

Shaughnessy Seniors Community

October Newsletter

Highlights of the Month

October - Fridays

Yoga classes every Friday. Yoga is very good for both body and mind, so come down to the Activity Room for a good stretch and try something new to keep your body moving and your blood flowing!

October 13

Urban Safari Live Animal Show. Urban Safari Rescue Society is a non-profit society dedicated to the rescue of exotic animals their, environment and the natural world. We will be meeting some of these exotic animals and learning a little bit about them.



October 11

Let's give thanks for all the little things we accomplish every day. We will be enjoying a traditional Thanksgiving Dinner this day with Turkey and all the trimmings, topped off with a delicious pumpkin pie dessert! Bon Appetit.



October 20

Birthday Party-Come out to share in the celebration of your and your neighbors Birthday with cake and refreshments



October 31

Halloween Fun starting with Monster Mash Fitness and Music. Costume Party and lots of sweet treats.



October 28 Lunch Club is new to Shaughnessy. We would like to bring small groups of Residents together once per month, on a rotating basis, where we enjoy foods from a local source in the community. Some ideas will be Sushi, A&W, Popeye's, Donair/Greek flavors and more... sign up at Admin office for a different lunch experience.



Purdy's Chocolates

We are having fundraiser and Purdy's Chocolates are a great way to do it! Families, Residents and Staff are welcome to participate. Not only do we make money for our Residents Fund, but we get to enjoy some delicious chocolates too. Purdy's has a wide variety of chocolates to tempt every taste bud. They even have diabetic products for those who struggle with Diabetes, still like to enjoy the sweeter things in life. Order forms are located at the front office or you can check them out online. Don't forget to use our customer **code 59520** when ordering. These items make a delicious treat for any day of the year!

Sunday Services

As you may know, we have been having virtual Sunday Church services over these past months since Covid 19 has affected us. It is good to see so many of you join in the service and we hope it brings you much comfort.

Recently, we have introduced you to a couple who have come in bringing you some wonderful hymn sing along music that we hope you enjoyed.

We have recently booked Christian Fellowship/Jesus is Lord every second Sunday for you starting October 10.

Cook's Corner – As the year moves into the Fall Season, you will notice a change to our daily menu. We will be bringing in some classic comfort foods such as hearty stews, beef goulash, shepherd's pie, chicken pot pie and, of course, our daily house made soups to warm your souls. Thanksgiving is just around the corner and we look forward to serving you a delicious traditional turkey dinner with mashed potatoes, stuffing, vegetables, warm dinner rolls and don't forget the pumpkin pie.....yum!



**Happy Fall
To You All!**



October 2021

~ Fall is upon us and the leaves are changing into beautiful fall colors. Thanksgiving is always a time to reflect and give thanks for what we have, what we've achieved, and for all those we hold dear. Spooky and fun-filled days where children dress up in delightful costumes and enjoy treats galore while playing a trick or two on unsuspecting victims...this is what October is all about. Enjoy!

