

The Graceful Connection

OCTOBER 2024



Latest News from the Gem at Town Village Sterling Heights Newsletter

Welcome to October!

As the leaves turn and the air cools, we have a wonderful lineup of events to keep everyone engaged and entertained.

On October 3rd, we will be hosting our annual flu and COVID clinic. This is an important opportunity to get your flu shot and stay protected during the flu season. We encourage everyone to participate to help keep our community healthy.

On October 10th, we have planned an exciting outing to Westview Orchard. This will be a delightful day enjoying the beautiful fall scenery and a donut or two. It's a perfect way to celebrate the autumn season and enjoy the outdoors. Prepare to be amazed on October 18th, as we welcome Magician John Russel to our community. His magic tricks and illusions are sure to captivate and entertain everyone. It's an event you won't want to miss! As we approach the end of the month, get ready for some spooky fun at our Halloween Party on October 30th. There will be costumes, games, and treats for all. Don't forget to wear your best costume and join in the festivities. Finally, on Halloween Day, October 31st, we will take a trip to Tilson Street, renowned for its elaborate Halloween decorations. This is a sight you won't want to miss, and it's sure to be a memorable experience for everyone. We look forward to seeing you at these events and making October a memorable month for everyone. If you have any questions or need more information, please reach out at any time.

Thanks, as always, for allowing us the opportunity to serve you,
Sheri Sepanak
Executive Director



BIRTHDAYS

Dorothy M. - 3rd
Paul N. - 18th

E V E N T S

Friday, October 18th. 2:30pm
Magic with John Russell



Ready for an afternoon of wonder and amazement! Join us for a performance full of humor and the best magic around by Magician John Russell. It will be sure to entertain everyone!

Wednesday, October 23rd. 2:30pm
Octoberfest w/ Helmet Kolke



We're all German at Octoberfest! Join us for some live accordion music, fresh hot pretzels and cheese and a cold glass of beer with your neighbors.

Friday, October 25th. 2:00pm
Halloween Creepy Touch and Feel



Join us for some holiday, creepy fun for all of our sense. We'll get to feel what a "brain" may feel like, toes, bones. Just to name a few. All clean family safe fun!

N E W S

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!

NEW RESIDENTS

Carole Q.



TOWN VILLAGE
STERLING HEIGHTS
A GRACE MGMT COMMUNITY



**"I'm so glad I live in a world where there are Octobers."
— Lucy Maud Montgomery, Ann of Green Gables.**

MEET OUR TEAM

Sheri Sepanak- Executive Director
Christie Lassen- Wellness Director
Trisha Ginn- Senior Village Program Life Enrichment Manager
Paris Gentry- Business Office Manager
Stacy Jefferies- Dining Director
Jason Barbu- Maintenance Director
Logan Miller- Sales Director

The Town Village Sterling Heights

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