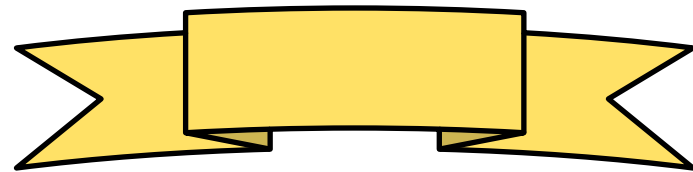




October 2024

- 2nd Cecille Ellis #314
- 3rd Darlene Arnold #200
- 3rd Rebecca Weaver #119
- 5th Marilyn Rogers #504
- 5th Delia Hardy #518
- 7th Jay Gunderson #206
- 8th Dolli Bottemiller #210
- 11th Ruth Dick #109
- 12th Julie Taylor #211
- 12th Glen Freeman #319
- 14th Angie Holt #222
- 18th Jan Rider #221
- 20th Shirley Poage #207
- 22nd Kathy Miller #505
- 23rd Sharon Diess #101
- 24th Jewel Labelle #123
- 25th Charles Bates #202
- 26th Ruth Brockway #418
- 27th Terri Toelkes #132
- 27th Catherine Pedersen #523
- 27th Jamie Brittain #412
- 28th Mary Service #514

Join us in the dining room Tuesday, October 8th at 2 PM for the resident association meeting. This will be followed by cake and celebration of birthdays accompanied by Michael McCabe.



Join us this month for fun and fellowship....

- October 14th Talent Show 3 PM in the dining room. Sign up at the concierge desk to participate.
- October 15th outing to Trader Joe's in Salmon Creek. We leave at 11 AM. Sign up at the concierge desk .
- October 19th Resident Potluck at 6 PM in the dining room. Bring your favorite item to share.
- October 21st Donut Social in the dining room at 2 PM.
- October 31st at 2 PM join us in the dining room where we will gather around and watch the traditional "It's the Great Pumpkin, Charlie Brown!". Then it will be time to put the finishing touches on our Halloween party, which is a 4 PM. Head to your apartment and slip on your costume, or wear it to the movie, or just come as you are with no costume. We will have pizza, jazz music, costume judging, desserts, and just plain fun!
- Throughout the month we have many opportunities to socialize, check your calendar for snack n chat, bean bag baseball, game night, trivia, and so much more! Please join us, we always have fun!



The Tidbits is a monthly publication of the Knights of Pythias Retirement Center, whose goal is to promote friendship, charity & benevolence among all mankind.



October 2024 Tidbits

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Created by Lori Staff
Stephen Adams, Resident Photographer*



Feeling the Team Spirit!



Go Hawks, Pats, or whatever team you support! We had a lot of fun gathering in the dining room and cheering our favorite teams on! Football season is officially here, and we all look forward to supporting our teams on and gathering at the end of the season for Superbowl fun with pizza and sodas.

KOPRC Holiday bazaar is Saturday, November 16th, 9 AM to 3 PM in our lobby. All of our tables will feature residents showcasing their gifts and talents. I hope you can support us by showing up and getting a jump start on your holiday shopping! Residents interested in reserving a table please sign up asap at the concierge desk.

Silver Sneakers and Chair Yoga Update

Silver sneakers and chair yoga started Tuesday, October 8th at 1:30 PM in the arts and craft room. It will meet every Tuesday and Friday and is taught by instructor Mary Lawrence. She is a certified senior trainer. Participants work with toning cords and small balls, all provided by KOPRC. There is no cost to participate. If you signed up, please join us! If you did not sign up, there is plenty of room for you! Silver Sneakers focuses on strength training, chair yoga focuses on stretching. Each class is 45 minutes. You can go to one class or both. Optimally, both will give you a fantastic work out. If you have never exercised, don't be afraid to come and give it a try. The exercises are very gentle, she can also modify for your level. We hope to see you at our next class, which is Friday, October 11th at 1:30 PM.



If you get a phone call announcing that you have won Publisher's Clearinghouse and need to put down some money for processing don't fall for it! Publisher's Clearinghouse, or any legitimate sweepstakes would never ask for money upfront. Often scammers request the money to be sent in the form of gift cards. Never fall for this! You will never see your money again!



HUD is asking applicants to be wary of scams announcing a waiting list is open and you must pay a fee for processing to get on the list. Legitimate HUD leasing agents would never ask for money to place you on a waiting list. The application process is free for the tenant.

Remember to never, ever, ever give out personal information on the phone! Hang up immediately and do not even engage in conversation!



KOPRC would like to thank Joe Rigney and Gene Morris for all your hard work in putting up the Halloween decorations last Saturday. Things are looking a little bit spooky around here!

