

CLATSOP CARE RETIREMENT VILLAGE

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Activities

Hello all! I want to thank everyone for reaching out to me with your requests, suggestions, and positive feedback. Our activities program has grown significantly over the past year and I'm so blessed to be able to spend my days with you. I look forward to seeing each and every one of you every day.

We have recently welcomed a bunch of new folks to our community, so I feel like this is the right time to put out some updates and reminders about the Activities Program at CRV.

1. All activities and events are subject to change. I try very hard to not cancel activities, but sometimes things happen. Thank you for understanding.
2. All activities outside of CRV will have a sign-up sheet. They are located on the "Information Station," the table by the activities room. Sign up early, seating is limited, and the spots fill up fast.
3. Manicures have become incredibly popular, they now require a sign-up sheet. You are always welcome to come and hang out with us, but if your name isn't on the sign-up sheet, you most likely won't get a service.
4. Happy Hour is every Friday from 3pm-4pm in the activities area. There are alcoholic and non-alcoholic beverage options.

October 2026

Hello Residents, Families, and Friends!

My name is Latisha Aguilar, and I am excited to introduce myself as your Interim Administrator. I have many years of experience in senior living and healthcare leadership, and I am deeply committed to providing a welcoming community where residents feel heard, respected, supported, and at home.

We have several exciting things coming up! Our Annual Flu Clinic will be held September 29th. We are also planning a fun-filled evening on October 14, 2026, featuring a fantastic dinner, entertainment, and time together.

You will also begin seeing more activities and events added each month. We are introducing a Monthly Resident Town Hall, giving residents an hour to meet with me and our leadership team, ask questions, share ideas or concerns, and learn about upcoming events, improvements, and changes within the community.

I look forward to getting to know each of you and making wonderful memories together!

Latisha Aguilar
Interim Administrator



Administrator's Corner

Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humorous."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.

Q: Why didn't the skeleton use email?

A: He preferred texting on his cell-bone.

Brain Bender: Trick or Treat

Use the following clues to change the word "trick" to "treat" by replacing one letter at a time, creating a new word with each change.

TRICK

_____ Course for racing

_____ To ruin or destroy

_____ Ruined ship or car

_____ To cause chaos

_____ A split or fracture

_____ Sandwich ingredient

_____ Grooved surface of a tire or shoe

TREAT

(Answer: *trick, track, wrack, wreck, wreak, break, bread, tread, treat*)



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll. Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick. Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout. If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital. Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on. Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Prep for plants. If you have a community garden or your own container garden, planting perennial flower bulbs and tasks such as weeding will help you look forward to spring.





Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

SAVE THE DATE

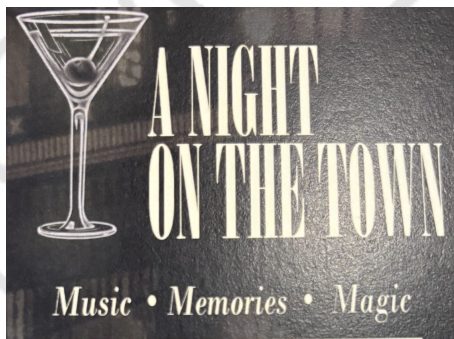
On Wednesday, October 14th, Clatsop Retirement Village will be hosting A Night on the Town: Music, Memories, and Magic.

The event will be held from 4:00pm-6:30pm. This event is open to residents, staff, and their families. It will include a formal dinner, champagne cocktails, a photo booth, music and dancing.

RSVP: Latisha Aguilar by October 6th.

This event is brought to you by Clatsop Cares Foundation.

Please join us in celebrating our amazing community!



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October				1 1:00 BINGO	2 3:00 Happy Hour	3 1:30 Scenic Drive National Play Outside Day
4 3:00 Sunday Service	5 9:45 Exercise With Jill National Do Something Nice Day	6 2:00 Encore Concert-Leon Bridges	7 10:30 Shopping at Fred Meyer	8 1:00 BINGO National Hero Day	9 1:00 Resident Town Hall	10 1:30 Art-Mountain Collages
11 3:00 Sunday Service	Columbus Day 12 10:30 Women's Bible Study	13 2:00 Singing With Sybil and Lu	14 4-6:30pm A Night on the Town	15 1:00 The Maritime Museum-Personal Flotation Devices	16 3:00 Happy Hour-Music With Chris National Boss's Day	17 1:30 Scenic Drive
18 3:00 Sunday Service National Chocolate Cupcake Day	19 9:45 Exercise With Jill	20 2:00 Encore Concert-The Beach Boys	21 10:30 Shopping at Dollar Tree	22 1:00 BINGO	23 1:00 Activities Meeting	24 1:30 Spooky Halloween Crafts National Food Day
25 3:00 Sunday Service	26 10:30 Women's Bible Study National Pumpkin Day	27 2:00 Singing With Sybil and Lu	28 3:30 Beach Ball Volleyball	29 5:30 The Richards Family Band	30 3:00 Happy Hour	Halloween!! 31 1:00-2:30 Trick-or-Treat

"This Month
In History"

OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.