PARK PLACE
A SENIOR LIVING COMMUNITY

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A Place To Call Home

Find us on

Your Friendly Team

General Manager
Tanesha Harris
Business Office
Tiffany Delay
Resident Care
M.K. Reels, LPN
Maintenance
Chip McKenney
Sales
Open
Dining Services
Rinesa Harrison
Activities
Amy Burdick
Wellness
Cheri Strachan





How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Tomorrow, Together

"Let us put our minds together and see what life we can make for our children." —Sitting Bull

OCTOBER BIRTHDAYS

RESIDENTS
13 - Marge Barraclough
20 - Ruth Rahenkamp
24 - Norma Wells
STAFF
3 - Michelle Mitchell
12 - Teresa Stauss
13 - Dominique Witherspoon
15 - Pamela Sadler
16 - Crystal Johnson
20 - MK Reels
20 - Anita Dumas
22 - Alicia Gammons



Supercharged Dust Storms

Martian dust storms can be just a few feet wide to gales smother the globe in its signature red dirt. Scientists also recorded electric discharges generated in the storms, and these lighting-like zaps may destroy methane in the environment.

Think Pink

October is National Breast Cancer Awareness Month.



Sleep To Strengthen Immunity

Science shows that one of the best ways to keep your immune system running in high gear is by getting enough rest. Being sleep-deprived can weaken your immunity and increase your chances of getting sick.

