

Resident's Birthdays

Eli Ovadia
 Larry Wilson
 Toby Weiss
 Margaret Brittingha
 Anthony Caramanica
 Earl Dorfman
 Delia Fitzsimons
 Lynn Callahan
 Steven Morris
 Doris Swig
 Louis Andreotta
 Beverly Fellman

Month's Celebrations



October 9th Columbus Day

October 9th Indigenous Peoples' Day

October 16th Boss's Day,



October 31st Halloween

Celebrations & Events Spotlights

Fridays at 11:00 am is for Smoothies and Wisdom
 Trick or Treat with the Fuller Children,

Monday October 30th at 10:00am
 Monster Mash Costume Party
 October 31st at 4:00pm

Smoothies on Friday



Resident of the Month Carol Winer

Carol is simply the best! There is never a day that she does not have a smile on her face. To top it off Carol is always the first one to lend a hand around the Atrium. You will find her sorting bingo chips, serving wine or simply lending an ear to an Atrium friend.



Tip: If it cracks, then knead that dough gently in your hand 3 to 4 times and then roll again into a smooth ball.
 -Using a toothpick, make eight indentations to form the shape of a pumpkin.
 Make stems
 Easy method - Break a pretzel into chunks to get curved pieces and insert one piece into the center of the pumpkin.

Helpful Tips For Keeping Your Mind Active

- Always try to learn new things
- Read every single thing that you set eyes on
- Take lessons in music and learn the instrument you always desired
- Raise your level of mental fitness
- Consider a healthy diet
- Do not underestimate physical activity
- Find ways to interact with others
- Pursue a hobby, learn a new skill, volunteer or mentor
- Practice healthy habits like getting plenty of sleep, not smoking, eating healthfully and staying physically active
- Aim to get 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening exercise per week

Associate of the Month Anide - Med Tech



Anide is sweet, kind and very helpful. Our residents enjoy her as she is always there to help them whether it be to dance, serve them a meal or just to chat. She is the best. We love her here at the Atrium.

Collaborators



Lisa Rose



Lori Rosario

OCTOBER The Atrium at Boca Raton Newsletter

1080 NW 15th St Boca Raton, FL 33486
 October 1st 2023

Celebrating October

Popcorn Poppin' Month

Italian American Heritage Month

Country Music Month

International Day of Older Persons
 October 1

Spinning and Weaving Week
 October 2-8

Taco Day
 October 4th

World Teachers' Day
 October 5

Crazy Cookie Day
 October 8th

Columbus Day and Indigenous Peoples' Day
 October 9

Farmer's Day
 October 12

Newspaper Comic Strip Appreciation Day
 October 18

International Artist Day
 October 25

Halloween
 October 31

Who Let the Dogs in?



Bonafide Therapy Dogs are in the House most Tuesday and Thursday nights and Saturday mornings, unless they are doing their final outdoor class test. When they are not training in our lobby, they are visiting our memory care unit to spread love and joy. If you want to see them train join us on anyone of those days or Saturday morning in our Lobby.

Coping with the Holidays - Trustbridge

The stress that accompanies terminal illness can be overwhelming for patients and caregivers,

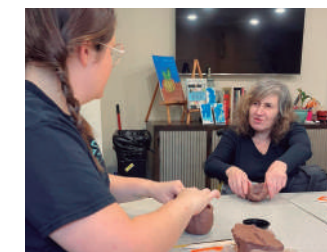


hospice | palliative care | home health

especially during the holidays. This presentation will compare and contrast the relationship between depression and stress specific to the holiday season. Ways to re-frame holiday events are discussed as well as identification of survival skills during the holidays for those experiencing or caring for terminally ill patients. The impact of compassion fatigue for caregivers is discussed.

Coping with the Holidays - Trustbridge Virtual Presentation
 October 5th, 9th, 13th, 18th, For more information or to register, please visit trustbridge.com/healthcare-providers/training/

FAU Galleries



We are fortunate to have FAU across the street. Helen from FAU Galleries comes often to teach classes on weaving, clay mosaics and more. Make sure to get with the Activities Director to let them know you would like to be put on the sign-up sheet so that you do not miss out on any of these wonderful, creative in-person classes.

TRIVIA Good Luck!



1. Book is to cover as pot is to?
2. Lead is to pencil as ink is to?
3. Bee is to buzz as dog is to?
4. Rome is to Italy as Paris is to?
5. Sock is to foot as mitten is to?
6. Eye is to see as ear is to?
7. Winter is to snow as spring is to?
8. Airplane is to fly as boat is to?
9. Butcher is to meat as bakery is to?
10. Doctor is to hospital as chef is to?
11. Sad is to happy as front is to?
12. Laughing is to happy as crying is to?
13. Wolf is to pack as lion is to?
14. Bride is to groom as wife is to?
15. Italy is to Europe as Ghana is to?
16. Toe is to foot as finger is to?
17. Go is to green as stop is to?
18. Ladder is to climb as chair is to?
19. Cool is to cucumber as proud is to?
20. Foot is to stomp as hand is to?

