

OAK MANOR

ASSISTED & INDEPENDENT LIVING

National Assisted Living Week

SEPTEMBER 13 THROUGH THE 19TH

We are having special theme days and activities throughout the week.

13TH *Grandparents Day*

Tea and photos.

Best Grandparents Ever

14TH *"A Day in Vegas"*

Poker chip toss, Vegas trivia, Big Bucks Bingo, roulette, blackjack, Wheel of Fortune, and casino snacks.

15TH *A Day in the Caribbean*

Exercise to Caribbean music
Caribbean trivia
Caribbean treasure hunt
Caribbean party with the steel drummer and island foods and cocktails

16TH *A Day at the Fair*

Petting zoo, carnival games, fair foods, and photos.

17TH *Country Western Day*

Cornhole, country western trivia, cowboy hat toss, outing to Sonny's and a country western hoedown with music by Joseph.

18TH *50s Day*

Pass the record, name that 50s tune, 50s TV and movie trivia, 50s prizes, and a 50s sock hop with root beer floats, cocktails, sliders, and French fries.

19TH *Spa Day*

Afternoon at the spa with facials, under eye patches, hand bath bombs, and lotions.

Happy Assisted Living Week!
I hope to see you all at these fun filled activities this week!

Seasons of Joy

CELEBRATING LIFE'S SIMPLE PLEASURES

Step into a **STORYBOOK** this September!

Every season brings a reason to celebrate.

Oak Manor invites residents and their families to a warm, whimsical harvest feast inspired by the fairy tales we've loved since childhood. Come as a classic storybook character!

SEPTEMBER 24TH
FROM 4:30 - 6:30PM

RSVP by September 21 to the clubhouse receptionist.

A Love for Faerie
Travel back through time and visit the magical world of faeries. Enjoy a special menu of seasonal treats, a storybook-themed scavenger hunt, and a special performance.

Hobbies & Favorite Things
Shopping, reading, travel, and more. Enjoy a special menu of seasonal treats, a storybook-themed scavenger hunt, and a special performance.

Life at Oak Manor
Although living in one of our most beautiful homes, it is always feeling right at home. The experience of living in a storybook setting, the special experiences, the special experiences, and the special experiences.

Bring a friend, or family members, but no dogs. We'll be sure you'll have a great time!

BINGO and Brews

at Chick-fil-&

WEDNESDAY, SEPTEMBER 30

WE WILL BE LEAVING OAK MANOR AT 8:00 AM

BINGO IS FROM 9:00 - 10:00 AM FREE TO PLAY!

SIGN UP AT THE CLUBHOUSE!

Food, Fun, Friends & Prizes!

Welcome new RESIDENTS

Pam Freeman
Muriel Biglin
Shirley Archer
Cira Stang
Lorraine Adams
Dennis Antosz
Bill Schlies
Nicky Due
Rocco Castellano

We're happy you're here!

1000 1000 LINE

Please make sure that you listen to the 1000 line daily. Activities are listed on your calendar but are subject to change. The 1000 line will inform you if there are any updates.

September Health & Wellness

Healthy Aging Month

Small healthy choices today can lead to a stronger, happier tomorrow.

EAT WELL
Enjoy a variety of fruits, vegetables, whole grains and lean proteins. Drink plenty of water!

EXERCISE YOUR MIND
Read, do puzzles, listen to music, try something new and keep learning! Your brain loves it.

REST WELL
A good night's sleep helps your body and mind feel refreshed and ready for the day.

KEEP MOVING
Stay active with walking, stretching, chair exercises or activities you enjoy. Movement keeps you strong!

STAY CONNECTED
Spend time with others, join activities, call a friend or enjoy a good conversation. Connection is important!

CHECK YOUR HEALTH
Keep up with doctor visits, take medications as directed and stay up to date on health screenings.

Small steps. Big difference. Better living!

A HEALTHY SEPTEMBER REMINDER: Move more, eat well, stay connected, keep your mind active, get rest, and take care of you!

Stay Active • Stay Connected • Stay Well

ASSISTED & INDEPENDENT LIVING NEWSLETTER

SEPTEMBER 2026

Oak Manor

SENIOR LIVING COMMUNITY



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RESIDENT Spotlight

Shirley Archer



A life well lived and loved.

Every life has a story worth celebrating, and Shirley Archer's is filled with love, hard work, adventure, and a heart that continues to inspire everyone around her.



A SMALL-TOWN BEGINNING

Shirley was born on September 15, 1934, in Terre Haute, Indiana, to Naomi and James Newman. She grew up on a farm with three sisters and two brothers. Those early years of family, hard work, and perseverance—lessons that have shaped her entire life.



