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“A Place For Everything
And Everything In It’s Place!”
New Activities

Senior Moments- “Joggin Your Noggin” This is a fun and challenging word game for seniors. Brainbox Senior Moments will help improve observation, memory, and conversation skills and is a fabulous trip down memory lane!

Spelling Bee Puzzle- Let’s come together and see how many common word’s of 5 or more letters can we spell using the letters in the hive.

Balloon Dart Game- We have “real” darts this time! Bring yourself back to those carnival days. Throwing a dart is a game that tests the aim and patience of each player.

Candy Bar Pokeno- Come play one of the most popular games here in our community for a chance to win money, and candy bars! Can’t go wrong with either!

Caramel Apple Making- Who loves caramel and apples? Come make your own candy (caramel) apple to eat and enjoy!

Seasonal Art Therapy- Come create art work to represent our fall season!

Ring Toss- Come play the traditional ring toss game for some fun and prices!

Sponge Painting- Simple, fun process art! Play, have fun, and enjoy!
October Monthly Events

Wednesday October 4th: 2:30pm Drawing with Jane (AU)

Friday October 6th: 12:00pm Alzheimer’s Pizza Sale (AU)
Come support The Alzheimer’s Association! We will be selling pizza for $2.00 a slice in the Auditorium. We will have tables set up to eat!

Friday October 6th: 2:00pm Great Hollywood Musical Event (AU)
Don’t miss this musical event, it will be a time to remember!

Saturday October 7th: 6:30pm Our own “Hank” and Mark Dezii will be performing for us! (AU)

Sunday October 8th: 9:00am Trip to AC for the Alzheimer’s walk!

Sunday October 8th: 10:30am Yoga with Bridgette (AU)
Join Bridgette for a relaxing Sunday morning yoga class. “Yoga takes you into the present moment, the only place where life exists.”

Tuesday October 10th: 2:00pm Budesa Brothers (AU)
These brothers never seem to let us down! Come out for a great afternoon performance!

Wednesday October 11th: 2:30pm Crafts with Felecia (AU)
Come find out what Felecia has in store for the monthly craft!
Thursday October 12th: 2:00pm Horticultural Therapy Class (AU)
Come play in the dirt because life is too short to always have clean fingernails!

Friday October 13th: 11:00am Let’s Bake Apple Pie (D209)
Why not start the baking early? Join Jenna and Kayla in making a homemade Apple Pie! If anyone has any homemade pie recipes please share!

Friday October 13th: 2:00pm Painting with Jazzy Jen (AU)
Creativity creates Creativity. Art enables us to find ourselves and loose our selves all at the same time! Come paint the afternoon away!

Sunday October 15th: 4:00pm Philly Senior Stage Performs (AU)
Here they are again performing Guys and Dolls! This group is one of a kind!

Tuesday October 17th: 2:00pm Mark Dezii (AU)
Mark always comes ready to perform! Not only does he sing, he also comes with a handful of jokes!

Wednesday October 18th: 11:30am Sponge Painting Class (AU)
We will be sponge painting a fall tree on canvas!

Wednesday October 18th: 2:30pm Monthly Birthday Party (AU)
**Wednesday October 18th: 6:30pm Horse Racing (AU)**
Come out for a NIGHT of Horseracing!

**Monday October 23rd: 6:30pm Apple Cider Social (AU)**
What better way to celebrate the start of fall than having Apple Cider juice and donuts?

**Tuesday October 24th: 8:00am-1:00pm Flu Shot Clinic (AU)**
**Tuesday October 24th: 2:00pm Patriots in Petticoats Slideshow (AU)**
Come learn about “the ladies” who made revolution possible.

**Wednesday October 25th: 2:00pm Maggie Mustico (AU)**
Come listen to Maggie perform her beautiful gift of singing!

**Thursday October 26th: 11:00am Pumpkin Painting Class (AU)**
It’s that time of year… Pumpkin Season! Come paint your own individual pumpkin. We will have a variety of paints!

