



**RIVER OAKS PLACE**  
L E N O I R C I T Y

100 W 5th Ave. • Lenoir City, TN 37771 • (865) 988-9321

**October 2013**



**Happy Birthday!**

- 10/7 June Taylor
- 10/13 Gene Kirk
- 10/18 Larry Miller
- 10/22 Dee Hutton
- 10/29 Dick Brown



**Sweet and Spicy**

Instead of using sugar as a sweetener, try cinnamon. It has a unique taste, and studies have found it helps regulate blood sugar.

**Fashionable and Functional**

Lightweight scarves add color and interest to outfits, allowing you to expand your wardrobe without spending a lot of money. They will also provide warmth on a chilly day.

**Goose Bumps**

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.



**Fall Fun**

As the days grow shorter and the temperatures dip, enjoy the changing seasons and look forward to festive holiday celebrations.

**October Folklore**

Much rain in October, much wind in December.

**Radiant Gem**

The opal is the birthstone for October.

**Fall Beauty**

Cool breezes and changing colors are here. Enjoy autumn!

**Seasonal Selections**

Autumn may be here, but that doesn't mean the growing season is over. October is prime time for many tasty and nutritious fruits and vegetables, including apples, potatoes, pumpkins, winter squash, cabbage, kale, turnips, peppers and sweet potatoes.



A Senior Solutions Management Property  
www.ssmgrp.com  
www.facebook.com/ssmgrp

**River Oaks Place Store Coupon!**

Come and visit our River Oaks Place "Better Than Walmart Store!"  
**HAPPY FALL!!!**

**This Coupon Is Good for 50c Off Any Item! Good Until Nov 1, 2013**



## Talk About It

### Fall Festivities

When the weather starts getting cooler and the leaves start changing colors, it's time to celebrate. Fall parties usually involve familiar elements such as bonfires and hayrides. Use the following questions to reminisce about your favorite fall festivities.

Did you go to any fall parties when you were younger? Was there a hayride? What was it like? Did you sing songs or tell spooky stories? What are some that you remember?

What were your favorite fall foods? Did you roast hot dogs or marshmallows over a fire? Did you drink hot chocolate or apple cider?

Did you play any games, such as bobbing for apples? How about a corn maze? Did you win any prizes? What were they?

Did you wear any costumes? What did you dress up as?



### Word for October: Foliage

October weather is just about perfect for any outdoor activity, from bike rides through the park to backyard football games. One of the more popular things to do this month is to take day trips to see a "cluster of leaves, flowers and branches," otherwise known as fall's foliage.

From the eastern coast of New England to Washington's western edge, a cornucopia of cascading colors awaits onlookers as trees shake loose their bright leaves, leaving a wondrous reminder of Mother Nature's beauty.



## Resident of the Month



Farrell Fipps and our Maintenance Director Tim!

### Special Happenings Here at River Oaks Place!

Please make sure you watch for these fun upcoming activities!

Oct. 04 Frank and Jerry Show!

Oct. 11 Oktoberfest!

Oct. 12 Health Tune Up and special Bingo!

Oct. 18 Don Redman on accordion ~polka songs

Oct. 18 Birthday Party Polka!

Oct. 21 Mary Kay at Coffee

Oct. 25 Fiddler Bill

Oct. 28 Johnny Cruz and the Silvertones!

Oct. 31 Halloween Party!!

Nov 4 Harvest Hoedown Family BBQ Party!

You do not want to miss any of these special events!!

Farrell Fipps is our Resident of the Month! Farrell grew up in this area in the town of Greenback, TN! Farrell served in the US Navy! He was on the S. S. Independence for two years. Farrell fuelled aircraft carriers! Farrell's career after the military was in the area of news casting. He was a sound engineer involved in Radio and Television! He worked with Channel 8 news among others. Farrell's hobbies include Ham Radios, and Motorcycles! His favorite show is Star Trek! His favorite foods include oatmeal and for dinner, chicken! Farrell is always quick to volunteer his help and he always make sure he stops by the office to wish us a good day! Take time to get to know this very interesting man! Farrell we are very glad you call River Oaks Place home!



### In Disguise

Need a costume for a party or other event? Put one together by repurposing clothes, hats and accessories found at a secondhand store. Here are a few ideas:

*Past and future.* Recreate the 1960s by becoming a hippie. Find some bell-bottom pants, a tie-dyed shirt and a headband. Add some groovy jewelry as a finishing touch. Or look to the future as a fortune teller. Layer two loose-fitting skirts, then wrap yourself in several scarves or shawls. Add a scarf around your head and big hoop earrings. Load up on bangle bracelets and beads to stay true to the style.

*From the farm.* With a pair of overalls, a checked shirt and a straw hat, you are a farmer. Or use a hot glue gun to attach raffia inside the cuffs of the clothing and become a scarecrow. If you prefer flowers to the fields, dress as a garden by stitching or gluing artificial flowers and greenery to a green sweatshirt and a hat. Add green sweatpants or leggings.

*In uniform.* Search the racks for a military, cheerleader or sports uniform. Add medals, pom-poms or a football to complete the look. If you can find coveralls, put on a tool belt and baseball cap to become a handyman.

