

Inside this Issue

The Week Ahead	2
Book Club Info.	2
Word Search	3
Word Search Sol.	4
October Dates	4
Fall Craft Fair	5
Memories!	6
Fitness Challenge	7
Safer Naper	8
Oct. Calendar	9



please join us for a

JACK-O-LANTERN

JUBILEE

1:00 PM ON

OCT. 30TH

prize for
best costume!

SIGN UP
at the Pavilion
by Oct. 23rd



**Come see the
beautiful changing
leaves on our
Campus of Caring!**





TABOR HILLS
INDEPENDENT LIVING
COMMUNITY

1327 Crystal Ave.
 Naperville, IL 60563

Tony Harvat

Chief Executive Officer
 Tabor Hills Senior Living Campus
 630-778-6677 Ext. 1222
 tony.harvat@taborhills.org

Robin Mikel

Executive Director of
 Independent Living
 630-778-6677 Ext. 1296
 robin.mikel@taborhills.org
Gabriella Di Pillo-Morrow
 Director of Social Media & Life
 Enrichment
 630-778-6677 Ext. 1295
 gabriella.dipillo@taborhills.org

Book Club

Tabor Hills Book Club will meet on Tuesday, October 21st at 1:30 pm in the Game Room at the Pavilion. We will discuss The Dictionary of Lost Words by Pip Williams. This story is about love, loss and the power of language. It explores ways the spoken and written word impact us all. If you can not attend the meeting please be sure to return your copy of the book to Gabriella before our meeting.



THE WEEK AHEAD:

Monday, October 6th

10:30 AM Balance Boosters
 1:00 PM U DECIDE Game
 1:30 PM MahJongg

Tuesday, October 7th

***8:00 AM Breakfast Trip:** Blueberry Hill
 10:30 AM Fitness Fusion
 1:00 PM Bingo

Wednesday, October 8th

10:10 AM Yoga Class with Kate
 10:30 AM Stretch & Flex
 1:00 PM Bridge

Thursday, October 9th

10:30 AM Core Builders
 1:00 PM Dominoes/Pinochle

Friday, October 10th

10:30 AM Super Circuit
 1:00 PM Game Time





OCTOBER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

America
Calendula
Cider
Columbus
Costume
Crops
Explore

Frost
Gold
Halloween
Harvest
Leaves
October
Opal

Pumpkin
Rain
Sea
Ship
Treat
Trick
Windy



OCTOBER

Hidden Quotation:

“Octobers poplars are flaming torches lighting the way to winter.” - Nova Blair



October Dates to Note:

Wednesday, October 22nd: The team from Supportive Living will be at the Pavilion to present an informational session on admission, cost, insurance, and the lifestyle residents can expect at this Tabor Hills community.

Monday, October 27th: Join Kate for this presentation that ponders ‘What get you out of bed in the morning and what excites you about your day.’ We will explore pathways to engage with life. At 10:30 AM, in place of Balance Boosters.

Monday, October 27th: After Kate’s presentation, stick around and hear from Nisha Luck, representing Santoshland Vedic Wellness – a local ayurvedic wellness center. She will discuss the benefits of massage especially for seniors.



Join us for a festive fall day full of creativity,
community, and handcrafted charm!

Shop one-of-a-kind goods from over 15 talented vendors
- including some of our very own resident crafters!

SATURDAY, OCTOBER 18TH 10AM-3PM
SEMERAD PAVILION | 1327 CRYSTAL AVE. IN NAPERVILLE

Free Entry - Raffles - Bake Sale - Fun

VOLUNTEERS & BAKED GOODS NEEDED – PLEASE READ ALL THE DETAILS BELOW!

Volunteers:

- Needed for the Jewelry Table and the Bake Sale Table
- Options for 10AM-12PM, 12PM-3PM, or full-day
[Tabor Hills will provide a lunch for full-day volunteers]

Bakers:

The Bake Sale table will be in need of your delectable desserts!

- Please sign up and indicate what you might be baking or bringing
- Store-bought is okay IF THE ITEM(S) ARE RE-PACKAGED
- ANY PIES & LARGE ITEMS (CAKES) BROUGHT OR BAKED WILL BE SOLD WHOLE
- Drop off will begin at **12PM** on Friday, October 17th
- PLEASE **package** and **label** your items for sale. Indicate if there are any common allergens in your bake (nuts) or if it is allergen-free (gluten-free or dairy-free). If you feel inclined to price it, you can also do so, or we'll place a price sticker on once you bring it up to the Pavilion.

Thank you for your help in making this event a success!

