

- Lunch Outings to Tasty Asia & Old Chicago
- Seated Tap Classes
- Shopping @ Walmart
- Music Therapy
- Holiday Crafting
- Birthday Party
- Trivia
- Karaoke
- Massage Time
- Manicures
- Get Fit Exercise
- Harvest Carnival
- Halloween Parade
- Costume Contest
- Crop Walk
- Visit Peaks Care
- Bingo
- Bible Study
- Wii Sports
- Foot Clinic
- Bell Choir
- Resident Council
- Movie & Popcorn
- Flu Shot Clinic
- Wellness Clinic
- Senior Center Trip
- Discussion Groups



Cinnamon Park, in conjunction with LiveWell Longmont will be participating in a local food drive. The food drive will be from October 15<sup>th</sup> to the-24<sup>th</sup> and the focus will be collecting healthy foods. After all, learning to eat healthy is important for everyone. LiveWell Longmont is a local initiative promoting healthy lifestyle choices for all who work, live and play in our community. Foods to avoid include high sugar foods, fruit juice with sugar, candy, sweetened cereals and canned items high in salt. A complete list of items will be located

on the collection barrel that will be placed outside the manager's office. With our 30 employees and 50 families, we hope we can meet our goal of 400 pounds of food. If each one of us donated 5 cans of food, we would reach our goal. That is so easy!

Food Day is October 24<sup>th</sup>. Food Day is about eating "real" food, locally grown and affordable. It is a movement focusing on cooking together and eating together. Cinnamon Park will be doing just that on October 24<sup>th</sup>, as we bring our tables together (literally), eating family style and utilizing foods that are local to our area. Both staff and residents will join together to prepare our delicious feast of wholesome foods. Our dessert will come from our very own apple tree.



If you would like to join us for lunch that day, please RSVP to the kitchen. We may also ask you to bring an item to include with our meal.

*"Operation Bethlehem"*



On September 19<sup>th</sup>, Cinnamon Park staff and residents participated in an evacuation exercise, simulating an emergency move to Bethlehem Lutheran Church. Staff from the local fire department and the City of Longmont were present to observe the drill and provide feedback. While we hope we never have to use these skills, it has become a growing expectation from both state and local authorities that we hone these emergency skills to better serve our residents. (The picture to the left shows Mark Paulson and Donna Lee assisting a resident back home.



**Wish List**

Looking for a computer for resident use.



Craft & Bake Sale  
Dec 7th & 8th

A Senior Housing Options Residence: A nonprofit serving for 30 years!

Website: [www.seniorhousingoptions.org](http://www.seniorhousingoptions.org)



## Cinnamon Park Assisted Living Residence

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TO: