

The name “Cassia” was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.



Friday, Oct. 9 (4pm) – Monday, Oct. 12

Residents are invited to bring items to share at any time during the Swap Meet and browse for treasures to take home at no cost. Please note furniture, and over-the-counter medications are not allowed.
Medical equipment needs approval first, please.

**Sweet Memories of Autumn: Harvest Days and
Halloweens Gone By continued**

We'd love to hear your stories! What was your favorite Halloween costume? Which homemade treat did your family make every fall? Do you have a recipe that's been passed down through generations? Please share your memories and if you have a favorite recipe, please give it to Heather as soon as possible for our community cookbook.

Here's to a happy, cozy, and delicious
October for all.



**Help Us Honor Our Veterans This
Veterans Day**

As Veterans Day approaches, we invite residents, families, and staff to help us celebrate the courageous men and women who have served our country.

Heather is creating a special Veterans Day slideshow featuring photos of loved ones who have served or are currently serving in any branch of the military. This meaningful presentation will allow us to recognize and honor the sacrifices, dedication, and service of our veterans and active-duty military members.

Do you have a spouse, sibling, child, or other loved ones who served in the military? We would be honored to include their photo in our slideshow.

When submitting a photo, please include:

- The veteran's name
- Branch of service (if known)
- Rank (optional)
- Years of service (optional)
- Relationship to you

Photos can be brought to Heather, who will gladly scan and return them, or digital photos may be emailed directly to her.

Please submit photos by November 1

Sweet Memories of Autumn: Harvest Days and Halloweens Gone By

There's something about October that makes us all a little sentimental. Maybe it's the crisp air, the crunch of leaves underfoot, or the smell of something warm baking in the oven. Whatever it is, this time of year has a way of carrying us right back to the autumns of our childhood.

Do you remember harvest time? For many of us, fall meant helping in the garden or on the farm: digging potatoes, picking apples, and lining the cellar shelves with jars of canned tomatoes, pickles, and jam. It was hard work, but there was a real sense of pride in knowing the family was ready for winter. And of course, there was always a reward for all that effort, like a slice of warm apple pie or a mug of fresh cider.

Then came Halloween, a night that looked quite different years ago! Costumes were usually homemade, pieced together from old sheets, Dad's hat, Mother's lipstick, or whatever could be found in the attic. Ghosts, hobos, witches, and pirates roamed the neighborhood on foot, often without a grown-up in sight. Pillowcases served as treat bags, and the goodies inside were just as likely to be homemade as store-bought.

Ah, those homemade treats! Popcorn balls wrapped in wax paper. Caramel apples dripping onto the counter. Molasses cookies, fudge, and doughnuts fresh from the fryer. Some neighbors were famous for their specialties, and word traveled fast about which house had the best ones. Every kitchen seemed to have its own secret recipe, and many of those recipes are still treasured today.

These memories remind us that the best parts of autumn were never really about the treats themselves. They were about family working side by side, neighbors opening their doors, and the simple joy of sharing something made by hand.

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Activity Highlights

“Enjoy fun, friendship, and fulfillment with activities tailored just for you.”

Halloween Gnome Craft Friday, October 2 at 3PM

Get into the Halloween spirit as you create your very own festive Halloween gnome to take home and enjoy all season!

Men’s Breakfast Saturday, October 3 at 9 AM

Calling all men! Pull up a chair and enjoy a hearty breakfast while catching up with friends, sharing stories, and making new connections.

Puzzle Hour Sunday, October 4 at 3 PM- 2nd Floor

Challenge your mind and enjoy working together during Puzzle Hour.

Art w/ Jess Monday, October 5 at 2 PM

We begin a fun four-week pumpkin-themed craft project that will meet every Monday at 2:00 p.m. throughout October, giving everyone the opportunity to create a festive fall masterpiece.