Turn your answers in to Activities for a Prize.11

October 2023 AL Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Knit and Rip Club [L] 10:00 Mass on Large TV in Theater [TH] 10:00 Victory Church [OOC] 10:15 Mass at St Joan of Arc [OOC] 1:00 Poker Club [CR] 1:00 Sunday Matinee [TH] 1:30 Publix Run or Whole Foods Run [OOC] 2:30 Black Jack Casino Games [B] 3:30 Bingo [TH] 4:00 Social Hour [L] 6:00 Rummy Kub - After Dinner [L]	1 MAHATMA GANDHI'S BIRTHDAY 9:00 Knit and Rip Club [L] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 1:30 Meet & Greet / We Connect [L] 2:30 Ice Cream Social [B] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	2 BOYFRIEND DAY 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:45 Lunch Outing [OOC] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Open Music Jam Session - NO MOVIE TONIGHT! [TH] 7:00 Rummy Kub - After Dinner [L]	3 NATIONAL COFFEE WITH A COP DAY 9:00 Knit and Rip Club [L] 9:30 Men's Club [B] 10:00 Daily News [B] 10:00 Gratitude Journaling with Breanna [AR] 10:30 Donuts & Coffee [B] 10:30 Meadows Pool [OOC] 1:30 Resident Culinary Meeting [TH] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Name that Song [L] 4:00 Wine Down Wednesday [L] 6:00 Rummy Kub - After Dinner [L]	4 WORLD TEACHERS DAY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:45 Shopping Outing [OOC] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 10:45 Hebrew Study [AR] 1:00 The Wisdom Circle [TH] 2:30 Ice Cream Social and Cookies 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L] 7:00 Dog Days [L]	5 MAD HATTER DAY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:00 Groovy Smoothie [B] 1:00 Poker Club [CR] 1:30 Shabbat [TH] 2:30 Arts and Crafts 2:30 Ice Cream Social 3:00 Bingo [TH] 4:00 Family Night Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	6 WEAR YOUR FAVORITE TEAM JERSEY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:30 News Daily [B] 9:45 Morning Radio Show w/Julia Louis-Dreyfus [L] 10:00 Therapy Dog Training [L] 10:00 Women's Club [TH] 1:00 Movie & Popcorn [TH] 1:00 Poker Club [CR] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]
9:00 Knit and Rip Club [L] 10:00 Mass on Large TV in Theater [TH] 10:00 Victory Church [OOC] 10:15 Mass at St Joan of Arc [OOC] 1:00 Poker Club [CR] 1:00 Sunday Matinee [TH] 1:30 Publix Run or Whole Foods Run [OOC] 2:30 Black Jack Casino Games [B] 3:30 Bingo [TH] 4:00 Social Hour [L] 6:00 Rummy Kub - After Dinner [L]	8 Columbus Day 9:00 Knit and Rip Club [L] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 1:30 Meet & Greet / We Connect [L] 2:30 Ice Cream Social [B] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	9 HANDBAG DAY 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:45 Lunch Outing [OOC] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Open Music Jam Session - NO MOVIE TONIGHT! [TH] 7:00 Rummy Kub - After Dinner [L]	10 GRATITUDE JOURNALING DAY 9:00 Knit and Rip Club [L] 10:00 Daily News [B] 10:00 Gratitude Journaling with Breanna [AR] 10:30 Donuts & Coffee [B] 10:30 Meadows Pool [OOC] 1:30 Resident Calendar Meeting [TH] 1:00 BOOK CLUB [TH] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Name that Song [L] 4:00 IT'S MY PARTY DAY! HAPPY HOUR [L] 6:00 Rummy Kub - After Dinner [L]	11 KINDNESS MATTERS DONATION COLLECTION 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:45 Shopping Outing [OOC] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 10:45 Hebrew Study [AR] 1:00 The Wisdom Circle [TH] 2:30 Ice Cream Social and Cookies 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L] 7:00 Dog Days [L]	12 FRIDAY THE 13TH/TRAIN YOUR BRAIN DAY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:00 Groovy Smoothie [B] 1:00 Poker Club [CR] 1:30 Shabbat [TH] 2:30 Arts and Crafts 2:30 Ice Cream Social 3:00 Bingo [TH] 4:00 Family Night Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	13 DONATION DELIVERY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:30 News Daily [B] 9:45 Morning Radio Show w/Julia Louis-Dreyfus [L] 10:00 Therapy Dog Training [L] 10:00 Women's Club [TH] 1:00 Movie & Popcorn [TH] 1:00 Poker Club [CR] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]
