



31 Executive Park Drive
Hendersonville, TN 37075
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A Place To Call Home

Find us on 

PARK PLACE STAFF

General Manager

Renysia Fugghett

Office Manager

Misty LaFleur

Resident Care Director

Heather Lupinek, LPN

Maintenance Director

Chip McKenney

Sales Director

Sherry Moore

Dining Services Director

Cobi Bryant

Recreation Director

Susan Jones

Wellness Coordinator

Cheri Strachan

Welcome New Residents

We're glad you've made Park Place your home! Please call the front desk if we can help in any way. Join us for our **"Meet & Greet"** on Tuesday, October 14th, at 2:30 pm in the Activity Room.

NATIONAL HEALTHCARE FOOD SERVICE WEEK

is October 5-11th. We recognize and appreciate the hard work and dedication of our dining services team who play an important role to keep our residents nourished and energized. Thank you!

Welcome Aboard!!



My name is **Cobi Bryant**, and I'm excited to be the new Dining Services Director. Originally from Jackson, Florida, I'm the proud father of 3 wonderful daughters ages 20, 18 and 3. I'm also a HUGE fan of Kobe Bryant, and in my free time I enjoy riding motorcycles. I look forward to meeting everyone and taking on new challenges in this role!

DID YOU KNOW

New York City's Subway began in October 27, 1904



All residents are invited to Trick or Treat with the kids from Gene Brown Elementary School on Friday, Oct. 31st, from 2 to 3 pm. If you would like to PARTICIPATE, be sure to SIT IN YOUR DOORWAY with your bowl of candy.

MONSTER MASH BASH

Whether you're a witch, wizard, or just a little bit spooky, join the dress-up fun! Hat, broom, capes and potions welcome. Join us on Thursday, Oct. 30th, at 2 pm in the Main Dining Room for our party and musical entertainment with Gail Davis.

ASSISTED LIVING WEEK

Assisted Living Week was celebrated the week of Sept. 7th. Residents and staff had a blast participating! We have shared our photos and fun on **Facebook/ParkPlaceRetirement**. Thank you to all the fabulous vendors for their donations and support!

PASTOR APPRECIATION BREAKFAST

Breakfast on Tuesday, Oct. 28th, starts at 8am for all residents in the Main Dining Room. All residents are welcome to attend the Pastor Appreciation Breakfast.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION OF ACTIVITIES (A) ACTIVITY ROOM (AL) ASSISTED LIVING (C) CHAPEL (DR) DINING ROOM (G) GARDEN (IL) INDEPENDENT LIVING	(4) CARD ROOM ON IL-4 (*) REQUIRES YOU TO SIGN UP IN THE OUTING BOOK LOCATED IN THE DINING ROOM BY IL DOORS. YOU'LL ALSO BE ABLE TO SIGN UP FOR CRAFTS AND OTHER CLASSES WHEN AVAILABLE.		9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:30 HALLOWEEN CRAFTING (AL-1) 1:30 BOCCE BALL (IL-2) 1:30 DOLLAR GENERAL MARKET SHOPPING (Sign Up) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN, POPCORN—WHO WANTS POPCORN (L) AND (AL-1) 10:30 BIBLE STUDY (A) 1:15 MEN'S POKER GROUP (AL-2) 1:30 CHAIR YOGA WITH PAT (A) 2:30 COCKTAILS AND CORNHOLE (A) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (LIBRARY) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
5 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR -COMMON AREA) 2:00 1ST BAPTIST CHURCH VIDEO (AL-1) 3:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1)	6 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 AL & IL BINGO BONANZA / PRIZES WITH JANE (A) 2:45 CROSSWORD CHALLENGE (A) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (4)	7 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 FRONT LOBBY POPCORN (L) AND (AL-1) 10:45 Pictionary (A) 2:00 BALANCE CLASS WITH TOTAL WELLNESS (A) 2:30 DEBBI BAILES AND FRIENDS ROCKIN' TO THE MUSIC (DR) 3:30 SOCIAL BRIDGE GAME (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	8 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 SPIDER RACES (AL-1) 1:30 BOCCE BALL (IL-2) 1:30 WALMART SHOPPING (Sign Up) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	9 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN, POPCORN—WHO WANTS POPCORN (L) AND (AL-1) 10:30 BIBLE STUDY (A) 11:30 LOCAL JOES LUNCH BUNCH OUTING (Sign Up) 1:15 MEN'S POKER GROUP (AL-2) 1:30 CHAIR YOGA WITH PAT (A) 2:30 OCTOBER JEOPARDY (A) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	10 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (LIBRARY) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	11 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 MUSICAL MELODIES WITH RAY (DR) 6:30 SKYJO (4)
12 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR -COMMON AREA) 2:00 1ST BAPTIST CHURCH VIDEO (AL-1) 3:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1)	13 COLUMBUS DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 AL & IL BINGO BONANZA / PRIZES WITH LETA (A) 1:30 KROGER SHOPPING (sign up) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, AUBREY KAUFMAN, COTA (AL-2) 3:15 IPHONE CLASS WITH JOEY (A) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (4)	14 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 FRONT LOBBY POPCORN (L) AND (AL-1) 10:30 Pictionary (A) 1:30 LINE DANCING WITH AMY (DR) 2:30 MEET AND GREET NEW RESIDE WITH WEB OF INTRODUCTION (A) 3:00 SOCIAL BRIDGE GAME (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	15 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:30 CROSSWORD CHALLENGE (A) 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	16 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN, POPCORN—WHO WANTS POPCORN (L) AND (AL-1) 10:30 BIBLE STUDY (A) 11:30 OCTOBER BIRTHDAY STEAK AND CAKE (DR) 1:15 MEN'S POKER GROUP (AL-2) 1:30 CHAIR YOGA WITH PAT (A) 2:30 BILL SLEETER IVORY MELODIES (DR) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	17 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 BINGO WITH JOSH LEFAN WITH LEFAN HEALTH INSURANCE (A) 2:00 POCKET BILLIARDS (4) 2:30 MEDICARE SEMINAR WITH JOSH LEFAN (A) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (LIBRARY) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	18 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
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Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.

