

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Activities and Times are subject to change *</i> Rec Therapy Staff Elise	Fall Prevention Tips: Wait 10 seconds before standing up Avoid loose slippers Get rid of clutter Take medications as directed Use your supports, walker, grab bars, etc	1 FLU SHOTS 8 am—12 pm! BINGO LUNCH—Goulash Let's Get Moving with Jillian 1—Women's Group	2 BOOK MOBILE DAY LUNCH—Cheeseburgers Let's Get Moving with Jillian BINGO 1:00 Music with Miriam Pico	3 FLU SHOTS 8 am—12 pm! BINGO Manicures LUNCH—Chicken Noodle Soup/Sand. Let's Get Moving with Jillian POKER
6 BOOK MOBILE DAY 8 am—12 pm FLU SHOTS! Manicures LUNCH—Breakfast Let's Get Moving with Jillian BINGO	7 FLU SHOTS 8 am—12 pm! BINGO LUNCH—Spaghetti w/meat sauce Let's Get Moving with Jillian Hot Cocoa Cart	8 COLOR TOUR 10:30 DEPARTURE LUNCH—Meatloaf Let's Get Moving with Jillian BINGO	9 FLU SHOTS 8 am—12 pm! COLOR TOUR 10:30 DEPARTURE BINGO LUNCH—Chicken Philly Sandwich Let's Get Moving with Jillian	10 Crafts LUNCH—Creamy Pork Chops Let's Get Moving with Jillian BINGO
13 BINGO LUNCH—Ricotta Stuffed Marinara Shells Let's Get Moving with Jillian	14 DENTAL MOBILE CLINIC Manicures LUNCH—Chili Dogs Let's Get Moving with Jillian POKER	15 BINGO LUNCH—Country Fried Steak Let's Get Moving with Jillian 12:30 pm Bible Study w/Kathy D. 1:00 Women's Group	16 LUNCH—Chicken Stir Fry Let's Get Moving with Jillian BINGO Balloon Badminton	17 BINGO LUNCH—Sloppy Joes Let's Get Moving with Jillian Armchair Travel—Australia
20 VISION MOBILE CLINIC LUNCH—Cheeseburgers Let's Get Moving with Jillian BINGO Crafts	21 LUNCH—Beef Noodle Soup/Sand Let's Get Moving with Jillian BINGO 1:00 pm Creative Arts w/Emma	22 AUDIOLOGY MOBILE CLINIC Manicures LUNCH—Chicken & Dumplings Let's Get Moving with Jillian BINGO	23 STAFF TOWNHALL DAY CENTER CLOSED You can reach our on-call service at 231-252-2767 for all urgent matters	24 DENTAL MOBILE CLINIC LUNCH—Lasagna Let's Get Moving with Jillian Birthday Party BINGO
27 SPIRIT WEEK— BINGO LUNCH—Beef Stroganoff Let's Get Moving with Jillian Karaoke	28 SPIRIT WEEK— BINGO LUNCH—Wet Burrito Let's Get Moving with Jillian	29 SPIRIT WEEK— BINGO LUNCH—Italian Chicken Breast Let's Get Moving with Jillian 1—Women's Group	30 SPIRIT WEEK— Manicures BINGO LUNCH—Sloppy Joe Let's Get Moving with Jillian	31 HAPPY HALLOWEEN BINGO LUNCH—Beef Stew HALLOWEEN COSTUME PARTY Let's Get Moving with Jillian POKER
REMEMBER: IF YOU SIGN UP FOR ANOTHER MEDICARE PLAN DURING OPEN ENROLLMENT—YOUR ENROLLMENT WITH PACE NORTH WILL BE CANCELLED. YOU WILL BE GETTING PHONE CALLS AND MAILINGS AND SEEING A LOT OF COMMERCIALS ON TV SUGGESTING YOU SIGN UP FOR A DIFFERENT HEALTH INSURANCE PLAN—PACE NORTH IS YOUR INSURANCE PLAN. IF YOU NEED HELP OR HAVE QUESTIONS, PLEASE CONTACT YOUR SOCIAL WORKER.				

Word Search

WORDS THAT START WITH O



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

- Ornithology
Optimal
Obtuse
Optimistic
Oceanographer
- Octopus
Omnipresent
Objective
Official
Offensive
- Oasis
Oarfish
Obsession
Onward
Ogre
- Observant
Oatmeal
Original
Obedient
Okay

PACE North
2325 Garfield Rd N
Traverse City, MI, 49686
(231) 252-2767

Call PACE first if you have any medical issues or questions. Medical staff is available by phone 24/7 at:
(231) 252-2767.

FALL PREVENTION

Did you Know?

- Falls are the leading cause of injury-related deaths for older adults.
- Falls are the leading cause of hip fractures and traumatic brain injuries in older adults.
- One in five falls cause an injury like a fracture or head injury.
- Falls can take away your independence.

How can PACE help?

- Home assessments
- Exercise and balance classes
- Assess equipment, shoes, medications.

To report a fall select Option 1 when calling the Center. For more fall prevention education contact your RN Care Manager.

FLU SHOTS THIS MONTH!
See inside for dates!

Happy BIRTHDAY

Mary K	10/02	Jeanne C	10/16
Pamela S	10/04	Leesa S	10/17
Greg H	10/05	Tim W	10/25
Sandra W	10/06	Lynda J	10/26
Sandra R	10/08	Karen L	10/26
Marcia D	10/10	Robin B	10/28
Lola K	10/12	Susan C	10/28
Karon M	10/13	Laura F	10/28
Don A	10/13	Bob K	10/28
Joeann B	10/13	Leslie B	10/29
Ted S	10/13		
Wayne B	10/15		
Lisa W	10/15		

Day Center Supervisor:
Kayla
Kayla supports the day center C.N.A.'s and is eager to make your day center experience the best it can be!