



October Highlights

5th Live Music w/ Joe
6th Fall Foliage Trip to Naples
6th Residents Council Meeting
8th Live Music w/ Josh
13th Fall Foliage Trip to Naples
14th Live Music w/ Nick
16th Live Music w/ Tom
20th Birthday Party
21st Men's Club Out to Lunch
21st Live Music w/ Kim
24th Live Music w/ Paul
26th Live Music w/ Frank
28th Dollar Tree Shopping
30th Halloween Party
w/ Music



Resident Spotlight: Mary "Fritzie" Killion

Mary "Fritzie" Killion was born and raised in Rochester, NY, and graduated from St. Agnes. She went on to become an LPN and worked as a nurse at RIT's Student Health Center for over 30 years. Fritzie met her husband, Paul, and together they raised three sons. They have been happily married for 62 years and are now proud grandparents to seven grandchildren. They spent many years in the

Spencerport/Churchville area and loved traveling for their children's sports and with Paul's band. Some of Fritzie's favorite trips were to Aruba and the Virgin Islands. Fritzie and Paul also shared a love of sailing and owned a 36-foot Catalina sailboat, spending many years sailing out of Sodus Point. Fritzie describes herself as fun, outgoing, and someone who loves to chat! She truly enjoys being around others and getting to know everyone she meets.



Halloween Party

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, entertainment and fun! Costumes encouraged, but not required. See calendar for details.

Think Pink

October is National Breast Cancer Awareness Month.





Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

PAT P. 8TH
RAY S. 9TH
ROBERT M. 12TH
MARY ANN G. 13TH
JEANNE B. 13TH
BRENDA C. 14TH
MARY ELLEN P. 15TH
JOHN C. 15TH
THERESA D. 21ST
WAYNE K. 23RD
JAMES R. 24TH
KAREN R. 27TH

Famous Faces Born in October

Oct. 3, 1983: Tessa Thompson
Oct. 8, 1949: Sigourney Weaver
Oct. 9, 1953: Tony Shalhoub
Oct. 13, 1962: Jerry Rice
Oct. 16, 1980: Sue Bird
Oct. 17, 1992: Barry Keoghan
Oct. 25, 1971: Craig Robinson
Oct. 29, 1971: Winona Ryder



Raeann Keenan - Administrator

As we welcome October, we are reminded of the beauty of the fall season and the importance of spending time together whether it be a nostalgic place you visit every fall like a pumpkin patch or a special baked good that brings the memories and fall vibes. Our community continues to thrive and have its own nostalgic traditions thanks to the support of our residents, families, and dedicated team members. This month, we look forward to celebrating autumn with fun seasonal activities, meaningful connections, and opportunities for residents to stay engaged and active. We are grateful for the trust you place in us and remain committed to providing a warm, safe, and enriching environment for everyone who calls our community home. Wishing you and your loved ones a wonderful October filled with happiness, comfort, and nostalgic moments.



My name is Tezier Graham, and I have been working at Heathwood since I was 15 years old as a server. Heathwood has become a special place for me because I truly enjoy my job and the time I get to spend with the residents. I love talking with them, helping them, and hearing their stories. They have taught me so much about kindness, caring, and enjoying the little things in life.

I graduated from high school three years ago, and I am proud of how far I have come. I am also lucky to work alongside my aunt, Teisha, who works in the kitchen as a cook. It means a lot to me that we can work together and share these experiences.

When I am not working, I enjoy fishing and spending time with my friends. I am grateful for my time at Heathwood, the wonderful residents, my coworkers, and the memories I continue to make every day.

Car Show



We had Live Music with Josh for the Car Show.



Family Quiz Show

How well do you *really* know your loved ones? This fun spin on "The Newlywed Game" mixes nostalgia and personality questions to help bring family members closer together.

Questions for Your Kids To Answer About You:

- When did your parents meet? Where did they go on their first date?
- Who were some of your parents' childhood heroes or favorite celebrities?
- Did either parent ever meet anyone famous?
- What was each parent's first car? First job?
- If your parent could be any animal, what would it be?

