



The Country Village Newsletter

The Country House - The Commons - The Country Club

October 2011

Birthdays and Major October Events

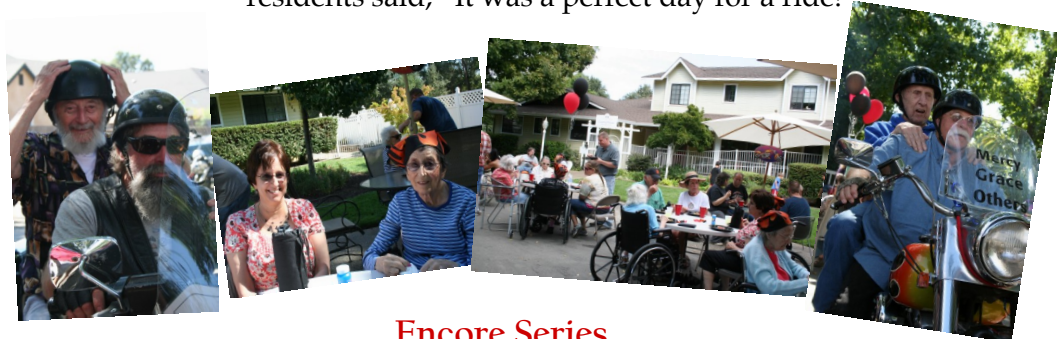
Here you will find all of our major events for the month of October. Using this in conjunction with our weekly calendar will let you know exactly what is going on and when, here at the Country House, Country Commons and Country Club! Please see Tawnya or Mandy with any questions you may have!

- 10/1 Walk to End Alzheimer's
- 10/5 Folk Music with Michael 3:00pm
- 10/7 Folk Music with Michael 3:00pm
- 10/9 Hymns with Donna & Dale 2:00pm
- 10/13 Music with Kim & Jojo 3:00pm
- 10/14 Golden Grill at CARD 10:00am
- 10/19 Folk Music with Michael 3:00pm
- 10/20 Harmonica with Archie 2:00pm
- 10/23 Hymns w/Donna & Dale 2:00pm
- 10/27 Music with Kim & Jojo 3:00pm
- 10/31 Happy Halloween!

Dear Country Village Families and Friends,

Motorcycle Madness Recap...

What a perfect fun filled day we had on September 24th! We couldn't have asked for a nicer day and with the delicious food and all the families coming out to celebrate...it definitely made this a special event for our residents. A huge thanks especially goes to the very kind riders from Calvary Chapel for bringing their awesome motorcycles down so our residents and families could take rides. As one of our residents said, "It was a perfect day for a ride!"



Encore Series...

Empower yourself and flourish in your encore years!
Now on Saturdays ...Don't miss out!

In conjunction with CARD we are continuing to educate the Chico Community on topics concerning aging gracefully.

Below are the dates for Fall 2011:

The Incredible Brain: Dodging Dementia and other Diseases

Speaker: Melissa Jordain, Neuroscientist
October 8th 10:00am-11:00am

Helping a friend who is grieving during the Holidays

Speaker: Lyn Dorenzo, Administrator
November 12th 10:00am-11:00am

All classes are held at the CARD building

We hope you will join us for these informative topics. Please contact Country Village at 342-7002 OR the CARD office if you have any further questions.

Website and Calendars

Cooking for You or Two!

October 18th, 11:00-12:15

Located at CARD

Downsizing from big family meals to cooking for yourself or the two of you can be a challenge. This cooking series is a way to re-think how you shop and prepare meals that are flavorful and healthy.

Activities News...

Walk to End Alzheimer's October 1st, at 10:00am

Once again we are excited and honored to be a part of the Alzheimer's Association's Walk to End Alzheimer's. On October 1st we will be meeting in Bidwell Park-One Mile Area with residents and family to walk for a cure. The Alzheimer's Association funds research and provides enhanced care and support for all people affected by Alzheimer's Disease. We hope to see you there!

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Please welcome one of our new Activities Assistant, Mylah Hansen. She will be doing fun activities with the residents at both houses. She comes with many talents and a wonderful smile, so please make sure to introduce yourself the next time you stop by!

## The Country Village Welcomes...

We would like to take the time to welcome two new Residents to the Country Village. At the Country Commons we would like to welcome Eve and at the Country House we would like to welcome Patricia. We hope that you both will enjoy your stay here with us as much as we have enjoyed having you here so far!



Country House

Country Commons

Country Club

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