



6501 Woodlake Dr.
Richfield, MN 55423

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Village Shores Website Link:

www.villageshoresseniorcommunity.com



Staff Directory

***All Village Shores Staff members are available by calling Reception Desk at
612-861-1186**

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OCTOBER
2024



SHORELINES



Program Ponderings

Brad Ray – Director of Programs

Tipping your hat to the lovely month of October is much better than tipping an outhouse on Halloween night! Well, looking over the calendar of activities, it's a sure bet that there will be far many more treats than tricks. October is always a highlight at Village Shores, and it's almost scary how many fun and exacting adventures are waiting to jump out at us! All of the interesting and exciting programs, speakers, concerts, outings, and the growing number of resident run programs are sure to keep the ghosts at bay and those pesky skeletons in the closet where they belong!

October kicks off with the **All Resident Meeting**, so be sure to attend. Incoming speakers and presenters for the month include the following: Medicare expert **Jasmina Galijasevik** will provide an important information session of the upcoming and anticipated changes you will be seeing in Medicare. In keeping with my goal to keep our grand piano as hot as ever, classical pianist **Lara Bolton** will be performing as part of the **Summit Music Series!** Young gifted pianist **James Johnson** will be here for a lunch music session, and we're excited to welcome back "frequent flyer" **Rob Ellos**, with another engaging presentation, this time, hearing his take on on **"What Really Happened to Amelia Erhardt?"** Did you get a chance to make a **buckthorn walking stick** with naturalist **Eloise Dietz**? Well, if not, she's returning for another session, so sign up with Dezso or myself down in our office. How about a Saturday afternoon opera with **Raison' De Etre**? Well, wait until what we (they) have in store for you! It's been a bag of peanuts since we've hosted the **Pistachio Singers** for an evening concert! There returning in late October. A NEW PRESENTER, **Greg Brick** will be hosting an interesting program about what's beneath our feet with his multi-media presentation **"Subterranean Twin Cities"** which will be held in the Richfield Room. That very same space will hosting the return of **Allison Young from MPR**, the **"Blissful Hiker."** She will be highlighting her experiences on her latest trip to the Pyrenees Mountains of Spain and France! he very next day, art historian **Gary Hanson** will be teaching us about **"Art Theft and Who Owns History."** Reflections and AL residents will be treated to music concerts by pianist **Larry Greenstein** and the delightful ukelele sounds of **Grace McReady!**

Let's go on some fun trips! Outings to the **Crex Nature Center** just outside of Grantsburg, Wisconsin, **Orchestra Hall** for a Coffee Concert, the **Ives Theatre** at the Minnesota Masonic Homes for a delicious meal and hilarious theatrical production, and lastly, a colorful last October trip to the **Minnesota Landscape Arboretum**, a true gift to our community! Remember, Village Shores covers the cost of admission to the Arboretum, as we buy a season pass, so fall in!

Make sure to dig out all your blaze orange and black clothes as October will be **Wear Spooky and Win** every Friday! These front desk drawings for the prize packages I pick out are always a highlight. This will lead into the big day, Thursday October 31, as we will be having an exciting **Halloween Party!** Treats, games, costume judging, adult drinks, bobbing for apples, outhouse tipping, and all that! Well, maybe not all that, but enough to scare the fun into you! So be prepared to drink plenty of booooooooze. Or not. Just put something on (or not) and come on down!

Our "Resident Choice Movie Committee", headed by Ross S. (#1013) is looking for YOUR MOVIES to be screened for residents ion Friday and Saturday evenings. Please see him if you have any DVD's that you thing the general population of Village Shores may enjoy watching. Tasteful, thoughtful, engaging and intriguing selections especially appreciated.

Make sure to keep an eagle eye on our Programs Calendar and be aware that sometimes changes must be made. Many thanks to our resident volunteers, group leaders, and cheerleaders as we all know it takes a whole team to make a touchdown. We hold the ball while you folks kick it through the goalposts every time. Happy October from your favorite Programs Director!

