



# The FOUNTAINS

AT CEDAR PARKE

114 Hayes Mill Road • Atco, NJ 08004 • (856) 753-2000

## **"And.. All at Once Summer Collapsed Into Fall."**

"And the sun took a step back, the leaves lulled themselves to sleep and Autumn was awakened."

"Autumn shows us how beautiful it is to let things go."

"Life starts all over again when it gets crisp in the fall."

"There is always something to be thankful for."

"Autumn is a second spring when every leaf is a flower."

"How beautifully leaves grow old. How full of light and color are their last days."

"Crisp air, caramel apples, colored leaves, cable knit sweaters, coffee, coffee, coffee."

"Leaves are turning yellow, orange and gold...  
There is a chill in the air, warmth in the evening glow..."

It is the last smile of nature before the winter cold! May the colors and warmth of the season fill your heart with joy and happiness!"

"Autumn is the season that teaches us that change can be beautiful."

"Mother nature has the best box of crayons."

"Happiness is coffee on a cold day."

**"Fall... The Year's Last Beautiful SMILE."**

October 2018



**"Life Is Like a Cup of Tea. It's All in How You Make It!"**





# Activities

**Monday, October 1st:** 1:30pm  
Bingo with Norm (AU)

**Tuesday, October 2nd:** 9:30am  
Atlantic City Bus Trip

**Wednesday, October 3rd:**  
2:30pm Halloween Craft (AU)

**Thursday, October 4th:**  
11:30am Boo Craft (AU)  
**Thursday, October 4th:** 2:30pm  
Ballroom Lessons (AU)

**Friday, October 5th:** 12:00pm  
Alzheimer's Bake Sale (CH)

**Saturday, October 6th:** 1:30pm  
Bingo with Norm (AU)

**Sunday, October 7th:** 4:00pm  
Horse Racing (AU)

**Monday, October 8th:** 1:00pm  
Chair Yoga & Massages (AU)

**Monday, October 8th:** 6:30pm  
Jimmy Edwards (AU)

**Tuesday, October 9th:** 1:45pm  
Elise & Kathy (CH)

**Wednesday, October 10th:**  
11:30am Pumpkin Painting  
(AU)

**Wednesday, October 10th:**  
2:30pm Birthday Party (AU)  
6:00pm Cheryl Mesiah (AU)

**Thursday, October 11th:**  
11:00am Exercise Class (AU)

**Thursday, October 11th:**  
2:00pm Horticultural Therapy  
(AU)

**Friday, October 12th:** 11:00am  
Tea & Cookie Social (AU)

**Friday, October 12th:** 2:00pm  
Painting with Jazzy Jen (AU)

**Saturday, October 13th:**  
1:30pm Bingo (AU)

**Monday, October 15th:** 1:30pm  
Bingo with Norm (AU)

**Monday, October 15th:** 6:30pm  
Philly Senior Stage (AU)  
(Performing Laugh Out Loud)

**Tuesday, October 16th:** 2:00pm  
Ceramic Class (AU)

**Wednesday, October 17th:**  
11:30am Pen Pals (AU)

**Wednesday, October 17th:**  
2:30pm Crafts with Felecia (AU)

**Thursday, October 18th:**  
12:15pm Fall Blessing Craft  
(AU)

**Thursday, October 18th:**  
2:00pm Resident Meeting (AU)

**Friday, October 19th:** 11:30am  
The Price is Right (AU)

**Friday, October 19th:** 2:30pm  
Dan Marro (AU)

**Saturday, October 20th:**  
1:30pm Bingo with Norm (AU)

**Sunday, October 21st:** 4:00pm  
Pumpkin Social (AU)

**Monday, October 22nd:**  
1:30pm Pokeno (AU)

**Tuesday, October 23rd:**  
8am-12pm Flu Clinic (AU)

**Tuesday, October 23rd:** 2:30pm  
Ann Michal (AU)

**Wednesday, October 24th:**  
11:30am Name that Candy (AU)

**Wednesday, October 24th:**  
2:30pm Mick Stone (AU)

**Wednesday, October 24th:**  
6:30pm Night Time Bingo (AU)

