



OCTOBER

2024

NEWSLETTER



Activities for October

Show and Tell/ Tech Time

Tuesday, 1st at 1:00pm- Great Room

American Sign Language Class

Thursday, 3rd & 17th at 10:30am -Harvest Room

Please join us in the Harvest Room.

If you're interested in learning about sign language,

Art Class

Tuesday, 8th at 1:00pm – Art Room

If you are interested, please join us to make Pumpkins & Skeletons

TED Talks

Tuesday, 8th & 22nd at 10:30am - Theater Room

If you are interested in listening to or learning about different TED Talk topics, meet in the theater room.

Manicures

Monday, 21st at 1:00pm – Art Room

If you would like to get a manicure, sign up at the front desk.

Massage

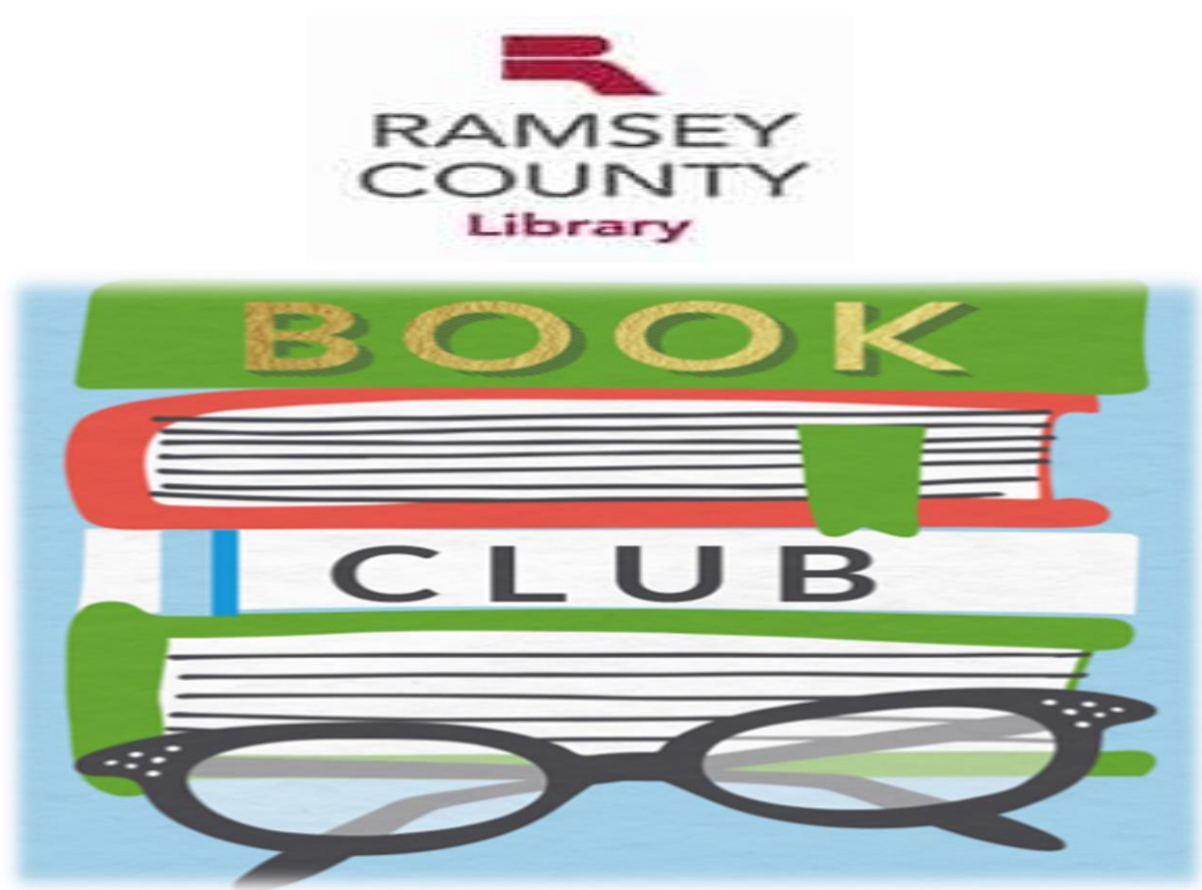
Friday, 18th at 10:30am – Harvest Room

If you would like to get a massage, sign up at the front desk.

Halloween Fun!

Thursday, 31st at 10:30am & 2pm – Great Room

Please join us in the great room for Halloween Fun!



Friday, October 4th at 10am

Harvest Room

Ramsey County Library has created **Book Club in a Bag!**
A resource notebook with discussion guides, author information,
bookmarks, suggested reading lists, web resources, and more.

Each Month we will have a New Book to Check out for the Month.
(1st Friday of every Month)

Please return your old book before picking up a New Book.