~Brad

Resident in the Spotlight - Tim Petersik (#1003)

Tim was born 10 years after his brother, Tom, and 9 years after his sister, Mary. Consequently, he had lots of care and attention from his whole family where his psychiatrist Dad, John, served as superintendent of the state mental hospital in Winnebago, WI. Tim enjoyed going on hikes with his 'naturalist' Dad to collect seashells and interesting rocks along Lake Michigan. His Dad also helped Tim develop a stamp collection that taught him lots about geography. His Dad knew many famous quotes in Latin that he shared about situations. Tim's brother was his strongest role model. When Tom graduated from college, he gave Tim his biology microscope. In his travels with the Navy, Tom always brought Tim souvenirs from his postings — a serape from Mexico, a cuckoo clock from the Black Forest, a baseball jersey from Japan. Tim's sister Mary, his regular sitter, was always all smiles and he adored her friends who hung out with them. He used to visit Mary at the grocery store where she was the checkout clerk and hang around in the way of her job. Tim always appreciated his mother Lucille who took close care of him, especially after he was diagnosed with Type 1 diabetes at age 4. And his family was surrounded by relatives, including an aunt who predicted that both Tim and his brother Tom would grow up to become priests. Tim was actually attracted to neuroscience (brain, nervous system and behavior) from doing a lot of childhood reading from his dad's library about psychiatry. At Ripon College he discovered that biology was not his thing, but psychology was. He was nurtured by a dynamic professor who got Tim involved in his research on the eye and brain ties of vision. This stuck with Tim in graduate school at Miami University in Ohio where he met another dynamic professor who introduced him further to the study of perception - physiological psychology. With a fresh PhD and wife (his college sweetheart) Tim headed for his first academic job to Cape Girardeau, MO. In 1980s Cape Girardeau, the Cold War was felt in many ways. Tim found this out when an FBI agent paid him a surprise visit about Tim's plan to host Talis, a visiting Russian scholar from Tallinn, Estonia, for 3 days in Cape Girardeau. Since Tim had a government contract for vision research, he was instructed not to share his research or to take his Russia guest to visit any factories. In fact, the FBI agent rented an apartment in the building next door to keep an eye on Tim and Talis during the visit! From Missouri, Tim returned to Ripon College as a professor of neuroscience where he stayed for 36 years and authored 61 professional papers — the career he wanted. Teaching kept me young", Tim said, and every generation is a little different. When he finally felt that his ability to understand the newest generation of his students, he decided it was time to retire. In the meantime, Tim had two lovely daughters, Korinne and Talya, whom he took to visit London in 2001 just before 9/11. He moved from Milwaukee to Village Shores this July in order to be near Korinne's family (2 boys, Ashton 9 and Carson 6). That family lives near Armitage Elementary School on Penn and 56th. His other daughter Talya lives in LaCrosse, where she does not expect to stay permanently, with her husband and young daughter Remy. Tim has a memory of his 4th birthday as the last time he could have all the cake he wanted, before his Type 1 diabetes was discovered. There were no glucose sensors or insulin pumps — quite a contrast to life with diabetes today. But he has had a good run — a wonderfully supportive family, rich friendships, a career in the field he loves, two wonderful daughters and 3 grandkids, Ripon College students who stay in touch long-term, and now life at Village Shores where he loves his apartment, the Bistro and the Gym. And the closeness to his daughter and family. Asked what he thinks is his most valued ability, Tim said he is deeply grateful for his ability to read and write - such fundamental skills and so precious. Although he put his "reading and writing" into so many professional papers in neuroscience, Tim is still a friendly, easygoing guy, valuing personal friendships. Give him a high-five when you see him around Village Shores!



Happy Birthday October Babies!!

- 1 Gloria (Delores) Peterson (718)
- 1 Jerry Snyder (908)
- 5 Barbara Moltumyr – Staff – VS
- 6 Pauline Nystrom (420)
- 5 Dick Nylander (1004)
- 6 Kathleen Darland (805)
- 7 Shira Charis VS Staff
- 7 Elaine Regan (320B)
- 8 Claire Zweber (502)
- 11 Reshmi Khuball – Staff - SCDS
- 13 Gwen Larson (604)
- 16 Ellen Sivright (714)
- 22 Barry Kivo (810)
- 23 John Bollag (415A)
- 23 Samra Aho – Staff SC
- 25 Jeanette Lofstrom (618)
- 25 Mary Jane Larson (405)
- 29 Ann Hall (403)
- 31 Lorraine Enger (719)
- 29 Gabriel Kuehn - SCDS

*With so much other things going on, we will not have a specific birthday party this month. Birthday pics will be taken at the **Halloween Party on October 31st.** What are YOU going to wear??*

WELCOME NEW RESIDENTS

- Tim Petersik #1003
- Audrey Podratz #515B
- Gary Anderson #816
- Leontine Dosch #901B
- Laurel VanderbikIt #323A
- Rose Mary Hesse #621
- ViAnn Pearson- #504



Silver Advantage is the Silvercrest Mantra of customer service. The acronym R.E.S.P.E.C.T. defines our goal in providing the best experience we can offer as far as being an excellent community to live and work in.