**Thursday, October 25th:**  
2:00pm Canvas Painting (AU)

**Friday, October 26th:** 11:30am  
Wood Leaf Craft (AU)

**Saturday, October 27th:**  
1:30pm Bingo (AU)

**Saturday, October 27th:**  
7:00pm Mark Dezii (AU)

**Monday, October 29th:** 1:30pm  
Bingo with Norm (AU)

**Wednesday, October 31st:**  
Happy Halloween

**Wednesday, October 31st:**  
11:30am Wheel of Fortune (AU)

**Wednesday, October 31st:**  
2:30pm Fall Fabric Craft (AU)

**Wednesday, October 31st:**  
7:00pm Halloween Party (AU)

**All Activities Are Subject  
to Change!**

**Please See Calendar for  
Additional Activities!**



**Be Sure to Come and  
Paint Your Own  
Pumpkin! All Supplies  
Will Be Provided!**



## Transportation Schedule

### Weekly Bus Trips

(These trips are consistent each week, unless noted otherwise.)

**Please Note:** Residents are to be up at the clubhouse 10 minutes before scheduled time.

- **Mondays:** 10:00 am ShopRite
- **Wednesdays:** 10:00 am Bank, Post Office & Rite Aid
- **Thursdays:** 10:00 am Walmart
- **Saturdays:** 10:00 am ShopRite & Dollar Store
- **Sundays:** 8:50 am Local Church drop-offs begin

## Monthly Add on Trips

- **Friday, October 5th:** 10:00 am Berlin Mart
- **Tuesday, October 9th:** 5:00 pm Dinner Outing-Pasta Vino
- **Friday, October 12th:** 10:00 am Aldi/A.C. Moore
- **Tuesday, October 16th:** 10:00 am Special Boscov's Trip
- **Friday, October 19th:** 10:00 am Amish Mart
- **Thursday, October 25th:** 5:00 pm Dinner Outing-P.F. Chang's
- **Friday, October 26th:** 10:00 am Boscov's Mall trip

## Community Services

### Cafe:

- Open Monday-Saturday 7:30am-3pm
- Open Sunday 3pm-6pm
- Phone Extension 7229

### Dining Room:

- Open Monday-Saturday 4pm-5:30pm
- No assigned seating
- Please sit at a cleaned, reset table only
- To reserve seating for outside guests, call 7228
- Monday-Saturday room tray orders, call 7228 by 3pm
- Sunday room tray orders, call 7228 by 10am

### Daily Menu:

- Call 8400

### Sunday Meal and Holidays:

- Open seating 11:30am-1:30pm

### The Fountains Salon: Beauty and Barber Services

- Appointment Only
- Call 856-809-7230

### Rehab:

- Tuesday and Thursday: Personal Training Sessions 1pm-2:30pm
- Sign-up sheets are located outside IL Gym

### Daily Activities:

- Tune in to channel 1970



## Your Activity Director, Jenna

### The Fountains Concierge Service

The Fountains concierge service enhances the living experience for our residents and truly helps make our community feel like home. But it's so much more than a service; it is a supportive, easy-to-use amenity that helps residents manage their schedules, activities, and daily tasks.

**Call Jenna to order services:** (856) 809-7486 for yourself or your family member living here at The Fountains.

Each resident can use the Concierge Service at his or her discretion, making it a truly personal experience.

*Service offerings include:*





- Grocery shopping & delivery straight to your apartment
- Errands (like dry cleaning, & or prescription pick-up)

As a Continuing Care Retirement Community (CCRC), we believe that quality service does make a difference, and we work hard to provide that quality in all we do. That's why we created this unique, quality-focused service for our residents.

