



# ALTA RIDGE COMMUNITIES

1375 E 9400 S • Sandy, UT 84093 • (801) 523-0384



Ruth (C.N.A.) - Oct. 2  
Rosemary - Oct. 4  
Betty K. - Oct. 5  
Harry (*Dietary*) - Oct. 8  
Margaret - Oct. 15

We would like to invite all families and friends to our monthly **BIRTHDAY BASH** on Friday, Oct. 14, at 3 p.m.!!

### Your Holiday Newsletter

Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! We will have a variety of exciting events going on, and we want to make sure you plan to attend all of them.

Rely on your newsletter to find details on upcoming parties, contests and other plans. If you have ideas of your own to suggest, let us know!

### A Figure of Speech

*Phrase:* Blowing smoke.

*Meaning:* Talking about taking action without the intention of following through.

*Origin:* In their stage acts, magicians sometimes use smoke to obscure their sleight of hand.

## October 2011

### Halloween Party !!

You are invited to our SPOOK-TACULAR Halloween Party, Friday, Oct. 28, at the bewitching hour of 3:30 to 4:30 p.m. We will be having a Donut Social.

### Talk About It: Favorite Fall Memories

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What were your favorite fall activities growing up? Going on hay rides? Raking leaves (or jumping in them)? Visiting a pumpkin patch? Playing football in the backyard?
- What were some of your favorite fall foods? Homemade apple pie? A big bowl of chili? Hot chocolate with marshmallows? A mug of apple cider?





Reba and Beautician,  
Chantel



Bee and Sean, C.N.A.



Marva and her daughter,  
Linda



Kara and her daughter,  
Michelle



Grace and Ashlee, C.N.A.

## Sunday

## Monday

## Tuesday

Sunday	Monday	Tuesday
<b>2</b>	<b>3</b>	<b>4</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  HAPPY BIRTHDAY RUTH !	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Snack 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 10:30 Animal Trivia 12:00 Lunch Time 1:00 Floor Games 3:00 Snack 4:00 Quick Crafts 5:00 Dinner Time  HAPPY BIRTHDAY ROSEMARY !
<b>9</b>	<b>10</b>	<b>11</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:00 Columbus Day Trivia 10:30 Tongue Twisters 12:00 Lunch Time 1:00 Truths or Myths 3:00 Snack 4:00 Tall Tales 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time 5:30 Ice Cream Social :)
<b>16</b>	<b>17</b>	<b>18</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Snack 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 Local News 12:00 Lunch Time 1:00 Arts & Crafts 2:00 Cross Strung 3:00 Snack 5:00 Dinner Time
<b>23/30</b>	<b>24/31</b>	<b>25</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 10:30 Silly Stories 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time  Happy Halloween!	9:00 Gussy Up 10:00 Stretching 10:30 Utah Facts 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time

### Everybody Floss

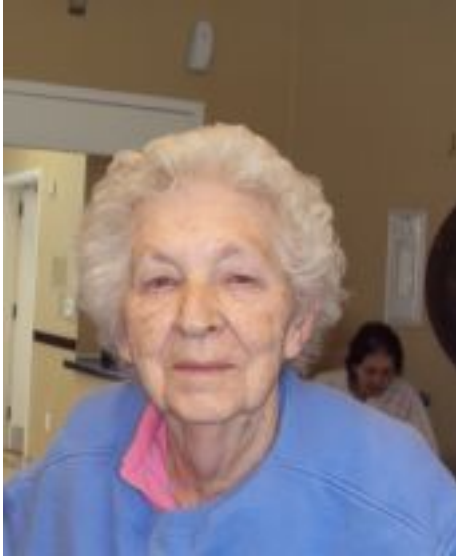
October is National  
Dental Hygiene Month.