Silver Advantage

LETTER OF THE MONTH FOR
OCTOBER IS: C for Community



Tara-
Thank you for adjusting and refining my workout routines! They have been very helpful and I appreciate the extra effort you put into it getting me back into shape!
-Ron B. (#508)

Ricardo-
Thank you! You are a LIFE SAVER for unclogging my kitchen sink!
The water flows so freely now!
-Diane (#1005)

With the Letter of the Month standing for "Community" residents can enjoy the fact that Village Shores is an amazing community of vibrant residents who take initiatives! We have so many hands that want to help make our community stand out as a place of cooperation, learning, and friendship.

Thanks to Jane at the front desk! She helped me get my television working correctly again! She's a real gem!
-Susan F. (#904)

Chris
(Maintenance)
Thank you for refilling the coffee pots by the Bistro this morning! Going out of your way to help them start their day!
-Tara (Wellness)

Nicole-
Thank you for fixing our office computers. You are miles better than a "Geek Squad" worker!
I appreciate you!
-Elle (Chef)





Extra Extra!! Read All About It!



Movie Nights at Village Shores are a Hit!!!

If you have movie suggestions for residents on the Village Shores Movie Committee, or if you have a DVD donation for the Village Shores film library, contact one of these members of the committee. Rita B. (#716A), Camillo D. (#813), Marge G. (#706), Margie R. (#1019), or Ross S. (#1013). If you have an interest in cinema and would like to join the committee, let one of us know. We meet around the 15th of the month during the morning on the 4th floor Activity Room. This meeting is not on the regular activity programs calendar, so note the time and date on your own personal schedule. Also, join us on Friday, Saturday, and Sunday evenings for screenings of interesting and entertaining films. Treats are allowed, so feel free to bring some popcorn, pretzels, or any thing else to share. Wine is never a bad idea, either!



~ Ross S. (#1013) Village Shores Movie Committee Spokesperson

Resident Council Monthly Meeting Notes

Items discussed during the 9/4/2024 were as follows:

1. The first meeting of "Ask the Nurse" was held August 19 and was well attended. Council member Jane Radatz reported on the meeting.
2. Resident Camilo D asked, at the above meeting, if an assessment on falling and a class on fall prevention could be scheduled. Wellness staff is currently conducting fall assessments.
3. Monthly All Residents Meeting will be on the first Tuesday of each month; Resident Council meetings on the first Wednesday. Dates for the monthly Let's Talk Food and Ask the Nurse meetings will be determined soon.
4. Several Council members reported on Dining Room experiences. Complaints include shortage of food, staff shortages, long waits for orders to be taken and food to be served.
5. Morning coffee delivery to the first floor is sporadic. We ask that one, maybe two, staff be responsible for coffee delivery.
6. The most recent Resident Directory was published in April. With all of the move-ins and move-outs, is it time for a new directory? We ask that the printing date be moved to the front cover using a larger font.
7. A discussion was held in the conditions of the hallways. Many doorways and elevator entrances are showing signs of being chipped. Carpets are not vacuumed and shampooed regularly. To visitors and prospective residents, this gives the impression of a building not being cared for.
8. The collection of used eyeglasses is/was very successful with more than two dozen being donated so far.
9. Our regular mail carrier will be on medical leave for about six months. Substitute carriers will be taking his place. Delivery time may vary daily

Seven Members Present for this meeting

Our next meeting is **Wednesday, October 2** the Private Dining Room.

Any Village Shores residents are welcome to attend.