October Book of the Month



"The remarkable eighty-five-day journey of the first two women to canoe the 2,000-mile route from Minneapolis to Hudson Bay"

--Provided by publisher.

October Outing:
sustainable
SAFARI®

Friday, October 11th

11:30-3:00pm

Pick up at 11:30am

Sign up at the Front Desk

Please bring money for the outing.

We will be getting there early if you want to eat lunch or shop at Maplewood Mall

We will be going to Sustainable Safari at 1:30pm

Admission Ticket Pricing

\$16.50 Admission (Ages 5+)

All paid entry receives:

- **ALL DAY** Safari Entry **FREE** Same Day Re-entry
 - Includes \$2.00 Feed Cup
- **Free Medium Food Cup Upgrade:** Seniors, Military, First Responders, and Educators. *Must bring official ID

Lunch-In:



Friday, October 25th at 12:00pm
Harvest Room

Sign Up at the Front Desk

Please pay when you Sign up at the Front Desk

Please add \$2 for taxes

Sign up by 4:00pm Thursday

Drinks will be provided by Life Enrichment.

October Movies



Please see the Bulletin Board outside the Theater room for upcoming movie announcements. The receptionist can help with TV for HBO Max Movies, DVD's & Remote if needed. Feel free to put Movie ideas in our Movie Suggestion Box in the Theater by TV. Thank You!

A League of their Own- Wednesday, 2nd 6:15pm (DVD)

Pink Panther - Saturday, 5th 2pm (DVD)

Wizard of OZ - Sunday, 6th 2pm (MAX)

E.T. - Wednesday, 9th 6:15pm (DVD)

Three Amigos – Saturday, 12th 2pm (MAX)

Mask of Zoro - Sunday, 13th 2pm (DVD)

BEETLEJUICE – Wednesday, 16th 6:15pm (DVD)

HOCUS POCUS - Saturday, 19th 2pm (DVD)

GREMLINS - Sunday, 20th 2pm (DVD)

Wizard Of Oz - Wednesday, 23rd 6:15pm (MAX)

Nightmare Before Christmas - Saturday, 26th 2pm (DVD)

BEETLEJUICE - Sunday, 27th 2pm (MAX)

Great Pumpkin Charlie Brown - Wed, 30th 6:15pm (DVD)

HOCUS POCUS - Thurs, 31st 6:15pm (DVD)

Monthly Meetings

Resident Council Meeting

Meets at 10:00am first Monday of the month in the
Harvest Room

Residents Only

Monday, October 7th

Food Forum

Meets at 10:00am Thursdays before All Resident
Meeting

Theater

Dining Manager & Residents

Thursday, September 10th

All Resident Meeting

Meets at 10:00am 3rd Wednesday of the Month in the
Theater

All Management Staff & Residents

Wednesday, September 16th

Activity Meeting

Meets at 10:00am 3rd Friday of the Month in Art Studio

Life Enrichment & Residents

Friday, September 25th

October Happy Hour

Music Specials



Polka Music

Thursday, 3rd

1:30pm

Memory Care (MC-1)

Happy Hour Oktoberfest

Music with Liechtenstein Nein

Thursday, 10th

2:00pm

Dining Room

Halloween Happy Hour

Thursday, 31st

2:00pm

Great Room

October Dress Up Days

Friday 4th - Pink for Breast Cancer



Monday 7th - Favorite Hat

Thursday 10th - Oktoberfest Gear

Friday 11th-Green for Mental Health 

Monday 14th - Favorite Onesie

Friday 18th - Ecumen Gear

Monday 21st - Favorite Jersey

Friday 25th - Orange & Black

Monday 28th - Halloween PJ's

Tuesday 29th – Checkers or Stripes

Wednesday 30th – Senior or Youngster

Thursday 31st – Halloween Costume

Friday Nov 1st – Witches & Wizards



Heart Health
Monday, October 21st
10am
Great Room

**Please Join us in the Great Room to hear
from St. John's Physician & Nurse
Coordinator talk about Heart Health**

Grief Support Series

(Meets 1st Wednesday of every month)
Wednesday, October 2nd at 10:30am



Please join us in the Harvest Room
for grief education and a time to connect with
others who have experienced grief & loss.
Led by Ecumen Hospice staff, our time together
will allow us to learn, grow and support one
another. Each month a different aspect of grief will
be discussed.


Presented by Ecumen Hospice.
Questions? Call Ecumen Bereavement at
651-760-3533



Veteran's Group

(Meets 2nd Wednesday of every Month)

Wednesday, October 9th
10:30am - Harvest Room

This month we will have a
speaker from  Every Third Saturday
come to talk about how we can
help Homeless Veterans.



