



Evergreen Adult Day Team

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Bus trips listed in green on your calendars are open to all clients, limited to a maximum of 10. if it is not your scheduled day, please call to check on spots available.

Departure times listed for outings are important in order to arrive promptly for scheduled events & to keep our drivers on time.

www.SRCaging.org

October News!

The last quarter of 2017 has arrived. How will we be spending our time? Will it be possible to savor the moments? --or will we be rushing to meet deadlines, caring for others' needs and planning & purchasing for upcoming holiday events? Carpe Diem! Now is the time for us to Plan to use our time well, and to Plan to keep the promises to ourselves first. Then, we can accomplish all the rest-and relax.

Here at the Yellow House we have music, outings and events planned to keep us happy, including massage and Reiki treatments, crafts and gift making. Of course the end of the month brings Halloween and we have some spooky stories and poems lined up and hope to be impressed by a variety of costumed ghouls on the very day.

Be safe, be adventurous and be well!

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You never know who you will run into
at the Yellow House!

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Foot Clinic

Our foot care nurse is unavailable at this time;
we will announce when she returns.

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Memory Cafe

Wednesday, October 18th, 10 – 11:30
Socialization & information for people with
memory loss, or early to moderate Alzheimers'
and their care partners.

Nutritional News

With Mary from the Conifer Natural Grocers

Light snacks & beverages provided

Join us!

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Children from the Evergreen Academy
Singing for the clients

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Time

*is the coin of your life. You spend it.
Do not allow others to spend it for
you.*

.....Carl Sandburg

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**Audrey Lamb rides again!!
Her steed is hitched to
The Carousel of Happiness
In Nederland, Colorado**

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Trips in October

Tuesday, October 3rd – Echo Lake Lodge
- Bring \$20

Friday, October 13th – Java Groove
Bring \$10

Wednesday, October 18th – Evergreen Arts Center
Thursday, October 26th – Walmart
Pumpkin Shopping

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**In November the Lunch Bunch outing will be
covered by the
Conifer Neighbors & Newcomers Grant!**

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