**Please don't hesitate to call!**

**Act of Kindness**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> ShopRite Bus Trip 12:00 <b>AU</b> Word N Word 1:00 Billiards 1:30 <b>AU</b> Bingo with Norm 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Card Games	<b>2</b> 9:30 <b>B</b> Atlantic City Bus Trip 9:30 <b>AU</b> Stretch & Bend 10:30 <b>F2</b> Intro to Wii Bowling 1:30 <b>A3</b> Arts & Crafts 3:00 <b>CH</b> Table Topics 6:30 <b>AU</b> Acting For Fun Class	<b>3</b> <b>Bring 6 Nickels for Game At 11:30am</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Bank/Post Office Bus Trip 11:30 <b>AU</b> Left, Right, Center 1:00 <b>AU</b> Worship Service 2:30 <b>AU</b> Halloween Craft 6:30 <b>AU</b> Card Games	<b>4</b> <b>Thrift Shop Is OPEN Until 1pm</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Walmart Bus Trip 10:00 <b>F3</b> Thrift Shop F313 11:30 <b>AU</b> Boo Craft 2:30 <b>AU</b> Ballroom Dance Lessons 3:00 <b>CH</b> Singing with Tony 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Movie Night	<b>5</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Berlin Mart Bus Trip 12:00 <b>CH</b> Alzheimer's Bake Sale 1:00 Billiards 1:00 <b>CL</b> Rosary 2:00 <b>FL</b> Happy Hour 6:30 <b>AU</b> Card Games	<b>6</b> 10:00 <b>B</b> ShopRite/Dollar Store Bus Trip 11:00 <b>AU</b> Catholic Services 11:45 Lunch Outing 1:30 <b>AU</b> Bingo with Norm 6:30 <b>AU</b> Movie Night
<b>7</b> 8:50 <b>B</b> Transportation to Church 4:00 <b>AU</b> Horse Racing 6:30 <b>AU</b> Movie Night	<b>8</b> <b>Thrift Shop Is OPEN Until 12 Noon</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> ShopRite Bus Trip 10:00 <b>F3</b> Thrift Shop F313 12:00 <b>AU</b> Word N Word 1:00 Billiards 1:00 <b>AU</b> Chair Yoga and Chair Massages 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Card Games Aud C 6:30 <b>AU</b> Jimmy Edwards	<b>9</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Johnson's Farm Bus Trip 10:00 <b>AU</b> Dance Band 10:30 <b>F2</b> Intro to Wii Bowling 1:30 <b>A3</b> Arts & Crafts 1:45 <b>CH</b> Elise and Kathy 2:45 <b>CH</b> Current Events 5:00 <b>B</b> Dinner Outing - Pasta Vino 6:30 <b>AU</b> Acting For Fun Class	<b>10</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Bank/Post Office Bus Trip 10:00 <b>B</b> Library Bus Trip 11:30 <b>AU</b> Pumpkin Painting 1:00 <b>AU</b> Worship Service 2:30 <b>AU</b> Monthly Birthday Party 6:00 <b>AU</b> Cheryl Mesiah 6:30 <b>AU</b> Card Games Aud C	<b>11</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Walmart Bus Trip 11:00 <b>AU</b> Exercise Class 1:00 <b>AU</b> Therapeutic Art Therapy 2:00 <b>AU</b> Horticultural Therapy 3:00 <b>CH</b> Singing with Tony 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Movie Night	<b>12</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Aldi / A.C. Moore Bus Trip 11:00 <b>FL</b> Tea & Cookie Social 1:00 <b>CL</b> Rosary 1:00 Billiards 2:00 <b>FL</b> Happy Hour 2:00 <b>AU</b> Painting with Jazzy Jen 6:30 <b>AU</b> Card Games	<b>13</b> 10:00 <b>B</b> ShopRite/Dollar Store Bus Trip 11:00 <b>AU</b> Catholic Services 11:45 Lunch Outing 1:30 <b>AU</b> Bingo 6:30 <b>AU</b> Movie Night