Questions for You To Answer About Your Kids:

- When they were young, what did each child want to be when they grew up?
- Did your kids have any imaginary friends?
- What was their favorite homecooked meal? Has it changed as they've gotten older?
- Was there a special stuffed animal, toy or blanket they had as a child? If so, do they still have it?
- What is your child's favorite pizza topping?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please contact Edina Hamzic at (585) 425-9663.	¹ 10:00 A2 Fitness Exercise 10:45 A1 Jewelry Making 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	² 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	³ 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Trivia Time 4:15 C Walking Club 7:00 T Night at the Movies
⁴ 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Fuse Beads 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	⁵ 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Joe 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends 7:00 T Night at the Movies	⁶ 10:00 A2 Fitness Exercise 10:45 E Fall Foliage Trip to Naples 2:00 T Movie Matinee 2:00 A1 Residents Council Meeting 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	⁷ 10:00 A2 Exercise 10:45 A1 Painting Time 11:30 E Lunch Outing 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	⁸ 10:00 A2 Fitness Exercise 10:45 A1 Baking w/ Lacey 2:30 DR Live Music w/ Josh 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	⁹ 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 A1 Catholic Mass 2:00 T Movie Matinee 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	¹⁰ 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Card Making 4:15 C Walking Club 7:00 T Night at the Movies
¹¹ 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Craft Time 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	¹² Columbus Day 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends 7:00 T Night at the Movies	¹³ 10:15 A2 Movement w/ Denise 10:45 E Fall Foliage Trip to Naples 1:30 A1 Food Council Meeting 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	¹⁴ 10:00 A2 Exercise 10:45 A1 Painting Time 2:30 DR Live Music w/ Nick 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	¹⁵ 10:00 A2 Fitness Exercise 10:45 A1 How Much Did it Cost /1960 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	¹⁶ 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 T Movie Matinee 2:30 DR Live Music w/ Tom 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	¹⁷ 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 LR Wii Game 4:15 C Walking Club 7:00 T Night at the Movies
¹⁸ 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Cards Making 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	¹⁹ 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends 7:00 T Night at the Movies	²⁰ 10:00 A2 Fitness Exercise 10:45 A1 White Board Game- Hangman 2:00 A1 Birthday Party 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	²¹ 10:00 A2 Exercise 10:45 A1 Painting Time 11:30 E Men's Club- Out to Lunch 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	²² 10:00 A2 Fitness Exercise 10:45 A1 Craft w/ Lacey 2:00 A1 Yarn Painting 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	²³ 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	²⁴ 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 LR Live Music w/ Paul 4:15 C Walking Club 7:00 T Night at the Movies
²⁵ 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Word Game 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	²⁶ 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Frank 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends 7:00 T Night at the Movies	²⁷ 10:00 A2 Fitness Exercise 10:45 A1 White Board Game - Jeopardy 1:30 E Scenery Ride 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	²⁸ 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 E Dollar Tree Shopping 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	²⁹ 10:00 A2 Fitness Exercise 10:45 A1 Card Making 2:30 LR Perinton Choir 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	³⁰ 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 A1 Lost and Found Laundry 2:00 T Movie Matinee 2:30 LR Celebrating Halloween w/ Live Music 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	³¹ Halloween 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Snack Bingo 4:15 C Walking Club 7:00 T Night at the Movies

Mystery Solved

From jewel heists and bank robberies to murders and more, these super sleuths became household names for their ability to unravel mysteries. Who's your favorite detective?

Perry Mason, "Perry Mason."

Defense attorney Perry Mason (Raymond Burr) established his clients' innocence by using cross-examination skills and courtroom drama to get the guilty to confess.

Lt. Columbo, "Columbo."

Known for his wrinkled trench coat and cigars, Columbo (Peter Falk), a homicide detective with the Los Angeles Police Department, tricked suspects with his absent-minded behavior and chatty demeanor, constantly asking, "Just one more thing."

Jessica Fletcher, "Murder, She Wrote." Former English teacher turned mystery writer Jessica Fletcher (Angela Lansbury) became a pro at following clues and solving real crimes, many of which took place near her quaint, fictional hometown of Cabot Cove, Maine.

Benoit Blanc, "Knives Out."

The detective, played by Daniel Craig, has been famous since his 2019 debut for his sharp wit, Southern drawl and climactic reveals. The mystery surrounding his character is deliberate, adding to the mystique of the murder mystery films in the "Knives Out" franchise.

Painting Time



We like Ice Cream.

Residents enjoyed a delicious summertime treat on last month's outing. Our residents love their ice cream, whether it be at dinner as their dessert or a special nostalgic trip to choose their favorite flavor.



Musical Therapy

So today, let's listen to the music, tap our toes, clap our hands, sway gently, and enjoy being together. There is no right or wrong way to move. Just have fun and let the music lead you!



Live Music with Mike
outside in our Courtyard.
Residents enjoyed nice
weather and good music.