**Thursday October 26th: 6:30pm Senior Helper Happy Hour (AU)**
Need some assistance? Senior Helpers can help! Come find out what it’s all about! We will have refreshments available! *Families are welcomed.*

**Friday October 27th: 12:00pm Pretzel Sale (CH)**
We will be selling pretzels to raise money for the Hurricane Victims.
**Sunday October 29th: 10:30am** Yoga with Bridgette (AU)
Yoga is known to help with many health benefits. Come give it a try!

**Monday October 30th: 11:00am** Halloween Movie (AU)
Why not start a day early celebrating Halloween! Come join us in watching a Halloween movie!

**Tuesday October 31st: 11:00am** Candy Corn Activity (AU)
Who doesn’t love candy corn? Come participate in this activity and win yourself some!

**Tuesday October 31st: 2:00pm** Halloween Movie (AU)
Why not? There’s always more than only spooky Halloween movie to watch!

**Tuesday October 31st: 7:00pm** Halloween Party (AU)

*Invitation is on page 16 in the Reflections!*
You will not want to miss this party!
We will have food, drinks, and ton’s of fun.
Don’t forget to come dressed in your Halloween Costume!
Prices will be given out to the most creative, scariest, funniest, and all around best couple costume!

*Let’s make this a Halloween to remember…*
“Becoming History”

A Couturier’s Career in Fashion

In 1946, Lauralou Courtney Bates became one of the first women ever to receive a master’s fellowship at Drexel University, breaking an important barrier at the institution that had already awarded her a full scholarship for undergraduate studies in home economics.

She’s been breaking barriers ever since. Bates, who at 93 years old still gets pleasure out of working in her studio, went on to create a career that stood on the frontlines of history, both in terms of fashion design and the role of women in the workplace.

At a time when most women were not yet working outside the home, Bates—who was raising four children at the time—started her own company and traveled all over the world to create and manufacture her own clothing lines. Eventually, she became a celebrated couturier with retailers like Bonwit Teller, Neiman Marcus, Lord & Taylor and Sakes 5th Avenue, and had a long list of celebrity clients commissioning her work.

“I used to meet Ed McMahon on the train to New York all the time. He’d see me carrying my stuff, and pretty soon he asked me to make something for Miss Liberty Bowl to wear,” Bates says, referring to
the annual college football game that began, famously, in Philadelphia. “Johnny Carson too. He’d come down to the games in his little porkpie hat and nothing warm to wear, so he’d sit in the booth with me and share my blanket. All their wives came to me for clothes.”

Throughout it all, her inventive spirit kept her on the cutting edge of fashion.

“I was doing thing’s like sewing patches on raw edges, and making clothes with holes in them a long time ago,” she says.

And her breakthrough talents were not limited to clothing. A line of floral paper wrappings she developed for her first employer, Wolff Industries, ultimately transformed the packaging industry, as printed products rapidly replaced plain white and brown wrapping at most major retails.

“I guess you could say I brought fashion into the paper business,” She says.

Once, by odd circumstance, Bates even used her talents to help create a medical device. She’d taken a knitting class with an expert instructor, and wound up using her patter drafting skills to help him design a patch material for use in open-heart surgery- something he’d been commissioned to do by a group of surgeons.
“I just took that class because I wanted to learn how to knit a butterfly,” she says. “But he couldn’t figure out how to get the patch to attach to human tissue, so I helped him with that part.”

Bates now says she owes everything to the university that took a big bet on her, back when she was just about graduate from Germantown High School.

“I consider myself a two time winner,” she says. Drexel gave me two degrees, yes, but really it gave me everything that I know how to do. I can truly say that I owe my career to Drexel.”

**Suggested Pullquotes:**

“I can truly say that I owe my career to Drexel.”

“I guess you could say that I brought fashion into the paper business”

“I was doing things like sewing patches on raw edges, and making clothes with holes in them a long time ago.”

Let’s congratulate Lolly Bates on her extraordinary accomplishments!

We The Fountains are so proud of you, and are happy you chose to live here with us!

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*This article is going to be published by Drexel in the Fall of 2017!*
Autumn

Although I like each season, There’s none I hold more dear
Than on these bright blue-amber days when autumn time is here.

