

Arbor North News

October 2017



WELCOME FALL

September left us with high temperatures and lot of sunny days. I think our Apple Pie Contest was one of the hottest days of the year... congratulations to Ellen Zaski's daughter, Linda, on her winning pie!! Some highlights of this past month were donating school supplies to Hunt Elementary, Talk Like a Pirate day and our Pirate Party, Great Lakes Breakfast, A visit from Potter Park Zoo, and our Fall Family Potluck.



Helen reading with her Reading Buddies.

WHAT'S HAPPENING

As we look ahead to the cooler temps and beautiful fall colors of October, we have some special events to look forward to: Michigan History & Rootbeer Floats on the 6th, Bonfire on the 9th, Great Lakes Happy Hour on the 13th, Fall Color Tour on the 14th, a trip to Meckley's Flavor Fruit Farm on the 17th, Burger Baskets on the 19th, and, of course, our annual Halloween Party on the 31st! We can't wait to enjoy all these fun activities together.



Delivering backpacks and school supplies to Hunt.



October Birthdays:

4th Fran Burdick

5th Shirley Chesley

6th Florence Sayer

18th Joyce Allen

22nd Jerry Basner

25th Nellie Sowle

The Monthly Birthday Celebration will be on Friday, October 11th at 3:30.

This is open to all residents. Come help us celebrate all of our October birthdays and new residents!



Health & Wellness

Yoga and Meditation:

Join Becky every Monday and Friday at 10:00 am. This is a very low impact, relaxing workout. Good for body and soul!!

Exercise and Strength Building:

Join Linda and Becky LaRue every Tuesday, Wednesday and Thursday at 10:00 am. This is sure to get your heart pumping and work on building muscular strength

Blood Pressure Clinic

This Month the Blood Pressure Clinic will be held on the 1st and 3rd Wednesdays: July 5th and 19th From 8:30-9:30 In the Arbor Room

Fitness Room:

Arbor North's Fitness Room is available for your personal use. Located next to the activity room, come check out the equipment.

Regularly Scheduled Events

MEIJER RUN

Meijer run is every Tuesday. The bus leaves at 1:30pm to drop off and returns at 3:15pm to pick up.

BEAUTY/BARBER SHOP

Our Salon has been completely remodeled. It is open on Thursday & Friday from 8:30am to 5:00pm. Please call Valerie at (517) 250-1507 to schedule an appointment.

CHOIR PRACTICE

Practice will be every Thursday at 3:30pm in the Music Room. Kevin is always looking for new members!

VISITATION COMMITTEE

The visitation visits will be on Fridays at 1:30pm. The Visitation Team will visit those who are in the hospital or rehab. If you are interested, please contact Becky.

MENS BREAKFAST

The mens breakfast will be on Thursday, October 5th at 8:00am in the activity room.

MENS NIGHT OUT

The monthly Mens Night Out will be on Friday, October 20th at 4:30pm.

CROUCH MUSIC JAM

We will be going to enjoy the music on October 3rd, 17th, and 31st at 1:15

LADIES BREAKFAST - HALL #3

Ladies Breakfast will be on Thursday, October 19th at 8:00am in activity room

LADIES NIGHT OUT

Ladies Night Out will be on Thursday, October 12th at 4:30pm.



DINNER OUT

We are going out to Klavons on Thursday October 26th at 4:30. This is a pay your own event.

RED HATTERS LUNCH IN

The Red Hatters will be having with Linda on Friday, October 27th at 11:30.

CAFÉ

The Café is open at 4:00 on Monday afternoons. It costs \$3.

Flavor Fruit Farms

We are heading down to Jerome for a tour of the farm and Cider Mill at Meckley's Flavor Fruit Farms. Our tour will include an apple, cider, and a fresh donut. We will be spending time outside so make sure to dress for the weather.

Tuesday, October 17th

9:30 am

(we will return in time for lunch)

HAPPY HALLOWEEN

Join us for a spook-tacular ghoulish time at our Annual Halloween Party. We will be serving frightfully delicious food, and enjoying hauntingly fun games! Wear your best costume, prizes awarded to the best dressed!!

Tuesday, October 31st

3:30 pm

Dining Room

In Loving Memory 

Ken Ambs

Gloria Abs

Frances Hogle

MaryHelen Yoxhaimer

ARBOR NORTH

KEVIN & LEIGH GANTON: OWNERS

BOBBY GANTON: ADMINISTRATOR

MOLLY SPITLER: OFFICE MANAGER

BECKY GILLMORE: COMMUNITY

ENRICHMENT DIRECTOR

**LIINDA VANWAGONER: ACTIVITY
DIRECTOR**

TOMMI WILDS: KITCHEN MANAGER

REID GANTON: MANAGING DIRECTOR

3000 Kingsbrooke Dr

Jakckson, MI 49202

**WE L♥VE
OUR VOLUNTEERS**

**BONFIRE: Tuesday, October 10th.
Come help us roast s'mores!**

**Have a talent, hobby, or special skill
that you would like to share?**

**We are always looking for new and
exciting ideas and ways to get
involved in our community.**

**Many thanks to Bethel Church. We
are really enjoying the live stream of
your church service!**

**If you are interested in helping
with any of these, please contact
Becky or Linda**