Paperback Pumpkin Craft

Materials:

- Single sheet of paper
- Pencil or pen
- Scissors
- Old paperback book with strong binding you don't intend to read
- Hot glue gun
- Stick about 6 inches taller than the height of the book

Directions:

1. For the pumpkin-shaped template, fold the sheet of paper in half and trace half the shape of a pumpkin (about 60% of a full circle) on one side. Cut along the traced line, being sure not to cut at the fold.
2. Remove the book's covers by cutting or tearing.
3. Place the folded template on the coverless book and trace the half-pumpkin shape on the pages.
4. Cut about 5 to 10 pages at a time along the traced lines.
5. When all pages are cut into a rounded shape, place the book open at the middle and face-down so that the binding faces you.
6. Add hot glue to the binding and the stick, and place the stick in the binding so that it sticks out on only one side of the binding like a stem.
7. Bring book pages forward to wrap around the stick and hot glue the end pages together.
8. Stand the book upright so that the protruding stick is at the top and fluff the pages into a full pumpkin shape.

Welcome New Residents

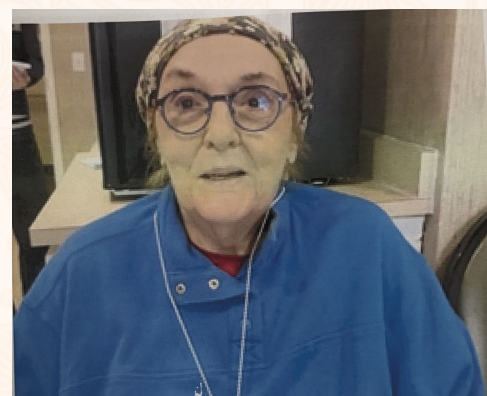
We would like to welcome these new residents to our Heathwood Family.



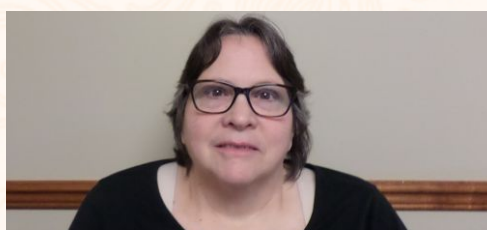
Geraldine F.



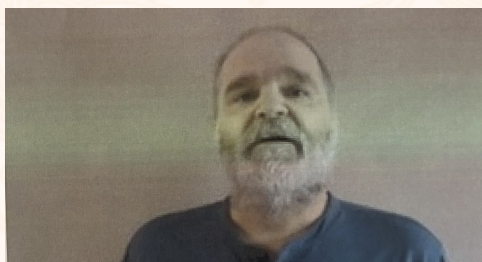
Mary K.



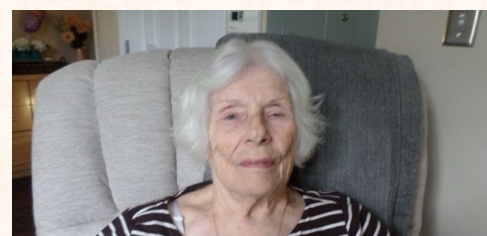
Candace W.



Lori E.



Charles N.



Marilyn C.



- | | |
|---------------|--------------|
| 1. Candy | 9. Halloween |
| 2. Cat | 10. Harvest |
| 3. Costume | 11. Moon |
| 4. Dark | 12. Scary |
| 5. Dry Leaves | 13. Spider |
| 6. Football | 14. Treat |
| 7. Ghost | 15. Trick |
| 8. Goblin | 16. Witch |

D	A	E	A	T	P	V	C	K	H	G	S	H	K	Z
R	M	E	D	T	O	V	D	A	N	X	C	R	A	H
Y	L	M	X	K	F	D	L	Z	N	T	A	E	R	T
L	Q	V	T	J	O	L	A	Z	I	D	R	C	T	L
E	M	U	T	S	O	C	L	W	D	I	Y	I	N	M
A	K	W	S	W	T	I	L	I	R	G	O	T	C	B
V	E	K	E	Z	B	S	E	G	C	Q	Y	A	L	K
E	V	E	V	O	A	M	O	O	N	K	T	C	T	G
S	N	R	R	T	L	B	W	H	U	B	N	D	D	C
P	I	H	A	B	L	O	T	Z	G	F	I	O	G	Z
I	T	A	H	I	N	B	B	H	P	N	S	S	K	Y
D	K	J	N	W	E	U	U	Z	W	D	U	O	C	W
E	W	D	M	T	W	F	M	H	S	X	M	H	U	I
R	A	V	I	I	K	D	W	Z	J	X	O	K	L	K