9:00 Knit and Rip Club [L] 10:00 Mass on Large TV in Theater [TH] 10:00 Victory Church [OOC] 10:15 Mass at St Joan of Arc [OOC] 1:00 Poker Club [CR] 1:00 Sunday Matinee [TH] 1:30 Publix Run or Whole Foods Run [OOC] 2:30 Black Jack Casino Games [B] 3:30 Bingo [TH] 4:00 Social Hour [L] 6:00 Rummy Kub - After Dinner [L]	15 9:00 Knit and Rip Club [L] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 1:30 Meet & Greet / We Connect [L] 2:30 Ice Cream Social [B] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	16 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:45 Lunch Outing [OOC] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 GAUDY FASHION SHOW [L] 4:00 Happy Hour [L] 6:00 Open Music Jam Session - NO MOVIE TONIGHT! [TH] 7:00 Rummy Kub - After Dinner [L]	17 CHOCOLATE CUPCAKE DAY 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Gratitude Journaling with Breanna [AR] 10:30 Donuts & Coffee [B] 10:30 Meadows Pool [OOC] 1:30 Resident Council Meeting [TH] 1:00 BOOK CLUB [TH] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Name that Song [L] 4:00 Wine Down Wednesday [L] 6:00 Rummy Kub - After Dinner [L]	18 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:45 Shopping Outing [OOC] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 10:45 Hebrew Study [AR] 1:00 The Wisdom Circle [TH] 2:30 Ice Cream Social and Cookies 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L] 7:00 Dog Days [L]	19 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:00 Groovy Smoothie [B] 1:00 Poker Club [CR] 1:30 Shabbat [TH] 2:30 Arts and Crafts 2:30 Ice Cream Social 3:00 Bingo [TH] 4:00 Family Night Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	20 WEAR YOUR FAVORITE TEAM JERSEY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:30 News Daily [B] 9:45 Morning Radio Show w/Julia Louis-Dreyfus [L] 10:00 Therapy Dog Training [L] 10:00 Women's Club [TH] 1:00 Movie & Popcorn [TH] 1:00 Poker Club [CR] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]
9:00 Knit and Rip Club [L] 10:00 Mass on Large TV in Theater [TH] 10:00 Victory Church [OOC] 10:15 Mass at St Joan of Arc [OOC] 1:00 Poker Club [CR] 1:00 Sunday Matinee [TH] 1:30 Publix Run or Whole Foods Run [OOC] 2:30 Black Jack Casino Games [B] 3:30 Bingo [TH] 4:00 Social Hour [L] 6:00 Rummy Kub - After Dinner [L]	22 9:00 Knit and Rip Club [L] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 1:30 Meet & Greet / We Connect [L] 2:30 Ice Cream Social [B] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]	23 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:45 Lunch Outing [OOC] 1:00 Movie Time [TH] 1:00 Poker Club [CR] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Open Music Jam Session - NO MOVIE TONIGHT! [TH] 7:00 Rummy Kub - After Dinner [L]	24 PABLO PICASSO'S BIRTHDAY 9:00 Knit and Rip Club [L] 9:30 Fishing/Scenic Drive [OOC] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Gratitude Journaling with Breanna [AR] 10:30 Donuts & Coffee [B] 10:30 Meadows Pool [OOC] 1:30 Town Hall Resident Directors Meeting [TH] 2:30 Atrium Auction [L] 2:30 Ice Cream Social / Root Beer Floats 3:00 Bingo [TH] 3:30 SIP AND PAINT 6:00 Rummy Kub - After Dinner [L]	25 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:45 Shopping Outing [OOC] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 10:45 Hebrew Study [AR] 1:00 The Wisdom Circle [TH] 2:30 Happy Birthday Social [B] 2:30 Ice Cream Social and Cookies 3:00 Bingo [TH] 3:00 Word in Word Game [L] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L] 7:00 Dog Days [L]	26 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 10:00 Daily News [B] 10:00 Get Fit with Lana [TH] 11:00 Groovy Smoothie [B] 1:00 Poker Club [CR] 1:30 Shabbat [TH] 2:30 Arts and Crafts 2:30 Ice Cream Social 3:00 Bingo [TH] 4:00 AMERICAN BEER DAY [L] 6:00 Rummy Kub - After Dinner [L]	27 WEAR YOUR FAVORITE TEAM JERSEY 9:00 Knit and Rip Club [L] 9:30 Morning Healing Affirmations [TH] 9:30 News Daily [B] 9:45 Morning Radio Show w/Julia Louis-Dreyfus [L] 10:00 Therapy Dog Training [L] 10:00 Women's Club [TH] 1:00 Movie & Popcorn [TH] 1:00 Poker Club [CR] 3:00 Bingo [TH] 4:00 Happy Hour [L] 6:00 Rummy Kub - After Dinner [L]
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**TUESDAY OCTOBER 31ST
MONSTER MASH
HALLOWEEN BASH.**

**DRESS TO IMPRESS!
1ST, 2ND AND 3RD PRIZE
AWARDED**

