



1000 Bluff View Drive, Houghton, MI 49931

Phone: (906) 483-4400

Website: www.thebluffs.org

October

Birthday Wishes!



2nd – Ellen Laitinen

2nd - Barb Poupore

4th - Krista Nelson EMP

5th - Mary Dixon QC

7th - Laurie Gale QC

12th - Beverly Cole

14th - Jeff O'Connell EMP

22nd - Jessica Bracco EMP

23rd - Marian Rossi

27th - Ruth Nara

Join us for Birthday Lunch Friday, October 6th from 11:30 - 1:00 p.m. in the 1st floor dining room. Enjoy a spaghetti bar in the company of good friends. At noon we will announce birthdays and pass out cake and ice cream.

What's Happening?

Who's ready for Fall? I sure am. It's my favorite time of year. I love the smells, the colors and of course the holidays. Did you know that Friday, October 6th is Plaidurday? It's the 7th annual worldwide celebration of plaid! This unique holiday was founded by none other than a Yooper. Join us as we dress in our favorite plaid clothing! Oktoberfest comes next. Bill White, one of our favorite entertainers will be here for our Annual Oktoberfest Happy Hour to celebrate. October is also Breast Cancer Awareness Month and employees will be dressing in pink on Thursdays to show their support. You are all welcome and encouraged to join us. Friday, October 21st will our Breast Cancer Awareness Happy Hour. Everything will be in pink! The Sigma Tau Gamma

Fraternity will be here Wednesday, October 25th to carve pumpkins. We have decoration kits for everyone! We'll be roasting the pumpkin seeds as well, yum! Halloween falls on a Tuesday this year which means we will be celebrating it with a Lunch Boo-fet. A costume parade will take place at noon, during this time, you can select your favorite costume and winners will be announced shortly after the parade. Awards will be given out to the funniest, most original and overall favorite costumes. If you need help getting into your costume please let us know at the front desk. That's not all, we have some special guests joining us for the party! Neal's Daycare from Laurium will be here to show off their cute costumes! We have a variety of guests joining us this month as well. More details are outlined in the newsletter and

updates will be posted and on your weekly calendars. We encourage all family and friends to join us for activities and special events. If you are having guests for meals, happy hour or parties we ask that you let us know ahead of time at the front desk. There are many details that go into planning our events from food, seating, staffing etc. and we want to ensure you have the best experience. So please, R.S.V.P. for activities, special events and happy hour. We appreciate it! Enjoy the spectacular Copper Country colors!
-Katie



Maintenance will be coming around to winterize air conditioners this month. The guys will hang a tag on your door when the work is done!
Thank You!

Fall Color Tour

The weather is changing fast and so are the trees! Sign up at the front desk to reserve your seat for this year's Fall Color Tour! Seating is limited! The bus leaves the lobby at 11:30 a.m. Tuesday, October 3rd.



This year we're travelling to Twin Lakes and stopping for lunch at the Parkview Lodge & Grill. Remember to bring along enough money for lunch and a tip.
* Happy Fall Y'all!

Flu Shot Clinic

Hosted by Shopko Pharmacy

When: Thursday, October 5th

Time: 9:00 - 11:00 a.m.

Where: 3rd Floor Ballroom

Cost: \$22.89 (unless you have Medicare Part B)



*Bring your Medicare Part B card and Medicare will be billed for your vaccination! If you do not have Medicare bring along your current Health Insurance Card.

Books Are Fun Reminder

Books Are Fun, the store that comes to you is back! Items on the table are for sale. Orders and payments must be made at the front desk. Items are then delivered to The Bluffs. Merchandise should not be removed from the table. If an item says "pay and take" you still need to pay at the front desk before you take it. This helps us keep track of the merchandise. If you have any questions please let us know. Thank You & happy shopping!



Upcoming Programs

We have a variety of guests joining us this month. Our first guest, isn't really a guest at all. She lives right here at The Bluffs. Ruth Nara, one of our residents, will be presenting a program on, "Money by Mouth," Friday, October 6th. Our second guest or guests will also be here on Friday, October 6th. The Byykkonen Music Studio is coming to give a recital. This is their first visit to The Bluffs. Please join us in welcoming them. Do you like euchre? Are you interested in learning how to play? If so, join the Beta Sigma Tau Fraternity in the library on Saturday, October 7th. Tom Mucinex, the Wisconsin and Upper Peninsula Salvation Army Representative will be here to talk about, "The Sue

McLean Story WWII Donut Girl." Sue McLean is another one of our residents. Mary Simila, our local Avon Representative is stopping by for Coffee Chat on Thursday, October 12th. Be sure to say hello. Finlandia's Physical Therapy Department will be here Friday, October 13th to lead us in a discussion on how to stay in balance. Balance affects everyone and we strongly encourage you all to check it out. The Sigma Tau Gamma Fraternity will be here Saturday, October 14th to play penny poker. Anybody feel lucky? New comers are welcome. They will teach you how to play. Lois Anderson, our local Mary Kay representative is coming October 18th to

educate us on facemasks. Sounds intriguing. Mark your calendars. The Keweenaw Symphony Orchestra Woodwind Quintet is coming back. They will be here Thursday, October 26th to give a short concert in the ballroom. Our last guest will be the Michigan Tech St. Al's students. They will be here Sunday, October 29th to make fabric plates. This cute craft will look great on the shelves outside your apartments. There sure is a lot going on this month. Be sure to check your weekly activity calendars and activity posters for any changes. Just a friendly reminder, family and friends are welcome to attend any of our activities.

Halloween History Facts

- THE ANCIENT CELTIC FESTIVAL OF SAMHAIN (pronounced SOW-IN) IS BELIEVED TO BE THE ORIGIN OF HALLOWEEN
- SAMHAIN IS THE DRUIDIC NEW YEAR, A TIME TO FINISH THE HARVEST AND PREPARE FOR WINTER
- THE LORD OF DEATH PERMITTED THE DECEASED OF THE PRECEDING YEAR TO VISIT THE EARTH ON OCTOBER 31ST ACCORDING TO THE CELTS OF NORTHERN FRANCE AND THE BRITISH ISLES
- TRADITIONS ASSOCIATED WITH OCTOBER 31ST ARE: BONFIRES (used to honor the dead and ward off evil spirits), MASKS (worn to disguise oneself from evil spirits) AND THE BEGGING OF CHILDREN (children would go door to door asking for things to burn for the bonfire) THE CHRISTIAN CELEBRATION OF ALL HALLOW'S EVE (now known as All Saints Day) COMBINED WITH THE PAGAN CELEBRATION OF SAMHAIN DURING THE MIDDLE AGES
- THE ANCIENT CELTS WOULD CARVE OUT LARGE TURNIPS AND THEY WOULD PUT A CANDLE INSIDE TO DRIVE AWAY EVIL SPIRITS
- THE IRISH IMMIGRANTS WHO CAME TO AMERICA TO ESCAPE THE POTATO FAMINE CHANGED THE TRADITION OF CARVING OUT TURNIPS TO PUMPKINS



OCTOBER HAPPY HOURS

DATE	THEME
10/13	Oktoberfest Happy Hour
10/20	Breast Cancer Awareness Happy Hour
10/27	Haunted Happy Hour
*Happy Hour is from 4:30 - 5:30 p.m.	

Sunday Coffee Chats

You may notice some new faces at coffee chat this month. The Finlandia and Michigan Tech students are back in the area and they will be stopping by to visit. You may recognize a few folks from last year. That's not the only new thing you'll be seeing at coffee chat. Every Sunday we will be featuring a autumn inspired treat. See you around!