Resident Meeting Wednesday, October 7- 3PM

**Resident Council Meeting
Tuesday, October 6 at 3PM**
Share your ideas, voice concerns, and stay informed at the Resident Council meeting. All Residents welcome!

**Travel Wednesday-
Wednesday, October 7 at 2PM**
Explore exciting new destination and culture from around the world during Travel Wednesday.

**Ice Cream Social
Friday, October 9 at 3PM**
Treat yourself to a sweet afternoon of ice cream and friendship at our Ice Cream Social.

**Craft & Gab Social
Saturdays at 2PM**
Get creative while enjoying great conversation with neighbors at Craft & Gab Social. October 3rd gab & social will be in the library.

National Apple Day

People enjoy apples because they are healthy, tasty, and can be eaten fresh or used in foods such as pies, sauces, and juices. Apples are rich in fiber and vitamins, making them a nutritious snack for people of all ages.

Minnesota is famous for developing many cold-hardy apple varieties that grow well in its climate. Some of the best-known Minnesota apples include Honeycrisp, Sweetango, Zestar!, Haralson, Honeygold, Sweet Sixteen, SnowSweet, First Kiss/Rave, and Frostbite. The University of Minnesota's apple breeding program has released 31 apple varieties since it began in 1878, making Minnesota an important apple-growing state. There are more than 7,500 known varieties of apples grown around the world, although only a small number are commonly sold in grocery stores.

Each variety has its own flavor, color, texture, and use. Some apples are best for eating fresh, while others are excellent for baking, cooking, or making cider. National Apple Day is a great opportunity to learn about these many varieties and enjoy the delicious apples grown in Minnesota and beyond. Join us for our No Rotten Apple Social on Wednesday, October 21 at 3:00 p.m.

Laundry Room Update

You may have noticed that the dryers in the laundry room now sit farther from the wall. This change was made at the request of the Hastings Fire Department, which asked that the dryers be vented with rigid, direct venting instead of flexible tubing. Rigid venting reduces lint buildup and lowers the risk of dryer fires.

Halloween Line Dancers



**Friday October 30
1:30PM**

From the Nurses Desk

As flu and cold season approaches, it is important to take simple steps to help protect yourself and others from getting sick. One of the best ways to prevent the spread of germs is to wash your hands often with soap and water, especially before eating and after being in public places. It is also important to avoid touching your eyes, nose, and mouth, as germs can easily enter your body this way.



**\$6 Spooky
Bingo**
Thursday, October 29
2:30PM



- | | |
|------------------|------------|
| JoAnn Bavier | October 7 |
| Jackie Schwieger | October 13 |
| Gordon Anderson | October 17 |
| Heather R | October 18 |
| Lois Jean Loomis | October 20 |
| Joe Schloesser | October 21 |
| Katie H | October 23 |
| Barb Nowlan | October 24 |
| Erik Jackson | October 27 |

Join Us on Wednesday October 28 at
3pm to celebrate all our October
Birthdays!



Welcome New Resident	
Mary Crawmer	Apt.124
David Persel	Apt. 218
Bob & Bert Klein	Apt.311
Rita Murphy	Apt. 312
Marlene Swanson	Apt.327

Bird Watching
Sunday, October 11 at 3PM

Discover the beauty of nature and local wildlife during our relaxing Bird Watching activity.

Music with Tom
Monday, October 12 at 3PM

Sit back and enjoy an entertaining musical performance with Tom. Tom comes highly recommended by the Pletchers.

Cup of Care
Tuesday, October 13 at 3PM

Enjoy a relaxing cup of tea hosted by Grace Hospice and Trinit Home Health Care, while learning about the compassionate services, support, and resources they offer to enhance health, comfort, and well-being.

Movie & Snack
Wednesday, October 14 at 3PM

Enjoy a featured film along with tasty snacks at our Movie & Snack event.

Crafts with School Kids
Thursday, October 15 at 9:30AM

Spend time creating fun projects and making memories with local school children.

