

GREETINGS FROM YOUR FRIENDS AT CREEKSIDE MANOR!

"October Zodiacs Libra (The Scales) October 1–22 Scorpio (The Scorpion) October 23–31

UPCOMING BIRTHDAYS & EVENTS

October 14th- Happy Birthday Bernard October 20th- Happy Birthday Gary October 28th - Happy Birthday Josie October 31st - Happy Birthday Lynne What's Lucky in October?
Lucky Color: Tangerine
Lucky Animal: Fox
Lucky Day: Thursday
Lucky Plant: Pumpkin



CARING ALTERNATIVES



Flower – Calendula

The flower for October is the calendula, which is native to southern Europe and also known as the pot marigold. The calendula (pronounced kə-'len-jə-lə) is cousin to the daisy and the common marigold. But unlike the pungent marigold used to repel garden pests, the pot marigold's tangy, peppery flavor has become known as the "poor man's saffron." Its petals can be used as an edible colorant in pots of soup, pasta, rice, scrambled eggs, and salads.

"I wish that every day was Saturday and every month was October." ~ Charmaine J. Forde



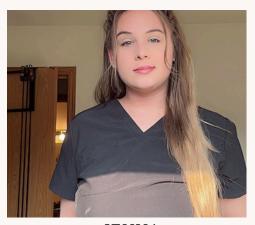
Meet the team!



 $\begin{array}{c} \textbf{TIFFANY} \\ \mathbf{1}^{\mathtt{ST}} \ \mathtt{SHIFT} \ \mathtt{MED} \ \mathtt{LEAD} \end{array}$



BRENT HEAD CHEF



JENNA CAREGIVER