A BEAUTIFUL LOVE STORY

Shirley married the love of her life, Warren Lee Archer, and together they shared 51 wonderful years of marriage. Warren proudly served in the United States Army. Their life was built on love, laughter, and unwavering support for one another.



A NEW ADVENTURE IN FLORIDA

In 1968, Shirley moved to Florida because of her husband's work. She began her career as a beautician and later worked for Florida Power, where she dedicated many years of service until her retirement. She is proud of the work she did and the people she met along the way.

A Love for Travel

Travel has always been one of Shirley's great joys. She especially loves Tennessee—its beautiful mountains, charming shops, and fascinating museums.

Hobbies & Favorite Things

- Shopping
- Reading books about health and religion
- Watching beauty shows
- Cheering for local sports teams

Life at Oak Manor

Although Shirley is one of our newest residents, she is already feeling right at home. She appreciates the transportation assistance, the dining experience, and the helpful staff.

OAK MANOR DEPARTMENT MANAGERS

ADMINISTRATOR:
Justin Mock ext. 2107

EXECUTIVE DIRECTOR/OWNER:
Brad Graham ext. 2111

ACTIVITIES:
Cindy Lavine ext. 2162

DIRECTOR OF NURSING:
Andy Feldhause ext. 2220

FOOD SERVICES:
Debi Burger ext. 2237 or 2240

HAIRDRESSER:
Michelle ext. 2245

MAINTENANCE:
Bradley Schumann ext. 3330

SALES COUNSELOR:
Pam Pardi ext. 2052

SALES COUNSELOR:
Ashley Pfaff ext. 2217

ENVIRONMENTAL SERVICES:
Jose Bones ext. 2119

PHYSICAL THERAPY:
Jenny Zabel ext. 2128

RECEPTIONIST:
ext. 2200

RESIDENT ACCOUNTS:
Holly Greene-Stephany ext. 2216
Brianna Williams ext. 2509

RESIDENT CARE COORDINATOR:
Brianna Williams ext. 2509

RESIDENT SERVICES MANAGER:
Brianna Slater ext. 2257

SECURITY:
2200 OR (727) 482-3930



September Health & Wellness

Healthy Aging Month

Small healthy choices today can lead to a stronger, happier tomorrow.

EAT WELL Enjoy a variety of fruits, vegetables, whole grains and lean proteins. Drink plenty of water!	KEEP MOVING Stay active with walking, stretching, chair exercises or activities you enjoy. Movement keeps you strong!
EXERCISE YOUR MIND Read, do puzzles, listen to music, try something new and keep learning! Your brain loves it.	STAY CONNECTED Spend time with others, join activities, call a friend or enjoy a good conversation. Connection is important!
REST WELL A good night's sleep helps your body and mind feel refreshed and ready for the day.	CHECK YOUR HEALTH Keep up with doctor visits, take medications as directed and stay up to date on health screenings.

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OUTINGS This Month!

Let's Go On An Adventure!

Good Times & Great Places!

1ST	outing to PUBLIX AND WALMART
3RD	outing to CICI'S PIZZA AND PUBLIX
8TH	outing to PUBLIX AND BURGER KING BURLINGTON, TJ MAXX AND SPROUTS
10TH	outing to PUBLIX AND THE LARGO HIBACHI BUFFET
14TH	outing to THE BANKS AND REC CENTER
15TH	outing to PUBLIX AND WALMART
17TH	outing to PUBLIX AND SONNY'S
21ST	outing to REC CENTER
23RD	outing to PUBLIX TARGET AND FIVE BELOW
24TH	outing to PUBLIX AND OUTBACK
28TH	outing to REC CENTER
29TH	outing to PUBLIX AND WALMART

FUN DAYS AHEAD!

Let's make wonderful memories together!

HAPPY Grandparents DAY!