Book Club
Thursday, October 15 at 1:30PM

Join fellow readers in the library for engaging conversation, shared insights, and lively discussion at this month's Book Club gathering.

Vermillion Insurance Medicare Presentation
Friday, October 16 at 3PM

Invite your family and friends to learn valuable information about what's happening with Medicare advantage offerings for Blue Cross Blue Shield, Medica, UnitedHealthcare and HealthPartners in the metro region!

Coffee Social
Saturdays at 9:30 AM

Start your day with a fresh cup of coffee, friendly conversation, and good company at our Coffee Social.

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“More fun, friendship and fulfillment”

Music by Todd
Sunday, October 18 at 3PM

Enjoy an afternoon of wonderful music with Todd, nephew of Roger Uptadel, whose performances not only entertain but also helps support a local cancer foundation through donations raised from his performance.

Trishaw Bike Rides
Mondays at 4PM

Experience the outdoors and fresh air with a relaxing Trishaw Bike Ride. It is a bit cooler-please bring a jacket.

Homespun Harmony
Tuesday, October 20 at 3:15 PM

Tap your toes and sing along to the delightful sounds of Homespun Harmony.

No Rotten Apple Social
Wednesday, October 21 at 3 PM

Celebrate National Apple Day with apple-themed treats, activities, and fun for everyone.

Dining Room Happenings
Thursday, October 22 at 10AM

Join us to hear updates and learn about upcoming events and activities in the dining room.

Popcorn Social
Friday, October 23 at 3PM

Join us for a fun-filled Popcorn Social featuring delicious popcorn and great conversation with friends.

Men’s Group
Tuesday, October 27 at 3PM

Tim and Bob are back for the winter, bringing plenty of laughs, good conversation, pop, snacks, and a fun afternoon of camaraderie at Men’s Group.



Witches, Gobbles & Munchkins

Thursday, October 29
10AM- In the Lobby

Heather will be providing candy for the trick-or-treaters. If you would like to hand out your favorite candy as well, you are welcome to do so. We are expecting approximately 20 children from the daycare.

Chaplain Corner:
Make Every day Count

Appreciate every moment and let us take from those moments everything that we possibly can for we may never be able to experience those moments again. So, learn a lesson in life each day that you live. The following story helps put it in the right perspective.

A man stopped at a flower shop to order some flowers to be wired to his mother who lived two hundred miles away. As he got out of his car, he noticed a young girl sitting on the curb sobbing. He asked her what was wrong and she replied, “I wanted to buy a red rose for my mother. But I only have seventy-five cents, and a rose costs two dollars.” The man smiled and said, “Come on in with me. I’ll buy you a rose.” He bought the little girl her rose and ordered his own mother’s flowers. As they were leaving, he offered the girl a ride home. she said, “Yes, please! You can take me to my mother.” She directed him to a cemetery, where she placed the rose on a freshly dug grave. The man returned to the flower shop, cancelled the wire order, picked up the bouquet and drove the two hundred miles to his mother’s house. {Way to go!!!!definitely a thought to keep in mind.}

Sometimes things happen to us that may seem horrible, painful, and unfair at first, but in reflection we find that without overcoming those obstacles we would have never realized our potential, strength, willpower, or heart.

Everything happens for a reason. For the month of October, let us take a moment to give thanks for all of our blessings of the past and pray that we continue to merit God’s love and blessings. May God bless you, keep you safe and always keep you in His loving care.

Chaplain Alem. A

Religious Offerings

Our Saviours Lutheran Online Church Service

Sundays at 10:30 AM-DR

Weekly Rosary

Watch Calendar for day in the library

Prayer Group

Thursdays at 11 AM in the library

Words & Communion

Tuesday, October 20
10:00 AM-DR

Ecumenical Service with Pastor Alem

Monday, October 5 & October 19 at 3pm

Ecumenical Service

At the Care Center Chapel
Sundays at 10AM

Catholic Mass

with Father Dave

Thursday, October 1 at 10AM