The hills are flaunting red and gold
to mark October’s day, a view that is so dazzling
it takes our breath away. The tawny fields so peaceful, the
harvest gathered in, our barns and bins now overflow

with God’s good gifts again.
The sugar maple trees aflame ‘Neath sky of sapphire blue,
A picture only God could paint and send each year anew.

I count all seasons beautiful, each one our Lord has blessed
But none uplifts my heart so much as autumn’s warm caress.
October 2017

1  Sunday
  8am Transportation to Church
  11am Word N Word; AU

2  Monday
  9:30am Stretch & Bend; AU
  10am ShopRite
  11:30am Word N Word; AU
  1pm Billiards
  1:30pm Bingo; AU
  6:15pm Wii Bowling; FL
  6:30pm Card Games; AU

3  Tuesday
  10am Dance Band; AU
  10am Mindful Meditation; D209
  10:30am Intro Wii Bowling; F2
  11am Apples to Apples; AU
  1:15pm Yoga; AU
  1:30pm Arts & Craft; A3
  6:30pm Candy Bar Pokeno; AU
  6:30pm NO Movie; AU

4  Wednesday
  9:30am Stretch & Bend; AU
  10am Bank/Post Office; CH
  11am Therapeutic Collage Making/Coloring; AU
  1pm Worship Service; AU
  2:30pm Drawing with Jane; AU
  6:30pm Card Games; AU

5  Thursday
  9:30am Yoga; AU
  10am Walmart
  11am Let’s Get Physical Exercise Class; AU
  2pm Horse Racing; AU
  2pm NO Sing Along WiTony; CH
  6:15pm Wii Bowling; FL
  6:30pm Movie; AU

6  Friday
  9:30am Stretch & Bend; AU
  10am Springdale Farm
  11am Tea and Pastries; FL
  12pm Pizza Sale for Alzheimers; AU
  1pm Billiards
  1pm Rosary; CL
  2pm Great Hollywood Musical Event; AU
  2pm Happy Hour; FL
  6:30pm Card Games; AU

7  Saturday
  10am ShopRite/Dollar Store
  11am Catholic Services; AU
  11:45am Lunch Outing; CH
  1:30pm Bingo; AU
  6:30pm NO Movie; AU
  6:30pm Our own “Hank” & Mark Dezii

8  Sunday
  9am Transportation to Church
  9am Alzheimer’s Walk in AC
  10:30am Yoga with Bridgette; AU

9  Monday
  9:30am Stretch & Bend; AU
  10am ShopRite
  11:30am Word N Word; AU
  1pm Billiards
  1:30pm Pokeno; AU
  6:15pm Wii Bowling; FL
  6:30pm Card Games; AU

10 Tuesday
  10am Mindful Meditation; D209
  10:30am Intro Wii Bowling; F2
  11am Senior Moments; AU
  1:15pm Yoga; AU
  1:30pm Arts & Craft; A3
  2pm Budesa Brothers
  5pm Dinner Outing
  6:30pm Movie; AU

11 Wednesday
  9:30am Stretch & Bend; AU
  10am Bank/Post Office; CH
  11am Movement & Motivation Class; AU
  1pm Worship Service; AU
  2:30pm Crafts with Felecia; AU
  6:30pm Card Games; AU

12 Thursday
  9:30am Yoga; AU
  10am Walmart
  11am Apples to Apples; AU
  1pm Meditation; D209
  2pm Horticultural Therapy Class; AU
  2pm Sing Along WiTony; CH
  6:15pm Wii Bowling; FL
  6:30pm Movie; AU

13 Friday
  9:30am Stretch & Bend; AU
  10am Bosco’s Mall Trip
  11am Let’s Bake Apple Pie; D209
  1pm Billiards
  1pm Rosary; CL
  2pm Happy Hour; FL
  2pm Painting with Jazzy Jen; AU
  6:30pm Card Games; AU

