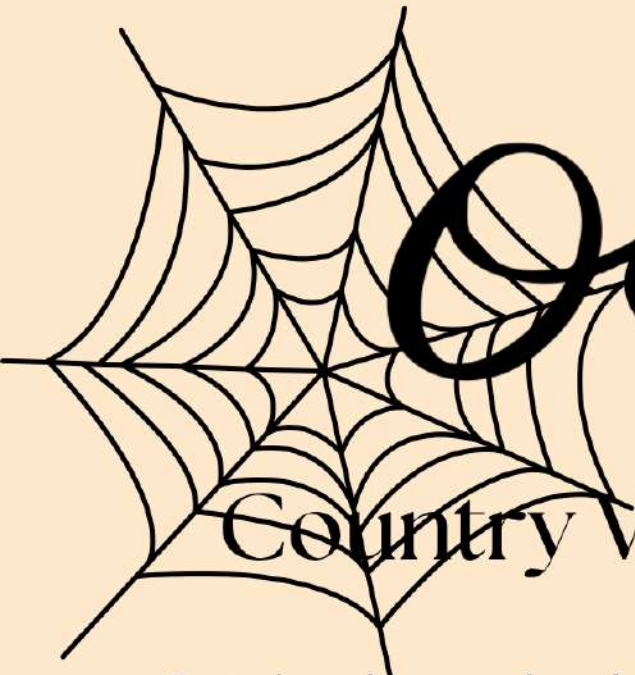


2026



October

Country Villa Assisted living



October has arrived, bringing crisp autumn air, colorful leaves, cozy sweaters, and plenty of opportunities to make wonderful memories together! We are looking forward to a month filled with laughter, friendship, activities, and a little bit of fall fun. As the leaves begin to change, we are reminded that every season brings its own beauty. We hope you enjoy this special time of year with us at Country Villa! 🍁



🍁 October Activity Highlights:

Oct 5- Arts & Crafts

Oct 16- Pumpkin Painting

Oct 20- Kitchen Fun

Oct 22- Fall colors bus tour

Oct 26- Haunted House tour

Oct 27- Lunch & Shopping afternoon

Oct 28- Friends & Family Trick or Treat

Oct 30- Halloween Boo Bash



 From the Nurse
 Welcome, October

As we welcome the first signs of fall, October is a wonderful time to focus on our health and well-being. The changing weather can bring cooler temperatures, so remember to dress comfortably and stay warm when heading outdoors.

This month, let's continue to make healthy choices by staying active, drinking plenty of fluids, eating nutritious meals, and getting plenty of rest. Even small steps can make a big difference in how we feel each day.

October is also a great time to check in with yourself and let our care team know if you have any new concerns, changes in how you are feeling, or questions about your medications or health.

Most importantly, remember that your health and comfort are important to us. We are here to listen, help, and support you every step of the way.

Wishing all of our residents and families a happy, healthy, and beautiful September!



— Your Country Villa Nursing Team



 From Our Kitchen

A Taste of Fall at Country Villa!
October brings some of our favorite comforting flavors! Warm soups, hearty meals, seasonal fruits and vegetables, and delicious fall treats are perfect for this time of year,

Our kitchen team looks forward to preparing meals that bring warmth and a little taste of home to our residents tables. We hope everyone enjoys the delicious flavors of fall



— Your Country Villa Kitchen Team

Activities:

In October we have several fun crafts and activities planned such as toilet paper pumpkins, Halloween bats, candy spider webs, fall colors bus tour and haunted house. Speaking of festive, we'd like to invite friends and families to come in

and participate in a Halloween door decor challenge. Please help your loved one decorate their apartment door and residents will vote on Oct 30 the winner of the Boo Basket. Stop in activities for any and all supplies you may need !Its a highlight of the month to see all the scary

doors for the residents. October 30 is our Halloween party with costumes encouraged and some great entertainment and festive Halloween snacks and drinks. Also, we'll be hosting a Friends and Family Trick or Treat on Oct28-from 5-6pm.If you could please donate a bag of candy for this event we will have a box set up at the front entrance for any candy donations for that day so every resident can hand out candy to our guests. Its such a great event for our residents to see all the kids in costumes! Hope to see you there.