SUPPORT ETS WITH

DONATIONS

Help stock our free supply store by donating clothing and hygiene items to support Veterans and their families. Or feel free to drop off a few snacks to stock the shelves of our Veterans Resource and Empowerment Center (VREC).

WHAT TO DONATE

We accept new and gently used Men's & Womens clothing, shoes, boots, blankets, and towels. All socks, underwear, and hygiene items must be new. We CANNOT accept household goods, appliances, or furniture.

Hygiene, Misc Items;

Blankets, Twin, Full & Queen Sheets, Towels, Backpacks & Duffle Bags, Paper Towels, Sewing Kits, First Aid Kit, Laundry Detergent Pods, Shampoo & Conditioner, Shaving Cream, Deodorant, Body Wash, Hand Soap, Feminine Hygiene Products, Toothbrushes, Toilet Paper and Kleenex

SNACKS: Pre-packed Chips, Granola Bars, Cookies, Bottled Water, Soda, Hot Tea, Coffee, Creamer & Sugar Packet



Catholic Services in Theater

1st Tuesday of the Month

Resident Led Rosary at 2:45pm

1st Wednesday of the Month

St. Peters Catholic Mass with Father at 3:00pm

Tuesdays at 2:45pm & 3:00pm

St. Peters Rosary & Catholic
Word & Communion

Thursdays 11:00am

Resident Led Rosary



Shopping Bus Loops

New Trax offers Shopping/Outing

Bus Trips on Tuesdays at 9:50am for
Seasons at Maplewood Residents with a
Voluntary Donation...Pay what you wish.
Sign up at the front desk if you're interested.

Please see Map & info of Maplewood/

North St. Paul area Loop. Once you are
picked up, Let the driver know which stop
you wish to visit. You will have
approximately 1 hour at your destination once
you are dropped off. Your driver will
communicate about what time they will return
for your ride home.

Please be on time, Thank You.



Schwan's/YELLOH in the Lobby

**Schwan's is now YELLOH! will be
stopping by in the Lobby every
other Monday between
10:15 to 10:45am
October 7th & 21st**

You can place an order ahead of time at
yellowh.com
or call (1-888)724-9267.

Check or Credit/Debit Cards only *NO CASH



Volunteers wanted to help create welcome baskets for our new residents at SAM. Items needed are:

- Toiletries (travel size toothpaste, toothbrush, mouthwash, dental floss, Kleenex, Lotion, Chapstick, Toilet paper
- Garbage bags/Napkins/Hand Wipes (travel size)
- Hand soap/Bar Soap/Dish Soap (travel size)
- Laundry detergent (Travel size)
- Crossword puzzles/Word finds
- Notepad/Pen
- Snacks (granola bars, rice Krispie treats, a bottled water, etc...)

Any donations would be greatly appreciated to help our new residents feel at home while settling in. Thank you so much!!!



Transportation Numbers

Metro Mobility Bus - 651-602-1120

- Fill out form
- Get a ToGo pass with debit card and deposit onto it.

Allegiance Transportation – 651-207-5211

- Where Compassion Meets Mobility
- Door-thru-Door, meaning our drivers will escort the passenger to their check-in area, not just stop at the curb.

Transit Link – 651-602-5465

- \$4.50 Weekdays
- \$3.50 off peak
- Cash or ToGo pass from Metro Mobility



**Monday - Saturday
9:30am & 1:00pm**

If you need a walking buddy
to walk with, meet at the
front lobby to walk with a
friend.



American Sign Language Classes

ASL with Rhoda

**Thursday, October 3rd & 17th
10:30am Harvest Room**

If you are interested in joining Rhoda, Resident from Seasons at Maplewood, in learning American Sign Language, please join us in the Harvest Room at 10:30am.

ASL class meets 2 times a month



Tuesday, October 8th – Orchestra in my mouth

The **orchestra** in my mouth. In a highly entertaining **performance**, **beatboxer Tom Thum** **slings** beats, comedy and a mouthful of instrumental impersonations into 11 minutes of creativity and fun that will make you smile.

Tuesday, October 22nd - Body Language

Body Language: The Key to Your Subconscious

TED Talks are short, recorded presentations that share knowledge and research on a wide range of topics. The talks are given by experts from many different fields, including scientists, business leaders, artists, and technologists, and are intended to educate and inspire global audiences. TED Talks are often 15 minutes long and are known for making one or two strong points, using visual aids, and being concise.

If you have a suggestion on a topic you want to learn or listen about, please put it in the theater room's suggestion box.



**Wednesday, October 9th and 23rd at
10:30am**

In the Theater Room

**Join Us on October 31st at 2:00pm in the
Great Room For Halloween Fun**



**We will reveal the Candy Corn winner!
Voting begins Monday, October 28th.**

Candy corn will be displayed on Great Room Countertop



Walker Decorating Contest