



Residents, Gwen and Phyllis enjoyed Ms. Kim's Amazing Animal show this past month. She brought animals from all different species. Check out their smiles while holding this interesting, slimy snake!



Happy Birthday!

- Steve D. #308 10/8
- Mike A. #231 10/10
- Mary G. #111 10/10
- Sue T. #201 10/10
- Arlene K. #108 10/14
- Joanne G. #300 10/17
- Barb G. #237 10/19
- Jim S. #110 10/20
- Rosi H. #104 10/30



DON'T FORGET TO RSVP!



- *Baked Potato Bar & Letter to my Younger Self Workshop-10/3 \$5.00 per person
- *Mediterranean Cooking Class-10/4 FREE
- *Packer Party-10/6 \$8.00
- *Outing to Holy Hill-10/7
- *Packer Presentation-10/11 FREE
- *Grace Commons Craft Fair-10/17
- *Board Game Day-10/19
- *Halloween Party-10/30

JOIN THE CLUB



If you'd like more information or you're interested in joining one of our clubs, please talk with the individuals listed below.

- What are you reading book club-Betty R. #214
- Stitching Together-Bonnie L. #230, Carol K. #249, Dee K. #232
- Welcoming Committee-Carol K. #249

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



Baked Potato Bar & Letter to my Younger Self Workshop

Join us for a baked potato and a writing workshop! Put your creative skills to the test and write yourself a note to your younger self. \$5.00 per resident.

Date: Thursday, October 3rd **Time:** 3:00
Sign up with Kelly or Stacey in the office!

Positive, Meaningful, Relationships and Service



The Gables Fall Festival

Does pumpkin bowling, apple pie, smores and a bonfire sound like a fun time to you? Bring your family and come on out to our Fall Fest! Free fun for the whole family!

Date: Friday, October 25th **Time:** 5-7 p.m.

Sign-up in the enjoy life binder.

Self-Improvement and Discovery



Mediterranean Cooking Class with Chef Eric

Part of our active aging week is to learn something new, so why not learn a new recipe?! We will be learning from our very own chef, Eric as he teaches us a new yummy Mediterranean style meal to cook!

Date: Friday, October 4th **Time:** 3:00 p.m.
Sign-up in the enjoy life binder.

Pursuit of Overall Personal Wellness



Flu Shot Clinic & Root Beer Floats

Keep yourself healthy this season and stop by the community room for your flu shot. Everyone that stops by will get a root beer float as well!

Date: Wednesday, October 2nd **Time:** 11:00

Turn in your flu shot forms in the office!

INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>THE GABLES OF GERMANTOWN a capri community</p>	<p>Himmel Haus N109 W17075 Ava Circle Germantown, WI 53022 (262) 345-1025</p>	<p>Active Aging Week 1</p> <p>9:30 Schwan's [FL] 2:00 Halloween Craft [M] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p>	<p>Active Aging Week 2</p> <p>9:30 Bank Five Nine 11:00 Thai Chi [M] 2:00 Bingo [C] 2:00 Moving for Better Mobility [M] 4:00 Movie Night showing Dog Gone [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>Active Aging Week 3</p> <p>1:00 Library [C] 1:00 Sheepshead 2:00 Wii Bowling [M] 3:00 Baked Potato Bar & Letter to My Younger Self Workshop [C] 3:00 Stitching Together [L] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>Active Aging Week 4</p> <p>10:30 Bible Study/All Denominations [L] 1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 3:00 Mediterranean Cooking Class [D] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p>	<p>5:55 Walking Club [2]</p>		
		<p>3:25 Packer Party-\$8.00 [C] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>Toe Nail Trimmers 7</p> <p>9:00 TOPS Meeting [M] 10:00 Manicure Monday [P] 10:30 Resident Meeting & Top Choice Celebration [C] 11:00 Tai Chi-Exercise for Life with Jan [M] 2:00 Bingo [C] 1:30 Outing to Holy Hill [FL] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>8</p> <p>10:00 Grace Lutheran [M] 11:00 Lunch outing-St. Paul Fish Company [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p>	<p>9</p> <p>9:30 Bank Five Nine 9:30 St. Boniface [M] 11:00 Thai Chi [M] 2:00 Bingo [C] 2:00 Moving for Better Mobility [M] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>10</p> <p>1:00 Sheepshead 1:30 Shop-Aldis [FL] 2:00 Wii Bowling [M] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>11</p> <p>10:30 Bible Study/All Denominations [L] 1:00 Moving for Better Mobility [M] 2:00 Packer Presentation [C] 2:00 Sheepshead [L] 4:00 Movie Night showing A man called Otto [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p>	<p>5:55 Walking Club [2]</p>
		<p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>Columbus Day Indigenous People's Day 14</p> <p>9:00 TOPS Meeting [M] 10:00 Dog Treat Making-K9 Fundraiser [D] 10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 2:00 Bingo [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>15</p> <p>9:30 Schwan's [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 3:00 Movie Night showing Hocus Pocus [C] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p>	<p>16</p> <p>9:30 Bank Five Nine 11:00 Thai Chi [M] 2:00 Bingo [C] 2:00 Moving for Better Mobility [M] 3:00 Bunco-Bring a prize [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>17</p> <p>10:00 Outing to Grace Commons Craft Fair [FL] 1:00 Sheepshead 1:00 Sing-A-Long With Kenny [M] 1:30 Shop-Metro Market/Hobby Lobby [FL] 2:00 Wii Bowling [M] 3:00 Stitching Together [L] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>18</p> <p>10:30 Bible Study/All Denominations [L] 10:30 Outing to Waldvogels Pumpkin Farm [FL] 1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 3:00 Wine & Cheese \$5.00 [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p>	<p>2:00 Board Game with the Resident Committee [C] 5:55 Walking Club [2]</p>
		<p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>20</p> <p>9:00 TOPS Meeting [M] 10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 2:00 Bingo [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>22</p> <p>10:00 Grace Lutheran [M] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p>	<p>23</p> <p>9:30 Bank Five Nine 9:30 St. Boniface [M] 11:00 Thai Chi [M] 2:00 Bingo [C] 2:00 Moving for Better Mobility [M] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>24</p> <p>1:00 Sheepshead 1:30 Shop-Pic n Save [FL] 2:00 Wii Bowling [M] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>25</p> <p>10:30 Bible Study/All Denominations [L] 1:00 Moving for Better Mobility [M] 2:00 Sheepshead [L] 5:00 Fall Fest 5:55 Walking Club [2] 6:00 CLR Dice Game [C]</p>	<p>3:00 Birthday/Welcome Party [C] 5:55 Walking Club [2]</p>
		<p>5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>27</p> <p>9:00 TOPS Meeting [M] 9:30 Halloween Party with Amy Belle Elementary [C] 10:00 Manicure Monday [P] 11:00 Tai Chi-Exercise for Life with Jan [M] 1:00 Book Club [L] 2:00 Bingo [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>29</p> <p>9:30 Schwan's [FL] 10:00 Story Time at Germantown Library [FL] 2:00 Horse Racing [C] 2:00 Sheepshead [L] 3:00 Birthday/Welcome Party [C] 5:55 Walking Club [2] 6:00 Rosary [M] 6:30 Dominoes [L]</p>	<p>30</p> <p>9:30 Bank Five Nine 11:00 Thai Chi [M] 2:00 Bingo [C] 2:00 Moving for Better Mobility [M] 3:00 Halloween Party [C] 5:55 Walking Club [2] 6:00 CLR Dice Game [L]</p>	<p>Halloween 31</p> <p>10:00 Shop-Piggly Wiggly [FL] 1:00 Sheepshead 1:00 Trunk or Treat at St. Boniface [FL] 1:30 Hearing with Care [C] 2:00 Wii Bowling [M] 5:55 Walking Club [2] 6:00 Horse Racing [C]</p>	<p>Program Key Bold-enjoy life Special Feature Programs</p> <p>Phone Numbers Kelly: 262-345-1010 Stacey: 262-345-1011 Salon: 262-345-1009</p> <p>Location Keys</p> <p>2nd Floor 2 Community Room C Dining Room D Front Lobby FL Library L Media Room M Pub P</p>	