14 Saturday
  10am ShopRite/Dollar Store
  11am Catholic Services; AU
  11:45am Lunch Outing; CH
  1:30pm Bingo; AU
  6:30pm Movie; AU
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<tr>
<th>Day</th>
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<tr>
<td>Sunday</td>
<td>8am Transportation to Church</td>
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<td>4pm Guys &amp; Dolls - Philly Senior Stage; AU</td>
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<td>6:30pm Movie; AU</td>
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<td>10am Bank/Post Office; CH</td>
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<td>7pm Halloween Party; AU</td>
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Transportation Schedule

Weekly Bus Trips
(These trips are consecutive each week, unless noted otherwise)

Please Note: Bus trips will not run if less than 4 residents are signed up. (Please be up at the clubhouse 5 minutes before scheduled time)

- **Mondays:**
  10am Shop-Rite

- **Wednesdays:**
  10am Bank, Post-Office & Rite Aid

- **Thursdays:**
  10am Walmart

- **Saturdays:**
  10am Shop-Rite/Dollar Store

- **Sundays:**
  9am Local Church drop offs

Monthly Add-on Trips

Note: Please make sure to sign up!

- **Friday October 6th**
  10am Springdale Farms

- **Tuesday October 10th**
  5pm Dinner Outing (Red Lobster-Deptford)

- **Friday October 13th**
  10am Boscov’s Mall Trip

- **Friday October 20th**
  10am Amish Mart

- **Tuesday October 24th**
  10am Michaels/TJ Max

- **Friday October 27th**
  10am Berlin Mart

**Tuesday October 31st:** 10am Boscov's Trip

Go get your Apple Cider Donuts from one of the local farms!
Community Services

Cafe:
• Open Monday-Saturday 7:30am-3pm
• Open Sunday 3pm-6pm
• Phone Extension 7229

Dining Room:
• Open Monday-Saturday 4pm-5:30pm
• No assigned seating
• Please sit at a cleaned, reset table only
• To reserve seating for outside guests call 7228
• Monday-Saturday Room tray orders call 7228 by 3pm
• Sunday Room tray orders call 7228 by 10am

Daily Menu:
• Call 8400

Sunday Meal and Holidays:
• Open seating 11:30am-1:30pm

The Fountains Salon
(Beauty & Barber Services):
• By Appointment Only
• Call 856-809-7230

Rehab
• Tuesday & Thursday Personal Training Sessions 1-2:30PM
• Sign-up sheets outside ILF Gym

Daily Activities:
• Tune in to channel 1970
EAT

DRINK

AND BE SCARY

WITH THE

FOUNTAINS!

We will have a costume contest! See details on page 7 in the reflections!

Join us for a Halloween Party

In the Auditorium

Tuesday October 31st at 7pm!

We will have Entertainment!
October Celebrations

October 2nd- Mary (Pat) Weaver
October 10th- Gertrude Deger
October 12th- Ricardo Honorio
October 14th- Robin London
October 18th- Mary Cruz
October 19th- Harold Holtznagel
October 20th- Leona Ingling
October 20th- Alfred Medzie
October 20th- Harvey Yavener
October 22nd- Helen DeBoyace
October 22nd- Paula McFadden

Pastors For The Month Of October!

October 4th- Rev. Christopher Heckert
(Haddonfield Methodist Church)

October 11th- Rev. Geneviève Bishop
(St. Mary’s Episcopal Church)
Haddon Heights NJ

October 18th- Vicak Maggie Edwards
Our Lord of Life Lutheran Church

October 25th- Rev. Howard Smith (Hammonton Presbyterian church)
“ALOHA” from
Gladys & Arnold Starnes

More than thirty years ago, we decided to no longer just talk about going to Hawaii, but to actually lace up our Nike sneakers and “just do it.”

We selected our travel agent’s “Hawaii and the West” vacation package, which included a three-day stop-over in San Francisco, California. It rained for the duration of our three-day stay, but the “liquid sunshine” didn’t deter us at all. We visited Union Square, Nob Hill, and rode the cable car to Fisherman’s Wharf, which is a vacation within a vacation. The “Hawaii and the West” selection was a good decision, especially since it was a first-time visit for both of us.