<b>14</b> 8:50 <b>B</b> Transportation to Church 6:30 <b>AU</b> Movie Night	<b>15</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> ShopRite Bus Trip 12:00 <b>AU</b> Word N Word 1:00 Billiards 1:30 <b>AU</b> Bingo with Norm 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Philly Senior Stage 6:30 <b>AU</b> Card Games Aud C	<b>16</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Special Boscov's Bus Trip 10:00 <b>AU</b> Dance Band 10:30 <b>F2</b> Intro to Wii Bowling 1:30 <b>A3</b> Arts & Crafts 2:00 <b>AU</b> Ceramic Class 3:00 <b>CH</b> Trivia 6:30 <b>AU</b> Acting For Fun Class	<b>17</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Bank/Post Office Bus Trip 11:30 <b>AU</b> Pen Pals 1:00 <b>AU</b> Worship Service 2:30 <b>AU</b> Crafts with Felecia 6:30 <b>AU</b> Card Games	<b>18</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Walmart Bus Trip 11:30 <b>AU</b> The Game Jenga 12:15 <b>AU</b> Fall Blessing Craft 2:00 <b>AU</b> Resident Meeting 3:00 <b>CH</b> Singing with Tony 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Movie Night	<b>19</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Amish Mart Bus Trip 11:30 <b>AU</b> The Price is Right 1:00 Billiards 1:00 <b>CL</b> Rosary 2:30 <b>AU</b> Dan Marro 6:30 <b>AU</b> Card Games	<b>20</b> 10:00 <b>B</b> ShopRite/Dollar Store Bus Trip 11:00 <b>AU</b> Catholic Services 11:45 Lunch Outing 1:30 <b>AU</b> Bingo with Norm 6:30 <b>AU</b> Movie Night
<b>21</b> 8:50 <b>B</b> Transportation to Church 4:00 <b>AU</b> Pumpkin Social 6:30 <b>AU</b> Movie Night	<b>22</b> <b>Thrift Shop Is OPEN Until 12 Noon</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>F3</b> Thrift Shop F313 10:00 <b>B</b> ShopRite Bus Trip 12:00 <b>AU</b> Word N Word 1:00 Billiards 1:30 <b>AU</b> Pokeno 3:00 <b>CH</b> Joke Time 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Card Games	<b>23</b> <b>Flu Clinic 8am-12pm</b> 8:00 <b>AU</b> Flu Clinic 8am-12pm 9:30 <b>AU</b> Stretch & Bend 10:30 <b>F2</b> Intro to Wii Bowling 11:30 <b>AU</b> Family Feud 1:30 <b>A3</b> Arts & Crafts 2:30 <b>AU</b> Ann Michal 6:30 <b>AU</b> Acting For Fun Class	<b>24</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Library Bus Trip 10:00 <b>B</b> Bank/Post Office Bus Trip 11:30 <b>AU</b> Name the Candy 1:00 <b>AU</b> Worship Service 2:30 <b>AU</b> Mick Stone 6:30 <b>AU</b> Night Time BINGO	<b>25</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Walmart Bus Trip 11:30 <b>AU</b> New Resident Luncheon 2:00 <b>AU</b> Canvas Painting 3:00 <b>CH</b> Singing with Tony 5:00 <b>B</b> Dinner Outing - P.F. Chang's 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Movie Night	<b>26</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Boscov's Mall Trip 11:30 <b>AU</b> Wood Leaf Craft 1:00 <b>CL</b> Rosary 1:00 Billiards 2:00 <b>FL</b> Happy Hour 6:30 <b>AU</b> Card Games	<b>27</b> 10:00 <b>B</b> ShopRite/Dollar Store Bus Trip 11:00 <b>AU</b> Catholic Services 11:45 Lunch Outing 1:30 <b>AU</b> Bingo 7:00 <b>AU</b> Mark Dezii
<b>28</b> 8:50 <b>B</b> Transportation to Church 6:30 <b>AU</b> Movie Night	<b>29</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> ShopRite Bus Trip 12:00 <b>AU</b> Word N Word 1:00 Billiards 1:30 <b>AU</b> Bingo with Norm 6:15 <b>FL</b> Wii Bowling 6:30 <b>AU</b> Card Games	<b>30</b> 9:30 <b>AU</b> Stretch & Bend 10:30 <b>AU</b> Auditorium is Blocked Off till 12pm 10:30 <b>F2</b> Intro to Wii Bowling 1:30 <b>A3</b> Arts & Crafts 2:00 <b>AU</b> Pokeno 6:30 <b>AU</b> Acting For Fun Class	<b>31</b> <b>Dress to Impress for the Party</b> 9:30 <b>AU</b> Stretch & Bend 10:00 <b>B</b> Bank/Post Office Bus Trip 11:30 <b>AU</b> Wheel of Fortune Game 1:00 <b>AU</b> Worship Service 2:30 <b>AU</b> Fall Fabric Craft 7:00 <b>AU</b> Halloween Party			



