals in the dining room, please complete your meal ticket order form and turn into the Red daily folders. If you have questions about times or how to complete a meal ticket form, you can stop into the front office and ask for assistance. We are here to help!

Olympus Living of Spokane Valley

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Celebrating October Birthdays

Ramona H.
October 2

Doug G.
October 8

Mario F.
October 9

Kay F.
October 10

Cheri S.
October 14

Sharon H.
October 25

Lorraine M.
October 30



A Squirrel's Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day. "When pigs fly" is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You've likely never used the expression "enough to cobble dogs with," which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, "Bob's your uncle." Don't know that one? It means everything is all right, done, and successful, sort of like saying, "And that's that." No word, though, on who Bob was or why things always worked out so well for him.