*Proceeds from the Bake Sale & Jewelry Table will go to our Leon/Entertainment Fund,
plus, all the proceeds from fees vendors paid!*

*There will be about 18 vendors at the Fair, alongside our Bake Sale & Jewelry Table.
Please spread the word and make plans to attend with friends and family!*

MOVIE MAGIC WEEK MEMORIES!





Get Active with Symbria— Join the Fitness Challenge!

In celebration of National Senior Health and Fitness Day, Symbria invites you to participate in a month of movement, wellness, and fun in October. Well-Being Specialists and Navigators will host special events and group exercise classes to help you stay active and feel great.

Join the Challenge – Enter for a Chance to Win!

Collect your Punch Card from your Symbria representative and complete the following activities to enter the raffle:



Attend 5 group exercise classes



Attend a Learn and Live Well Presentation



Participate in a Balance & Fall Risk Screening



Complete the Balance Obstacle Course



A Safer **NAPER**

Sharing timely crime prevention information relevant to residents to improve awareness and crime prevention efforts throughout the City of Naperville. Please pass this information on to your fellow neighbors through your HOA's newsletter, email distribution list or social media sites.

September 2025

Increasing Your Situational Awareness

Situational awareness is being attentive to surroundings to reduce risks and enhance personal safety. While it may sound simple, distractions and fast-paced routines make it challenging. Practicing this skill helps prevent crime, avoid accidents, and stay prepared.

Key Tips for Situational Awareness



- **Predict events:** Anticipate future actions based on what's happening around you. Thinking ahead improves decision-making.
- **Identify elements:** Notice not only potential threats but also ordinary factors like people, objects, and environmental changes.
- **Keep your head up:** Avoid being absorbed by phones or other devices, which limit awareness of surroundings.
- **Use peripheral vision:** Train yourself to monitor activity outside your central focus for a wider sense of awareness.
- **Don't just look—see:** Observe exits, unusual objects, or suspicious behavior when entering a room or public space.
- **Avoid overload:** Too many tasks or distractions cause errors and stress; prioritize and minimize distractions.
- **Prevent fatigue:** Rest well and maintain energy levels since tiredness diminishes vigilance.
- **Clear your mind:** Confusion causes missed signals and mistakes while boosting a potential threat's confidence.
- **Guard against complacency:** Staying in a comfort zone or assuming everything is fine lowers alertness. Periodically check your mindset.
- **Engage your senses:** Use sight, hearing, smell, and touch to detect changes in your environment.
- **Trust instincts:** If a situation feels wrong, remove yourself, ask for help, or call 911.
- **Reassess continually:** Environments change quickly; ongoing evaluation helps you respond effectively.

Ultimately, practicing situational awareness is about staying alert, attentive, and engaged, both mentally and physically. Doing so can help avoid dangerous encounters, prevent accidents, and recognize criminal behavior before it occurs.

.....

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:10 AM Yoga Class 10:30 AM Stretch & Flex	2 *9AM-12PM Flu/COVID Vaccine Clinic 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	3 10:30 AM Super Circuit 1:00 PM Game Time
6 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	7 *8:00 AM Breakfast Trip: Blueberry Hill 10:30 AM Fitness Fusion 1:00 PM Bingo	8 10:10 AM Yoga Class 10:30 AM Stretch & Flex 1:00 PM Bridge	9 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	10 10:30 AM Super Circuit 1:00 PM Game Time
13 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	14 10:30 AM Fitness Fusion *11:00 AM Lunch Out: Pomegranate Cafe	15 *10:00 AM Birthday & Anniversary Party	16 10:30 AM Core Builders 1:00 PM Dominoes/Pinochle	17 10:30 AM Super Circuit 1:00 PM Game Time
20 10:30 AM Balance Boosters 1:00 PM U DECIDE Game 1:30 PM MahJongg	21 *8:00 AM Breakfast Trip: Cracker Barrel 10:30 AM Fitness Fusion 1:30 PM Book Club	22 10:10 AM Yoga Class 10:30 AM Stretch & Flex <u>11:15 AM Supportive Living Info Presentation</u> 1:00 PM Bridge	23 10:30 AM Core Builders	18 CRAFT FAIR! 10AM-3PM
27 10:30 AM Learn & Live Well <u>Presentation by Kate</u> 11:15 AM Ayurveda <u>Therapies/Massage Presentation</u> 1:00 PM U DECIDE Game 1:30 PM MahJongg	28 10:30 AM Fitness Fusion *11:00 AM Lunch Out: Jason's Deli 1:00 PM Bingo	29 10:10 AM Yoga Class 10:30 AM Stretch & Flex	30 *1:00 PM Jack-o-Lantern Jubilee Halloween Party!	24 10:30 AM Super Circuit 1:00 PM Game Time
				31 10:30 AM Super Circuit 1:00 PM Game Time