



**Redwood  
Terrace**  
*Assisted Living*

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# ***Redwood Terrace News***

## **October 2019**

### **Assisted Living Week At Redwood Terrace**

This years Assisted living week was one to remember. The Passion Flutes started the Month of with their flute playing talents. The biggest hit was our "What's in the box game." The residents got involved and many were able to guess with little hints. Shells, football, silly putty, box of sand, wet noodles and water balloons were some of the items selected. Other games featured were a modified dart balloon game and paint and sip class. Residents enjoyed sparkling water with fruit and root beer. The fun did not stop at Assisted Living week for we played a modified game of Price is Right and even had a game of paper football.



Top right is the passion flutes. Followed by Megan guessing: What is in the box? Next: Margie trying her luck at the balloon pop. Bottom left: Mary putting her artistic skills to work at our paint and sip class. Bottom right: David trying his guess: What is in the box?



## Nu Step News

Now that the weather is cooling down; We just want to remind people we do have the Nu Step. This is available by appointment and is a great way to stay active during the winter months. We ask that you make time to stop by the Wellness room and speak to the staff for appointment times. The Nu step works much like a bike and has different levels of resistance. So stop by and give it a try. You will be happy you did.

### First Responders Brunch

We hosted a lunch for the local men and women who are always there to help in emergency situations. We wanted to show our appreciation for the work that they do. Thank you !

## Autumn Reflections

**Autumn** is the "cooling off" month right between the blazing summer and chilling winter. When the cooler temperatures of fall start rolling in, saying goodbye to summer is not hard to do. **Autumn** is a great time to break out the jackets, coats, boots, scarves and hats in preparation for the change in season.



## Mystery Resident



The Mystery loves a good laugh. He comes from San Diego and has raised two wonderful children. A boy and a girl. He worked as a Electrical Engineer working on a number of mechanical things including, Aircraft receivers, transmitters and even worked on passenger planes. In his spare time

he really enjoys reading mystery novels, bird watching, gardening, taking walks and even a good game of football. He enjoys the company of his friends and can make you laugh at a moments notice . Can you guess who our good looking mystery resident is?



*Last month's Mystery Resident was Dee Whisenant*



Welcome our newest neighbors

Ginny and Arleen

Ginny comes from California and worked as Optometrist and then drove truck with her husband. Traveled all over the United States. Arlene raised two girls and a boy in Long Beach before moving here. Both very active and loves people watching. We want to give a warm welcome to both these wonderful ladies.