Jane Radatz, Secretary (404) 612-381-7158

Barb Teawalt, Chairperson (811) 651-470-2863



Executive Director News

Antonio Rossini- Executive Director at Village Shores

Safety at Village Shores is the top priority. The health and happiness of everyone living and working in our community relies on thorough safety steps that cover many parts of daily life. Safety for seniors living here means more than just physical protection. It also includes health, wellness, and overall quality of life for older residents.

To create a secure community at Village Shores, we take a broad approach. This involves setting up security systems, building safe spaces, putting health and wellness first, and building a culture where both residents and staff always think about safety.

Our community faced an intruder situation. Nobody got hurt, and nothing was damaged - not residents, staff, or property. Richfield Police arrested the intruder without any problems. This happened because our staff acted fast and stayed alert.

Making everyone care about safety has become essential to keep senior living safe. This means creating a place where staff and residents think about safety in everything, they do every day. Thanks to all of you for staying watchful and aware here at Village Shores

Silver Scare News

Polypharmacy- Too much of a good thing?

Polypharmacy, defined as the use of five or more medications, is a common phenomenon among seniors due to the increased prevalence of chronic conditions such as hypertension, diabetes, and arthritis. As people age, they are often prescribed multiple medications to manage these conditions, which can lead to complex medication regimens. While polypharmacy is sometimes necessary to control health issues, it also increases the risk of adverse drug events (ADEs), drug interactions, and poor medication adherence, particularly in the elderly, who may have age-related changes in drug metabolism and sensitivity.

One of the major concerns associated with polypharmacy in seniors is the increased risk of adverse health outcomes, including falls, cognitive impairment, and hospitalizations. Older adults are more susceptible to the side effects of medications due to reduced kidney and liver function, which can affect how drugs are processed in the body. Medications that affect the central nervous system, such as sedatives or anticholinergics, are especially risky for older adults as they can contribute to confusion, dizziness, and increased fall risk. Moreover, drug-drug interactions can result in unexpected side effects or diminished effectiveness of treatment, complicating disease management.

Addressing polypharmacy requires careful medication review and management by healthcare professionals. Strategies such as "deprescribing," where unnecessary or harmful medications are discontinued, can help reduce the risk of adverse outcomes. Regular medication reconciliation and consultations with healthcare providers are essential to ensure that seniors are on the safest and most effective treatment plan possible. Collaboration between healthcare teams, patients,

and caregivers is crucial to optimizing medication use and enhancing the quality of life for older adults. Talk with your nurse or your doctor about your prescriptions each time you see them to stay on top of this possible problem!



Village Shores 2024
Soups On Event

FREE EVENT
6501 WOODLAKE DRIVE
RICHFIELD, MN 55423
612-861-1186

OCTOBER 22 **11 AM - 1 PM**

Please join us for our annual Fall Soups On Event! A FREE Village Shores event benefiting VEAP. Please donate non-perishable food items. We will have a drop box in the lobby as you come in.

Most needed for VEAP

- Whole grains (1-2-pound bags)
- Canned fruits
- Canned proteins (beans/meats)
- Cooking oil
- Whole grain pasta
- Hearty soups
- Whole grain cereal
- Baking essentials
- Gluten-free products
- Birthday party items (cake mixes/frosting)

Low Notes and High Notes with Dezzo

A holiday that has some controversy will be observed on Monday, October 14: Columbus Day. Columbus Day is a federal holiday that commemorates explorer Christopher Columbus's landing in the New World on October 12, 1492. Christopher Columbus was an Italian explorer from Genoa who led a Spanish maritime expedition to cross the Atlantic Ocean in search of an alternate route to the Far East. You may wonder why such a journey should have taken place to begin with? Spices: cinnamon, cassia, cardamom, ginger, pepper, nutmeg, star anise, clove, and turmeric. And these were not just valuable for their flavor: the lack of refrigeration and poor standards of hygiene meant that food often spoiled quickly, and spices were in great demand to mask the flavor of food that was far from fresh. The journey, however, to the Spice Islands (mostly present-day Indonesia) was a long and precarious voyage around the southern tip of Africa (the journey around South America was almost impossible due to the treacherous seas there) and then across the Indian Ocean. If a journey could be made directly west from Europe to the Spice Islands, a fortune would be made.

