



HERITAGE OAKS
A GRACE MGMT COMMUNITY

The Graceful Connection

October 2024



Staff

Executive Director

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Byrant Brown, Maintenance Director

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Quron Watkins, Dining Service Director

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Welcome New Residents

Wylene Goins

Mildred Hickson

Vanessa Smith- Kennedy



**HAPPY
BIRTHDAY**

Duane B. - 8th
Bobbie W. - 12th
Jacquelyn "Jacki" L. - 16th
Jacqueline L. - 19th
Antony Giannini
Gladys C. - 22nd
Ray P. - 26th
Barbara M. - 31st
Frances G. - 31st
Vanessa B. - 31st

Please join us in the Atrium at 1:30pm on
October 28th - 30th to celebrate all of our
birthdays. All are welcome!

Upcoming Events

October 2nd- Let's Make a Deal

October 3rd- Guess Who- Musician Game

October 3rd - Outing to Rosie Casino

October 4th - Introduction to Crocheting/Knitting w/ Lillie

October 8th - Music performance by Brad Spivey

October 9th - Blind Tasting Game

October 11th - Shopping Trip to Kohl's
- Meet and Greet New Residents

October 14th = Heartstrings Band Performs

October 15th - I Live Lucy Day

October 17th - Arts and Crafts - Fall Wreath Making

October 21st= National Apple Pie Day

October 22nd- Senior Life Information Session

October 23rd- Ice Cream Sundae Social

October 24th -Paparazzi Jewelry w/ Anita

October 30th - Sweet Potato Pie Social

October 31st- Trunk or Treat

October is here, bringing a focus on health, staying active, fall flavors, and of course, a hauntingly good time. This month, our community is honoring two important observances: Breast Cancer Awareness Month and Active Aging Week. From October 6th to 12th, we're celebrating Active Aging Week, emphasizing the importance of living an active, healthy lifestyle at any age. We have an exciting lineup of activities designed to keep us moving and engaged, including our normal group exercise classes and more! This week is all about trying something new and having fun while promoting physical, mental, and social well-being. You may see a lot of pink this month as we mark Breast Cancer Awareness month and support efforts in early detection. In addition to these important observances, this month also brings a whole bunch of spooky silly fun with Bat Awareness Month, Apple Month, I Love Lucy Day, Bob Ross Day, and of course, Halloween. Don't be afraid to join in the fun!



Get Fit

Join Us!

See Calendar
for dates and
times!





Bingo Night
Every Wednesday and Friday

6pm
Activity Room

Savings Are Here!

We're pleased to offer you our appreciation through our Good Neighbors Referral program! Invite your friends to live their best lives at our community. When they move in, you will receive the Good Neighbor Referral Reward!

It's our way of saying thank you for making our community your home; we know your friend will thank you, too!

Contact your Executive Director for more information!



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