### **The Important Thing**

Whatever the age, people need people; that is the important thing. It is very important to socialize and get together to avoid feeling lonely. Some people prefer to be quiet and private. They like to have their moment to confront changes. Pain is different. You can't be isolated; you need people. You can't just live between four walls. I like to know what's going on; there's a whole world out there.

I feel proud when I can connect with our generations. We can learn from one another. It feels good because people give me things to think about. I feel wonderful, relating to what other people say, accepting others' opinions.

We experience a lot of changes as we get older. We have to adapt to the changes as we get older. We don't have a choice. I know my memory is not as good as before.

I can have a lot of thoughts, and I just go with them. Take it as it comes, adjust to it, don't think about how it could be; think about how it is. The fact that we are here is a plus. I feel comfortable adjusting. People can help us adapt to changes as we get older; they can help us adjust to the changes and confront the reality without fear. Changes can be good. We can always think and share with people and that's the important thing.

### **October Birthdays**

*October 10th:* Trudy Deger  
*October 12th:* Rick Honorio  
*October 14th:* Robin London  
*October 19th:* Harry Holtznagel  
*October 20th:* Peg Ingling  
*October 20th:* Alred Medzie  
*October 20th:* Arthur Ring  
*October 20th:* Harvey Yavener  
*October 22nd:* Helen Deboyace  
*October 22nd:* Paula McFadden  
*October 23rd:* Marie Gunther



### **To All Our Residents Celebrating This Month**

A Birthday in October can be a special treat, the harvest has begun of pumpkins, gourds, and wheat. So on your happy day here's a birthday wish for you! May you gather joy & laughter, love and friendships too!

Please join us in the Auditorium to celebrate our October Birthdays with some cake!

**Wednesday, October 10th  
at 2:30pm**

### **Pastors for the Month**

*October 3rd-* Dr. Cliff Jones  
 St. Paul's Presbyterian Church  
*October 10th-* Pastor Wes. Hawk  
 Tansboro/Atco Trinity United  
 Methodist Church  
*October 17th-* Rev. Greg  
 Faulkner  
 Trinity Presbyterian Church  
*October 24th-* Rev. Christine  
 LaLache  
 Haddonfield United Methodist  
 Church  
*October 31st-* Dr. William  
 McElee  
 Haddonfield United Methodist  
 Church

**Worship Service Every  
Wednesday at 1pm**

### **Transportation for Worship Services**

We provide transportation for our residents who wish to attend services at our local places of worship.

#### **Bus Information:**

**Christ the Redeemer:** 8:45am

**Trinity Church:** 9:10am

**Presbyterian Church:** 10:10am

Please sign up in the Clubhouse  
Book





### October 5th!

Resident & Employee Bake Sale!  
Raising Money for A Great Cause!

Please Help by Participating in This Fundraiser!

If interested in donating baked goods, please contact Jenna McGrail at Ext:7679 Please have the baked goods dropped off to Jenna by Thursday, October 4th.



### Flu Clinic

#### Reasons to Get a Flu Vaccination:

**Flu vaccination** can keep you from getting sick from flu.

**Flu vaccination** can reduce the risk of flu-associated hospitalization, including among children and older adults. A study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.

**Flu vaccination** is an important preventive tool for people with chronic health conditions. A

2013 study showed flu vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year. Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

**Flu vaccination** also may make your illness milder if you do get sick. Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

**Flu Clinic October  
23rd 8am-12pm**

### Halloween Party October 31st

Come Dressed to Impress!  
EAT... DRINK...& BE SPOOKY  
7:00 pm Auditorium

#### HISTORY OF HALLOWEEN

In the fifth century B.C., Celtic people who lived in Northern France and the British Isles practiced the religion of Druidism. The holiday, Samhain, was celebrated on October 31st and was their New Year. It was a time to finish their harvest and prepare for winter. A belief was on that day disembodied spirits of those who died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed to be their only hope for the afterlife. The people believed all laws of space and time were suspended during this time, allowing the spirit world to mingle with the living. Many historians believe this is the origin of the holiday of Halloween.

The word "Halloween" has its origins in the Catholic church. It comes from the words Allhallows Eve. Allhallows Day or All Saints' Day on November 1 is a Catholic day of observance in honor of the saints.