Some people think that Europeans during the age of Columbus believed that the world was flat. That is a misconception. Most educated Europeans during the age of Columbus (1451-1506), including the explorer himself, thought the world was a sphere. Columbus believed, however, that the earth was a smaller sphere than it actually was. Nevertheless, the undertaking of this voyage to the west was expensive, but European monarchs, especially Queen Isabella and King Ferdinand of Spain were willing to fund this expedition. If they could secure that precious route to the Asian Spice Islands, Spain would be the richest power in the world. Thus, Columbus set out on his expedition with those famous three ships, the Niña, Pinta, and Santa Maria, and sailed due west for three months.

Columbus made landfall on October 12, 1492, and to the end of his days believed that he had landed in outlying islands of India and China. Hence the natives of this region (in present-day Bahamas), Columbus described as "Indians," creating a misnomer that still exists to this day. While the Spanish did not find the precious route to the Spice Islands, they encountered gold in the New World, and the Spanish conquest of that world rapidly began. "Seven Cities of Gold" were indeed to be found in Aztec Central America, and ten times as much silver in Peruvia South America. Soon even the North American peoples would fall to the English, French, and Dutch. The arrival of the Europeans in the Americas resulted in the collapse of Native American civilizations. Thus, there remains controversy in the celebration and commemoration of this date, and the future status of this holiday is to be determined.



"Tech Friends" (Formerly Computer/Technology Interest Group)

WEDNESDAYS – COME LEARN WITH LARRY

Do you need 1:1 coaching on how to use some feature on your smartphone or your laptop? Or would you like to learn how to use the free Windows computer that is in the library? On Wednesdays from 3 to 4 pm there is free help in the library on the first floor. Some noted Wednesdays will be specifically set aside for opening and creating new e-mail accounts. Having your own email address is very important in these days of "e-communication"

If you have a tech crisis and need help on other days, contact Larry for arranging help for you. Hang a note on Larry's door, x1008. Or send an email larry.gottschalk@yahoo.com

Plus, you can attend the monthly **Tech Friends** meeting on **Monday, October 28 at 3:00 pm** in the 4th floor meeting room. The agenda for our October meeting is open, so if you have a PC, smart phone, or tablet question, please come.

At our regular Oct 28 meeting, Earl Nolting will discuss the upcoming required Windows 11 upgrade. He is planning an upgrade workshop for November. If you are on Windows 10, you should come!

Earl N. (210) 612-869-3454
Jeannine S. (913) 612-708-5371



Larry Gottschalk
"E-Mail Expert"
Apt 1008
612-770-7741



Words from Wellness

Tara Davenport - Director of Wellness

Our mission to prevent falls continues in October. Many of you completed the National Council on Aging (NCOA) Falls Free Checkup to determine your falls risk. Since then, you've stepped up your exercise time and explored falls prevention strategies.

It's not too late to start even if you haven't exercised much in the past. The Village Shores Wellness Team is your partner in building balance, strength and flexibility. Shira, Mitchell and I are ready to answer your questions and help you find the right program and resources. Exercise is one important element in falls prevention. Find the complete list of "6 Steps to Prevent a Fall" on the back of The Club calendar.

We will explore the healthcare side of falls prevention at an October Wellness Talk and Q&A session with Ascend. Learn more about steps you can take and how physical and occupational therapy fit into falls prevention. This presentation includes a balance assessment demonstration.

Regular walks go hand in hand with improving your overall wellbeing including balance. The cooler weather and the vibrant autumn leaves will make our weekly Wellness Walks even better! We hope you can join us. We meet at 1pm near the doors by the Bistro each Wednesday and go outside to Richfield Lake, weather permitting. Everyone finds at least one person to walk at their pace and share conversation while enjoying some fresh air.

We look forward to seeing you at The Club!

UPCOMING CLUB EVENTS:

Falls Prevention Wellness Talk & Demonstration

2:00 Monday, October 7 Location: Richfield Room

"Ask the PT" with Holly from Ascend

2:30-3:30 Thursday, October 10 Location: The Club



Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

As the crisp autumn air rolls in, we're excited to embrace the beauty of the season here at Village Shores. Our residents have been enjoying a variety of fall-inspired activities, from pumpkin decorating to fall leaf-inspired sun gazers, with cozy gatherings, warm beverages, and plenty of social events on the horizon, there's no better time to celebrate the joys of community and friendship. We look forward to creating more cherished memories together in the coming weeks with harvest festival bus rides and apple cider. Stay tuned for exciting announcements and events!