It’s no wonder tony Bennett left his heart in San Francisco. We would have done the same except that we were packing again for a trip to Paradise.

We arrived in Oahu, Hawaii to the sound of ukulele music, and young women and men dancing the hula. They placed beautiful garlands of flowers (leis) around our necks and waved us off to a waiting taxi cab. Our beautiful beachfront hotel did not disappoint. We stayed “at home” on our first evening, happy to relax on the balcony and take in a sunset so beautiful it defies description.
The bus service is called “The Bus,” which we rode everyday to sight-see and visit many and varied points of interest—restaurants, strolls on the beach, gift shops, clothing boutiques, etc. It was at one of the boutiques that I bought a couple of the very popular one-size-for-all Muu Muu dresses. The shopkeeper explained to us that “people know what is under the Muu Muu, but are never sure of how much is under the Muu Muu. We made a trip to the Battleship Arizona and Diamond Head (an inactive) volcano. Another exciting place to visit was the Ala Moana Shopping Center in Waikiki. This location provided the perfect vantage point to observe a multiplicity of different ethnic groups that make up the Hawaiian population. If you can imagine it, you can find it.

Our itinerary also highlighted a bus tour to the Polynesian Cultural Center (a must see, and a vacation within itself). We enjoyed spectacular long-boat canoe presentations, beautiful traditional Hawaiian love songs sung by the late Don Ho, attended several luau—where pig wrapped in banana leaves was roasted in a pit underground and seasoned to perfection. There were hip-swaying hula dancers, who told a story through their graceful hand and arm movements. Guests were sometimes invited to participate in a hula dance contest. One of us entered a hula contest, and one of us won.

As our dream vacation dwindled down to precious few days, we boarded a small commuter plane for a three-day trip to the lush island of Maui. Maui offers a pristine golf course, a little trolley for rides around the island, evening ukulele music with group singing and dancing under leafy palm trees, and numerous cultural exhibits.

While in Maui, we too the opportunity to rent a car for a
day-long trip to the top of an inactive volcano called the clouds. It was quite an experience to look out the car window and see fluffy white clouds below us. Awesome! High winds and cold temperature at the summit gusted so strong they created magnificent ever-swirling shapes, designs, patterns from volcanic ash within the crater. Had we known that the summit would be so cold, and windy, we would have worn warm hooded jackets. Nevertheless, it was a joyous experience, and time well spent.

Back in Oahu on the day of our departure, we arose before dawn to enjoy one last time the quiet serenity of a Hawaiian sunrise, where the sun appears to rise up out of the Pacific Ocean. Thinking that it just doesn’t get any better than this, little did we know that we were about to become the recipients of a farewell gift from a most unlikely source. As we were about to leave the balcony to being packing, a beautiful white dove (whom we named “Lovey”) flew onto the railing and onto the floor of the balcony. I reached for the camera to snap a picture before it flew off. However, at that moment, our feathered friend had no intention of leaving. Lovey leisurely waddled inside and took a tour of our suite– dropping a white feather on the carpet along the way– before again flying onto the balcony railing and off into the wild blue yonder. We brought the feather home with us, laminated and framed it. Whenever we look at our farewell gift from Lovey, we are reminded of every precious detail of our wonderful Hawaiian vacation.

“Memories are made of this.”

Aloha!
The Meaning of Aloha

A- Stood for the word “aloha” meaning welcome what I have you may have, share with me.

L- Stood for the Hawaiian word “loko maikai” which meant what I’ve said comes from my heart, good intentions.

O- Stood for the Hawaiian word “oluolo” meaning happy. This is part of our heritage— a happy Hawaiian people happy doing for others.

H- Stood for the Hawaiian word “haahaa” meaning humility and meekness. We welcome you, we do things for you because we are happy doing it and are very humble to serve.

A- Stood for the Hawaiian word “a-a ka maka” which meant, our eyes are wide open but our lips are sealed. If you have taken all from us who are we to say, for we knew what we were doing.
Let’s Get Moving!

