

**STAFF**

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*Wellness  
Director,  
Alison Lee*

*Dining Services  
Director,  
Vickie Sherwood*

*Life Enrichment  
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If you have a loved one living with Alzheimer's disease or another form of dementia, know you're not alone. Come share your stories, successes and concerns with those who are on similar journeys while learning more from our guest speaker.

This support group is free and open to the public. We would love to have you join us! All attendees must RSVP to reserve their space.

**Dementia Support  
Group For  
Loved Ones**

4th Friday of the Month | 3 p.m.  
*Refreshments will be served.*

**Next support group is  
October 25<sup>th</sup> at 3pm, Cascade House**

**Marigold Flower**

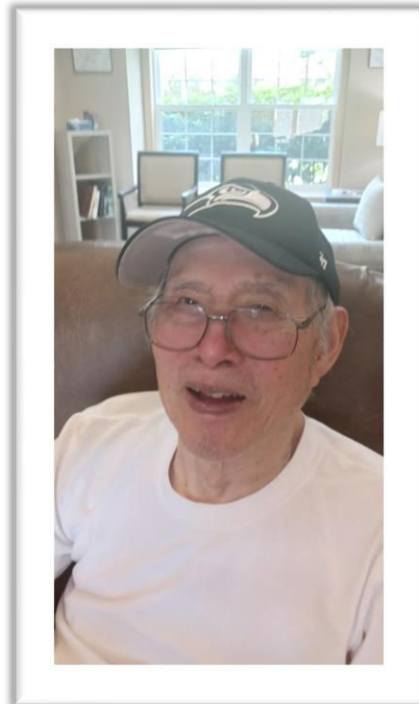


**Celebrity Birthdays**

**Bud Abbott – October 2, 1895**  
**John Lennon – October 9, 1940**  
**Annette Funicello – October 22, 1942**  
**Minnie Pearl – October 25, 1912**

**Resident Birthdays**

**Happy Birthday Ray and Steve!!**



# Ashley Gardens of Mt. Vernon

October 2024

3807 East College Way  
360-419-9422

**Celebrating  
October**

**Seattle  
Seahawks Party  
Watch with us!  
October 6<sup>th</sup> & 27<sup>th</sup>  
1:00 pm  
Snacks Provided**

**Music with Lynn  
Guitar sing-along  
Mondays 9:45am**

**Haircuts  
October 7<sup>th</sup>  
at 9:30 am.**

**FLU/COVID  
shot clinic  
Thu 10/17/2024  
1:00-5:00pm**

**October  
Kids and Resident  
Halloween Party**

**Creative and successful resources – Aquapaints.**

Aquapaints help our residents express themselves creatively. It exercises their imaginations, experience joy, and helps to find a sense of accomplishment.

Color cognition – filled with rich colors and patterns which enliven the brain. Painting can keep people's brain active and relieve their anxiety. During this activity, friendly questions are asked to help people recall their past stories and encouraging conversation.

Just add water and color& shapes appear.



# Oktoberfest

**Sat, Sep 21 – Sun, Oct 6**

09/27 Oktoberfest Party 11:30 am

10/02 Oktoberfest Secret Quote

10/03 Keg Bowling

10/04 Oktoberfest Fun – word match

10/05 Near “Beer” – Word Game

10/06 Armchair Travel

Munich, Germany: Oktoberfest

Rick Steves' Europe Travel Guide

# Welcome

October 17 at 3:15 pm

New Resident

Welcome Party

## National Cookbook Month

Connecting Generations  
through Food at Ashley Gardens

### Cookbook Project.

To be published in-time for  
Christmas.

Do you have a recipe and a story  
you want to submit?

See Deborrah, Life Enrichment



**Join us October 30<sup>th</sup>  
for intergeneration  
Halloween fun!  
Games and Trick-or-  
treating.**



**It's haircut time!**

Gwen will be coming on  
Monday, October 7<sup>th</sup>, 2024, at 9:30 am.

Please reach out to Gwen directly to  
schedule your family members' haircuts.  
Her number is (360) 424-4816.

Haircuts are \$25 plus any gratuity you may  
want to add. Payments must be made  
directly to Gwen at Star Beauty Salon. You  
can drop the check or cash off with  
Hannah.

If you drop by over the weekend or when  
I'm not in my office with payment, I have a  
little black mailbox right outside my office  
door that you can put it in!



## **FLU/COVID shot clinic**

Thu 10/17/2024 1:00 PM - 5:00 PM  
Cascade house- C house

**Residents:** you can book your loved one's  
Flu/Covid shot with Alison, Well Director.

**Family members** you can pay via  
Cost Less Pharmacy - (253) 857-7797 &  
attend this clinic.