Maintenance Updates

Jeff Zweig - Director of Maintenance



With these fluctuating temperatures, we will be keeping a close eye on the overnight lows. Since we have already experienced some cooler temperatures towards the end of September, we have kicked on our boilers, and they are operating perfectly. Will do everything we can to make sure you're comfortable. Please let us know if there's anything, you need from us. We are always here and are always happy to help.



~Jeff



Work Orders
Please Call Reception
Desk
Our Team Will Fix It For You!!
612 - 861-1186



"Hair Ye! Hair Ye!" Salon News

Where in the World is My Hair Going???

If you've been splitting hairs over losing your hair, you're not alone. Losing your hair not only affects your appearance, but it can also cause emotional stress and affect our confidence. There are a few things you can do to help stop hair loss, though. You may not be getting enough protein each day and that can affect hair growth. Eating extra protein, about 40 to 60 grams a day. You can also drink your protein and don't have to eat it in a food substance. Other ways to hit your daily protein requirement includes eating beans, eggs or Greek yogurt.

Your doctor can perform various tests to see if you have a vitamin deficiency. Certain vitamins and minerals like vitamins A,B,C,D,E, zinc and iron can affect your hair growth. Eating fruits, vegetables and protein the main ingredients in the Mediterranean diet.

You may have heard of minoxidil, the over-the-counter medication that helps in preventing hair loss Available as a solution or foam that's applied to your scalp, the medication has been approved by the U.S. FDA at a 5% strength.

Hair loss can be caused by Genetics, Stress, Medications like chemotherapy, or medical conditions like fungal infections or thyroid disease. Working with a dermatologist, to help identify what might be causing your hair loss. Your doctor will ask about your health, your medications and family history.

Can hair loss be reversed? Yes and no It depends on what type of loss you're experiencing. Some types are permanent, while others are temporary. Once the cause had been identified and eliminated, your hair should start growing back. The hair will recover over a period of four to six months to a year.



~Lani

"The Shores"

Hair Salon

Lani

McConnell -

Owner

HOURS OF

OPERATION:

Monday - Friday

8:00am - 5:00pm

Walk In or

By

Appointment

612-746-4708



VS Transportation

Hotline

952-254-7855



Victor Larson
Legendary Bus Driver



Food For Thought

Shawn Richardson - Director of Dining Services

Healthy Eating for Older Adults.

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

Start with these tips:

Make eating a social event. Enjoy meals with friends or family members as often as possible. Try the Bistro!

Drink plenty of liquids. You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice. Limiting salt is important as you get older. Fresh herbs and spices, such as basil, oregano, and parsley, add flavor without the salt. I try to use low or no sodium ingredients for all recipes in dining room.

Make the most of your food choices. Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need. Then go work it off in the gym with Tara!



Be mindful of your nutrient needs. You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider or Lisa or Sam about possible supplements

~Shawn



October Outings



October 3- Crex Nature Preserve in Wisconsin

October 10- Orchestra Hall for Coffee Concert

October 17- Ives Dinner Theatre

October 24- Minnesota Landscape Arboretum

Sign up for any of our trips on the sign up table near the elevators

September Memories...



Things You Should Know

- We have a free shuttle for medical appointments, grocery shopping, banking, restaurants, and casinos. Talk to Brad if you have more ideas.
- The meal charges that appear on your monthly invoice can be confusing. The date that appears next to your meal charges is the date that the charges were posted, NOT the date when you ate the meal. That date of posting includes all meal charges incurred over 30 days.
- If you have any comments please use the comment box on the sign-up table to leave them. We look trough them weekly and discuss them in our meetings.

Important Dates In October

- Oct 1- National Music Day
- Oct 2- Rosh Hashana
- Oct 3- National Boyfriend Day
- Oct 4- World Smile Day
- Oct 6- National Coaches Day
- Oct 9- Leif Erickson Day
- Oct 10- World Homeless Day
- Oct 12- National Chess Day
- Oct 19- National Sloth Day
- Oct 21- National Apple Day
- Oct 25- National Greasy Food Day
- Oct 27- National Black Cat Day
- Oct 29- National Oatmeal Day
- Oct 30- National Mischief Night
- Oct 31- Halloween