*New in town.* Dress like a tourist in a Hawaiian shirt and plaid shorts. Wear sandals with knee socks, a silly hat and a camera around your neck. Carry a map of the area and ask people for directions.

Have fun being someone else for a few hours!



### Laugh Lines

#### Football Frenzy

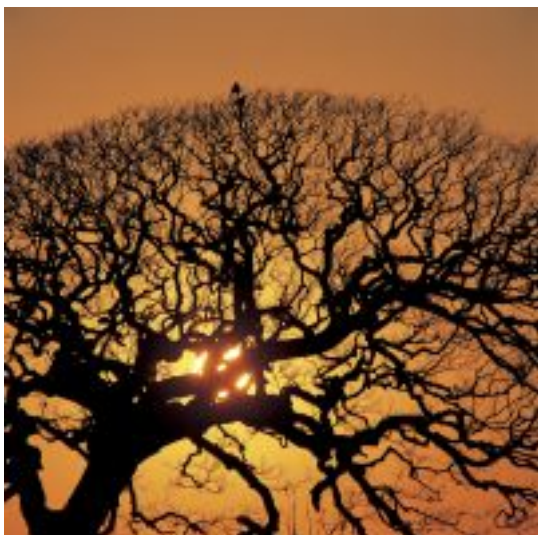
Angie's grandmother always said, "Football consists of 22 men on the field desperately in need of a rest, and 40,000 in the stands desperately in need of exercise."

Q: What did the football coach say to the broken vending machine?

A: "Give me my quarterback!"

A high school football player called his coach at home one night. When the coach's wife informed the young man that the coach wasn't home, the player became frantic and said he had to speak to the coach right away. "Just calm down and I'll have him call you back as soon as he gets home," the coach's wife told him. "What's your number?"

The flustered player replied, "Twenty-three."



### Haunted Halloween Happening!

You are Invited to our:  
**River Oaks Place Haunted Halloween Happening!**

**Join us for our Ghostly Gathering!**

**Oct. 31  
2-4 p.m.**


-Trick or Treat-

Costumes are encouraged but NOT mandatory!

Join us....If you dare!



# October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge	<b>2</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Apple Cider and S'mores! 3 Communion 6:30 Wii	<b>3</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2Musical –Movie and Popcorn! 3Scrabble!	<b>Frank and Jerry!</b> <b>4</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Frank and Jerry Show!!	<b>5</b> Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo 3NEW Movie Matinee! Old Time Classics!
<b>6</b> Feeling Fit! Walking Club 9 Church 2 Manicures 3 NEW! Old Time Radio Stories! 4 Bible Study	<b>7</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Sing -a- Long! 3 Scrabble!	<b>8</b> Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge	<b>9</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Crossword Puzzles and Word Search! 6:30 Card Night	<b>10</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Kingston Pike Baptist Church 6:30 Card Night	<b>Oktoberfest!</b> <b>11</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 2 <b>Oktoberfest Party</b> Snacks and Music! 6:30 At the Movies! Popcorn!	<b>Health Tune Up!</b> <b>12</b> Feeling Fit, Walking Club 10 Chair Exercises Tune Up for Health! 1:30 - 4 p.m. Tune up your walkers and Wheel chairs for Free! Special Snacks and Bingo!
<b>13</b> Feeling Fit! Walking Club 9 Church 2 Manicures 3 NEW! Old Time Radio Stories! 4 Bible Study	<b>14</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Comedy Club (Clean Jokes) Comedy Movies and Snacks! 3Scrabble!	<b>15</b> Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge	<b>16</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Carmel Apple Extravaganza! Make Your Own Treat! 3 Communion 6:30 Wii	<b>17</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Kingston Pike Baptist Church 6:30 Card Night	<b>18</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 2Don Redman Polka Music! Birthday Party!! 6:30 At the Movies! Popcorn!	<b>19</b> Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo 3NEW Movie Matinee! Old Time Classics!
<b>20</b> Feeling Fit! Walking Club 9 Church 2 Manicures 3 NEW! Old Time Radio Stories! 4 Bible Study	<b>MARY KAY 9am</b> <b>21</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 9 MARY KAY! 10 Chair Exercise 10:30 Morning Stretch! 2 Dunking the Donut! Donuts and Coffee Social!	<b>22</b> Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge	<b>23</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Halloween Crafts! 3 Communion 6:30 Wii	<b>24</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Kingston Pike Baptist Church 6:30 Card Night	<b>Fiddler Bill!</b> <b>25</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Fiddler Bill! 6:30 Movie Night! Halloween theme movie... but <b>NOT</b> Tooooo Scary!	<b>26</b> Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo 3NEW Movie Matinee! Old Time Classics!
<b>27</b> Feeling Fit! Walking Club 9 Church 2 Manicures 3 NEW! Old Time Radio Stories! 4 Bible Study	<b>Johnny Cruz!</b> <b>28</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Johnny Cruz and the Silvertones!	<b>29</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 1:30 Resident Council Meeting! 2 Halloween Helpers!	<b>30</b> Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Making Snacks for Halloween Party! 3 Communion 6:30 Wii	<b>Halloween Party!</b> <b>31</b> Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! <b>Halloween Party!!</b> 2-4pm	