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Kathy Beall at Kathy's Hair Cottage (702)326-2260

**Heritage Springs** 

www.HeritageSpringsSeniorLiving.com

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## Heritage Springs

## The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV (702) 360-6023 www.HeritageSpringsSeniorLiving.com

Articles are from Activity Connection

October 2024 Issue



Andrea Gibbs Donna Peyton Robert Colucci Jackie Conville

From your friends at **Heritage Springs** 

### The Sweet Sounds of Harmony

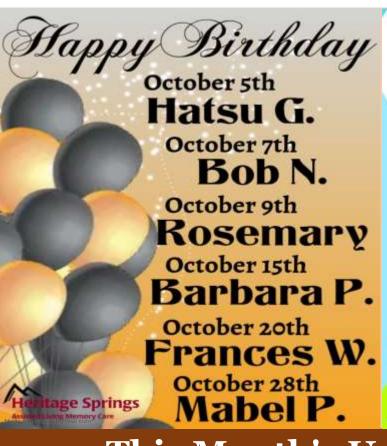
Listen to your favorite tunes on Sunday, October 1st, in honor of International Music Day. This celebration of music around the world seeks to promote peace. understanding and harmony. Music cultivates calm, joy and connection, so it makes sense that sharing the love of music promotes cross-cultural peace, understanding and friendship as well.



October is the tenth month of the year and is one of seven months with 31 days, along with January, Mar4ch, May, July, August, and December. October's name, containing the latin word octo, refers to its ancient place as the eighth month of the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn. The Slavic people call it "yellow month," referring to the fading colors of the leaves.



The Difference Between Living and Living Well



## OCTOBER 2024 OUTING LINE UP

October 4th
PF CHANG
Restaurant

October 11th
Downtown
Summerlin

October 20th
Frances W. Black Bear Diner

Please Sign Up at the Front Desk

This Month's Upcoming Events





#### **BUS SCHEDULE**

Sign up at the Front Desk. There's a \$30 charge when a resident is accompanied by one of our staff.

Doctor Appointment Hours and Personal Errands are every Mondays, Wednesdays and Thursdays from 8:00am to 2:00pm

Shopping Days are every Tuesdays and Fridays (Please See our Activity Calendar)



Join us for our monthly
RESIDENT COUNCIL MEETING
and Food For Thought
with Chef Celeste
Second Wednesdays
at 10:00 am
at the Second Floor Commons



# Day Six of our Seven Day Cruise Philippine Day













Kathy's Hair Cottage call (702) 326-2260



Shampoo only	\$10
Men's Shampoo & Haircut	\$22
Women's Shampoo & Haircut	\$27
Shampoo, Cut & Style	\$43
Shampoo & Style	\$27
Color & Style	\$62
Color, Cut & Style	\$77
Perm & Cut	
Men's Haircut	\$20
Fingernail or Toenail Trim	\$15
Manicure	
Dadisura	627