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October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**LOCATION OF ACTIVITIES** (A) ACTIVITY ROOM (AC) ACTIVITY COVE (C) CHAPEL (DR1) DINING ROOM 1 (DR2) DINING ROOM 2 (G) GARDEN (GN) GAME NOOK (L) FRONT LOBBY (4) 4TH FLOOR GAME ROOM			**HOMEMADE COOKIE DAY** 1 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (GN) **1:00 PARK OUTING (sign-up)** 1:15 POKER GAME (GN) 6:30 HAND AND FOOT (4)	2 10:00 MOVE IT OR LOSE IT (DR1) **10:45 FOOD TRIVIA (L)** 1:30 BINGO BONANZA (A) **2:30 BOCCE BALL (AC)** 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	3 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)
4 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	**NATIONAL DO SOMETHING NICE DAY** 5 10:00 LET'S GET MOVING (DR1) **10:45 WORDS OF KINDNESS LETTERS** 1:30 BINGO MANIA / PRIZES (A) 2:00 MOVIE MATINEE (DR2) 6:30 HAND & FOOT (4)	6 10:00 BRIDGE (4) 10:30 POPCORN (L) **10:45 UNO (GN)** 1:00 BOCCE BALL (AC) 1:00 MEXICAN TRAIN (A) **2:00 BALANCE CLASS (A)** 6:30 LEFT, RIGHT, CENTER (A)	**NATIONAL PUMPKIN SEED DAY** 7 10:00 MOVEMENT AND MOTION (DR1) **10:45 PUMPKIN SEED TASTING** 1:00 CORNHOLE CHALLENGE (GN) **2:00 OCTOBER JEOPARDY** 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	8 **10:00 WALMART SHOPPING (sign-up)** 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 SEQUENCE (A) **11:30 BIRTHDAY STEAK AND CAKE (DR1)** 1:00 GRANDPA'S ATTIC (DR2) 1:15 POKER GAME (GN) 6:30 HAND AND FOOT (4)	9 10:00 MOVE IT OR LOSE IT (DR1) **10:45 CROSSWORD CHALLENGE (Front Lobby)** 1:30 BINGO BONANZA (A) 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	10 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) **6:30 MUSICAL MEMORIES with RAY (DR1)**
11 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) **11:00 MUSIC WITH LETA (4)** 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	**Columbus Day** 12 10:00 LET'S GET MOVING (DR1) **10:45 VOLLEYBALL (DR2)** 1:30 BINGO MANIA / PRIZES (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS, ZACK BENTLEY, OT (GN) **3:15 CELL PHONE ASSISTANCE CLASS (A)** 6:30 HAND & FOOT (4)	**NATIONAL M&M DAY** 13 **8:00 VOTING DAY (A)** 10:00 BRIDGE (4) 10:30 POPCORN (L) **10:45 UNO (GN)** 1:00 BOCCE BALL (AC) 1:00 MEXICAN TRAIN (A) 2:00 CHAIR DANCE (A) **2:30 RESIDENT MEETING (A)** 6:30 LEFT, RIGHT, CENTER (A)	14 10:00 MOVEMENT AND MOTION (DR1) **10:45 EDGAR ALLAN POE-TRY (L)** 1:00 CORNHOLE CHALLENGE (GN) **2:00 MEET & GREET (A)** 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	**NATIONAL I LOVE LUCY DAY** 15 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 YAHTZEE (A) **11:00 LUNCH BUNCH OUTING (sign-up)** 1:00 CROSSWORD CHALLENGE (A) 1:15 POKER GAME (GN) **2:30 BILL SLEETER MUSICAL REVIEW (DR1)** 6:30 HAND AND FOOT (4)	16 10:00 MOVE IT OR LOSE IT (DR1) **10:45 MUSIC TRIVIA (L)** 1:30 BINGO BONANZA (A) **2:30 BOCCE BALL (AC)** 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	**NATIONAL PASTA DAY** 17 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)
18 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	19 10:00 LET'S GET MOVING (DR1) **10:45 PUMPKIN PASS (DR2)** 1:30 BINGO MANIA / PRIZES (A) 2:00 MOVIE MATINEE (DR2) 6:30 HAND & FOOT (4)	20 10:00 BRIDGE (4) 10:30 POPCORN (L) **10:45 UNO (GN)** **12:30 JOLIE & JUNE CONSIGNMENT (DR1)** 1:00 BOCCE BALL (AC) 1:00 MEXICAN TRAIN (A) **2:00 BALANCE CLASS (A)** 6:30 LEFT, RIGHT, CENTER (A)	**NATIONAL APPLE DAY** 21 10:00 MOVEMENT AND MOTION (DR1) **10:45 CARAMEL APPLE TREATS** 1:00 CORNHOLE CHALLENGE (GN) **2:00 FOOD DEMO (DR)** 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	22 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (GN) 1:00 CROSSWORD CHALLENGE (A) **1:00 KROGER SHOPPING (sign-up)** 1:15 POKER GAME (GN) **2:30 JAMMIN' DOWN with RAY (DR1)** 6:30 GAME NIGHT (A) 6:30 HAND AND FOOT (4)	**NATIONAL HORROR MOVIE DAY** 23 10:00 MOVE IT OR LOSE IT (DR1) 1:30 BINGO BONANZA (A) **2:30 HEARING AID CLEANING** 3:00 MUSIC WITH LETA (GN) **3:30 PET VISIT (L)** 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	24 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) **6:30 MUSICAL MEMORIES WITH RAY (DR1)**
NATIONAL I CARE ABOUT YOU DAY 25 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) **2:00 1st BAPTIST VIDEO (DR2)** 6:30 HAND AND FOOT (4)	**NATIONAL PUMPKIN DAY** 26 10:00 LET'S GET MOVING (DR1) **10:45 PUMPKIN PAINTING (A)** 1:30 BINGO MANIA / PRIZES (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS, ZACK BENTLEY, OT (GN) 3:15 CELL PHONE ASSISTANCE CLASS (A) 6:30 HAND & FOOT (4)	27 10:00 BRIDGE (4) 10:30 POPCORN (L) **10:45 UNO (GN)** 1:00 BOCCE BALL (AC) 1:00 MEXICAN TRAIN (A) **2:00 CHAIR DANCE (A)** 6:30 LEFT, RIGHT, CENTER (A)	28 10:00 MOVEMENT AND MOTION (DR1) **10:45 CHOCOLATE TASTING** 1:00 CORNHOLE CHALLENGE (GN) 2:00 TOWN HALL MEETING (DR1) **3:00 WINE DOWN WEDNESDAY (DR1)** 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	29 **10:00 GOODWILL SHOPPING (sign-up)** 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 YAHTZEE (A) 1:00 CROSSWORD CHALLENGE (A) **1:00 HALLOWEEN PARTY (DR1)** 1:15 POKER GAME (GN) 6:30 HAND AND FOOT (4)	**CANDY CORN DAY** 30 10:00 MOVE IT OR LOSE IT (DR1) **10:30 TRICK OR TREATERS FROM COMMUNITY CHILDCARE (DR1)** 1:30 BINGO BONANZA (A) 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	**HAPPY HALLOWEEN** 31 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)