*Seasonal affective disorder* often starts in the fall and may continue into the winter months.

Symptoms include fatigue, depression, hopelessness, and social withdraw.

One way to naturally beat Wintertime Depression is to Get Moving!

Let’s take a look at the two most used parts of the body that we often forget to acknowledge—our hands and feet.

*Let’s look at our hands-* There are 29 bones in each hand and 29 joints. What is really interesting is that there are no muscles in the fingers themselves, but there are 34 muscles that move the fingers and thumbs. Our hands are sensory tools for us. Our hands see, feel, and experience the world for us. They also help us communicate. The part of the brain that controls movement (the motor cortex) uses 25% of it’s function in the hands, as they are so important and complex. The thumbs have nine individual muscles controlled by nerves, and it has six separate planes of movement.

Because we use are hands so much they are prone to repetitive injuries, and *arthritis*. It is important to focus attention on the hands and wrist’s in exercise programs for range of motion, strength, and flexibility.
Wrist Flexion and Extension (Seated or Standing)

Keep the upper arms to the sides. With the forearms parallel with the lap, hold the palms up. Flex the wrists, and then extend them in an upward and downward movement. Perform 3 to 8 repetitions.

Wrist Rotations (Seated or Standing)

Keep the upper arms to the sides. With the forearms parallel with the lap, keep the palms facing inward. Make circles with the wrist in one direction. Move the wrists up, out, down, and in. Perform 3 to 8 repetitions.

Hands Open and Closed (Seated or Standing)

Hold the arms with the palms facing forward near the shoulders with the elbows by the side. Open and close the fists. Perform 3 to 8 repetitions.

Seated Sun Rays (Seated or Standing)

Hold the arms with the palms facing forward near the shoulders with the elbows by the side. Spread your fingers apart, and then move them back together. Perform 3 to 8 repetitions.
Let’s Look At Our Feet And Ankles!

The foot and ankle contain 26 bones (one-quarter of the bones in the human body are in the feet), 33 joints, and more than 100 muscles, tendons, and ligaments.

The largest and strongest tendon in the foot is the Achilles tendon which extends from the calf muscle to the heel. Both strength and flexibility are important for the foot and ankle. If there is a lack of flexibility in the ankle, the foot is not able to move through its normal range of motion. This can impact both ambulation and balance. You can observe a person walking and see how his or her gait may be impacted by ankle stiffness. If so, ankle rotations and pointing and flexing the foot can be a great help to build up the flexibility and strength.

It is also important to pay attention to the type of shoe you are wearing. Do you lack support? Are they worn out? Are they too big or too small? Many orthopedic doctors will tell you that when people come to see them and are complaining about back pain, the immediately look at their shoes. If the shoe gives support, the feet and ankles can perform at higher and safer levels. This then protects the spine, keeps it in a neutral position, and reduces lower back pain.

Try these following exercises on both feel!
--- **Toe Point and Flex (Seated or Standing)**

Lift one foot 1” to 2” off the floor. Point the toes and flex the ankle. The movement is downward and upward. Perform 3 to 8 repetitions. Repeat in opposite direction.

--- **Ankle Rotations (Seated or Standing)**

Lift one foot 1” to 2” off the floor. Make circles with the toes in one directions. Move toes up, out, down, and in. Perform 3 to 8 repetitions. Repeat in opposite direction.

--- **Toe Raises (Seated or Standing)**

On the upward and downward movement, count 111 up 111 down while lifting toes up and down. Move only the ankle joint. Perform 8 repetitions.

--- **Heel Raises (Seated or Standing)**

On the upward and downward movement, count 111 up and 111 down while lifting heels up and down. Move only the ankle joint. Perform 8 repetitions.
Autumn Word Search

ACORN    FAMILY    SCARECROW
APPLE CIDER    HAYRIDE    SMORES
AUTUMN    LEAVES    TURKEY
BONFIRE    PUMPKIN    THANKS
Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECHRUNS

AUMUTN

ATOLFLOB

Q. What do you get when you drop a pumpkin?

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May the colors and warmth of the season fill your home and heart with joy and happiness!