MEDICARE OPEN ENROLLMENT

begins Oct. 15 - Dec. 7.

MEDICARE SEMINAR WITH JOSH LEFAN

On Friday, October 17, Josh will provide a Medicare Seminar in the activity room right after bingo. With 5 years' experience in the health insurance industry, he takes pride in guiding individuals and families toward the best coverage that fits their lives. He works with 10 major carriers.



Sip Some Cider

When the temperature dips, reach for a cup of warm apple cider and reap the benefits. An 8-ounce cup provides a full serving of fruit, plus fiber, antioxidants and potassium.

Grab Some Cashews

One ounce of cashews packs 15-20% of the daily recommended amount of zinc, a mineral that has been shown to help reduce anxiety. The buttery nuts also contain omega-3 fats, protein and B vitamins. Other essential minerals found in cashew nuts include iron, magnesium, phosphorus, copper and manganese. They contain no cholesterol and are lower in fat than almonds, walnuts and pecans.



A Figure of Speech

Phrase: Squirrel away

Meaning: To store or hide

something precious for future use
Origin: Just as a squirrel gathers nuts for the winter and hides them in the ground, people will exhibit similar behavior—whether it's an adult saving up loose change to pay for a vacation or a child hoarding a secret stash of candy.

BIRTHDAYS RESIDENTS

01 - Betty Sanders
04 - Edna Hudson
07 - Margaret Miller
13 - Marge Barraclough
20 - Carolyn Hall
21 - Thomas Mason
24 - Norma Wells

STAFF

03 - Shelly Wilder
05 - Kelly Mayo
12 - Teresa Stauss
12 - Zellysha Lopez
14 - Cathy Gallagher
15 - Susan Frost
17 - Kimberly Cross
20 - Anita Dumas
26 - Maddox Glen
27 - Marquist Holder

ANNIVERSARIES RESIDENTS

1 Year - Leta Linthicum
1 Year - Scott Philpo
2 Years - Mary Lou Jarvis
3 Years - Ruby Felker
3 Years - Cecil Felker
4 Years - Sherry Allison
8 Years - Janice Jones
9 Years - Betty Conolly
11 Years - Hugh Travis
17 Years - Wanda Cauble

STAFF

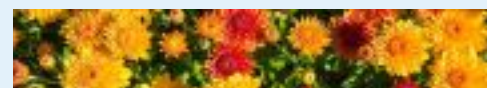
1 Year - Maddox Glen
4 Years - Cozet MacCallum
4 Years - Cheri Strachan
6 Years - Sherry Haywood

Wedding Anniversary

Buddy and Marilyn Hughes
Congratulations!!

Did You Hear?

October is National Audiology Awareness Month.



What goes around the house & in the house without touching the house? *The Sun.*