Karate Day

Karate Day on Oct. 25 commemorates the martial art and its guiding tenet, "shurei-no-kokoro," or "the spirit of courtesy." Here are the common karate belt colors: 1) white (beginner), 2) yellow, 3) orange, 4) green, 5) blue, 6) purple, 7) brown and 8) black (expert).

Memorable Melody: 'Proud Mary'

Singer, songwriter and guitarist John Fogerty of Creedence Clearwater Revival wrote parts of the popular blues song "Proud Mary" in the 1960s when he was enrolled in the National Guard and then finished when he was discharged in 1968. The song shot to No. 2 on the Billboard Hot 100 chart in 1969. Fogerty, like the people on the river, was happy to give artists a chance to take the hit in their own hands. It's since been covered by Elvis Presley, Solomon Burke, Conway Twitty, Steve Miller, and perhaps most famously, Ike and Tina Turner in the famous funk rearrangement release in 1971.

Did He, Or Not?

On Oct. 1, 1932, Babe Ruth reportedly "called his shot" during the third game of the Cubs vs. Yankees World Series. Stories vary regarding whether he really pointed to center field before hitting the home run.

For Sale: London Bridge

In the 1960s, London Bridge was falling down — or at least in imminent disrepair — so city officials tried to sell it to the Americans.

They bought it.

In October 1971, businessman Robert McCulloch, a millionaire industrialist known for harebrained schemes, decided it would be the perfect addition to his budding vacation destination in the Arizona desert. Widely mocked as "McCulloch's Folly," the bridge soon brought millions of visitors a year, putting Lake Havasu City on the map.



Remember When: Mary Jane Candies

You may recognize this nostalgic treat by its yellow and red wax-paper wrapper with a picture of a little girl. Mary Janes debuted in 1914 and were sold as penny candy. Combining peanut butter and molasses into a bite-sized, toffeelike chew was the idea of Charles N. Miller, whose family had a candy business in Boston. Miller named the sweet in honor of his favorite aunt.

A Fall Funny

Q. What's the difference between a cat and a frog?

A. A cat has nine lives, but a frog croaks every night.



Rub Some Dirt on It

Before football games, equipment managers give brand-new pigskins a roll in the mud. Rubbing the footballs with mud improves grip and reduces glare.

Take a Breather

Spending just five total minutes a day on breathwork — breathing techniques for better health — can yield benefits like better sleep and focus, more energy and even reducing the risk of conditions caused by chronic stress. Try these beginner-friendly techniques, if approved by your health care provider.

Box breathing. Before you reach for afternoon caffeine, give box breathing method a try: inhale for four counts, hold for four counts, exhale for four counts and hold for four counts.

Pursed lip breathing. Get a breath-based boost mid-exercise by slowly inhaling through your nose and exhaling through puckered lips.

4-7-8 breathing. When you lie down at night, put the screens away and breathe: inhale four counts, hold seven counts and exhale eight counts. This strategy can help slow your heart rate and ease anxiety, priming you for a good night's sleep.

Illustratus
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