# Calendar of Events

Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;"><b>1</b></p> 9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Snack 5:00 Dinner Time
<p style="text-align: right;"><b>5</b></p> 9:00 Gussy Up 10:00 Van Ride/Snack Time 10:30 Ring Toss 12:00 Lunch 1:00 Story Share 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time HAPPY BIRTHDAY BETTY K. !	<p style="text-align: right;"><b>6</b></p> 9:00 Gussy Up 10:00 Golfing 10:30 Mind Crunches 12:00 Lunch Time 1:00 Trivia 2:00 Old-Time Fiddlers 3:00 Snack 5:00 Dinner Time	<p style="text-align: right;"><b>7</b></p> 9:00 Gussy Up 10:00 Fall Fun 10:30 Tongue Twisters 12:00 Lunch Time 1:00 Truths or Myths 3:00 Snack 4:00 Tall Tales 5:00 Dinner Time	<p style="text-align: right;"><b>8</b></p> 9:00 Gussy Up 10:00 Stretching 10:30 Animal Trivia 12:00 Lunch Time 1:00 Floor Games 3:00 Snack 4:00 Quick Crafts 5:00 Dinner Time  HAPPY BIRTHDAY HARRY !
<p style="text-align: right;"><b>12</b></p> 9:00 Gussy Up 10:00 Van Ride 10:30 Chair Bowling 12:00 Lunch 1:00 Inspirational Story 2:00 Van Ride 2:30 Pictures & Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	<p style="text-align: right;"><b>13</b></p> 9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Movie & Popcorn 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time	<p style="text-align: right;"><b>14</b></p> 9:00 Gussy Up 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 History 2:00 Floor Games 3:00 Birthday Bash 4:00 Making Cards 5:00 Dinner Time	<p style="text-align: right;"><b>15</b></p> 9:00 Gussy Up 10:30 Dance Moves 10:30 Movie Choice 12:00 Lunch Time 1:00 Hand Massages 3:00 Snack 4:00 Puzzles 5:00 Dinner Time  HAPPY BIRTHDAY MARGARET!
<p style="text-align: right;"><b>19</b></p> 9:00 Gussy Up 10:00 Van Ride 10:30 Ring Toss 12:00 Lunch 1:00 Story Share 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time	<p style="text-align: right;"><b>20</b></p> 9:00 Gussy Up 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Will Play for Food 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	<p style="text-align: right;"><b>21</b></p> 9:00 Gussy Up 10:30 Chair Aerobics 11:30 Local News 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time	<p style="text-align: right;"><b>22</b></p> 9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Balloon Badminton 3:00 Snack 4:00 Creative Canvas 5:00 Dinner Time
<p style="text-align: right;"><b>26</b></p> 9:00 Gussy Up 10:00 Van Ride 10:30 Chair Bowling 12:00 Lunch 1:00 Inspirational Story 2:00 Van Ride 2:30 Pictures & Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	<p style="text-align: right;"><b>27</b></p> 9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Movie & Popcorn 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time	<p style="text-align: right;"><b>28</b></p> 9:00 Gussy Up 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 History 2:00 Floor Games 3:30 Halloween Party 5:00 Dinner Time	<p style="text-align: right;"><b>29</b></p> 9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Halloween Candy 5:00 Dinner Time

# October 2011

## Resident of the Month



Gladys Anderson

Alta Ridge would like to introduce Gladys Anderson as the October Resident of the Month. We are very grateful that we have the opportunity to get to know Gladys and hope she knows how much she is loved by the staff.

Gladys was born on Jan. 15, 1925, in Battle Lake, Minnesota. Gladys was an avid golfer. She loved to sew and read. Also, she was very good at bridge. Gladys is pleased to tell you of her educational background; she especially excelled in physics. Gladys is a proud mother of three children—Lori, Bruce and Dennis. She also enjoys being a grandmother to one grandchild, Kelly. Gladys loves spending time with her daughter, Lori, whom she admires greatly. Gladys has also had the opportunity to travel all over Europe, to Hawaii and Mexico. Hawaii was by far her most memorable trip.

We hope to share many more memories with Gladys!

## Employee of the Month



Ruth Cardenas

We would like to present Ruth Cardenas as our October Employee of the Month. She is an honest, hard-working caretaker, who is always willing to step up. Ruth has worked as a C.N.A. for Alta Ridge Alzheimer's Community since April 2009. She enjoys working here because of the wonderful residents and staff.

Ruth was born in Burley, Idaho, on Oct. 2. She is a great mother to three adopted boys, and has two grandkids—a boy and girl. She has been happily married for 28 years and counting. She enjoys spending quality time at home with her family. Her hobbies are reading and gardening. She considers her greatest achievement to be raising her special needs children. Her best attributes are her patience and forgiveness. One interesting fact she would like to share: all her brothers and sisters names begin with an "R."

Thank you, Ruth, for all the caring love you provide our residents!