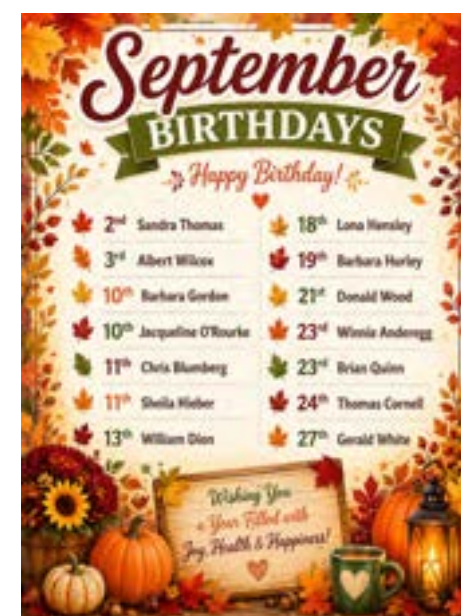
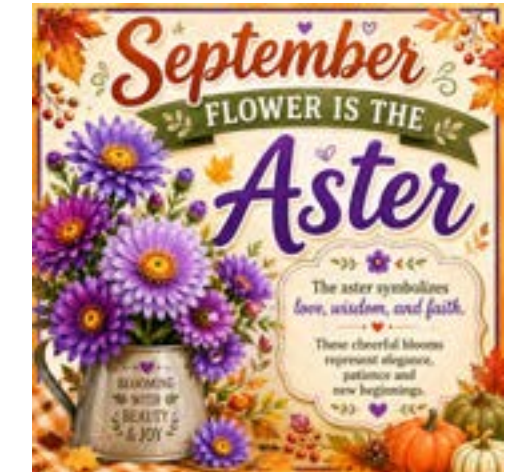
A special day to celebrate the love, wisdom and joy Grandparents bring to our lives!

Grandparents make the world a little softer, kinder and warmer!

FUN FACTS

- Grandparents Day is celebrated on the first Sunday after Labor Day in the United States.
- The word "grandparent" comes from the Latin words "grandis" (great) and "parens" (parent).
- Studies show that children who have close relationships with their grandparents are happier and feel more secure.
- Grandparents often have more patience, more time and lots of stories to share!
- Many grandparents help care for their grandchildren and play a big role in their lives.
- The world's oldest known grandparent was 127 years old!
- Grandparents pass down traditions, family history and important life lessons.
- A grandparent's hug lasts long after they let go.

Thank you, Grandparents, FOR YOUR LOVE THAT LASTS A LIFETIME!



FALL

A	P	N	I	K	P	M	U	P	N	D	W	L	B	Q	B	A	W	I	C	F
K	U	F	T	N	S	P	X	B	O	X	D	I	O	X	O	S	L	D	H	B
C	U	T	E	Q	R	S	R	F	V	L	E	J	J	L	T	T	Z	Z	S	J
B	Z	W	U	W	U	E	X	Y	E	L	D	H	A	L	L	O	W	E	E	N
V	H	C	O	M	D	N	Y	Q	M	X	I	P	G	T	A	K	F	P	B	V
M	D	O	N	I	N	S	M	K	B	P	R	P	H	S	X	V	J	J	D	K
E	S	R	C	H	X	G	F	T	E	W	Y	S	K	E	R	Y	G	L	S	N
D	W	N	M	X	Y	R	O	U	R	N	A	U	Z	V	E	Y	N	J	O	S
G	E	U	D	O	E	A	L	N	A	U	H	G	R	R	Q	R	I	R	R	O
G	A	C	R	N	T	K	E	T	Q	B	S	N	Z	A	K	R	V	E	A	K
V	T	O	A	I	P	E	F	S	E	B	Z	Z	H	C	E	I	Q	N	J	
I	E	P	H	U	S	P	K	E	Y	G	B	M	B	S	E	B	G	U	G	E
Q	R	I	C	Q	I	S	B	H	B	G	A	X	M	L	T	N	S	Z	E	K
G	B	A	R	E	R	N	K	C	V	O	L	I	P	U	O	A	K	M	F	F
M	T	C	O	D	C	B	H	J	Y	W	N	A	L	V	D	R	N	P	R	V
F	W	O	R	C	E	R	A	C	S	F	M	F	V	O	N	C	A	R	T	S
Z	D	R	M	F	H	R	K	H	U	F	O	E	I	I	F	E	H	M	E	Z
V	M	N	H	L	M	R	U	W	Z	Q	Y	V	L	R	T	U	T	V	O	F
I	E	H	M	I	G	R	A	T	I	O	N	D	U	P	E	S	A	N	B	S
D	R	U	O	G	H	L	L	L	A	B	T	O	O	F	P	E	E	L	R	Z
R	E	W	O	L	F	N	U	S	P	T	H	Q	Q	Q	L	A	V	F	I	X

ACORN	FESTIVAL	NOVEMBER
APPLE	FOLIAGE	ORANGE
AUTUMN	FOOTBALL	ORCHARD
BONFIRE	GOURD	PUMPKIN
CHESTNUT	HALLOWEEN	RAKE
CIDER	HARVEST	SCARECROW
CORNUCOPIA	HAYRIDE	SQUASH
CRANBERRY	LEAVES	SUNFLOWER
CRISP	MAPLE	SWEATER

SUPERSTARWORKSHEETS

OAK MANOR AL/IL SEPTEMBER 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
9:00 OUTING TO PUBLIX
10:00 COMMUNION-B1
11:00 OUTING TO WALMART
2:00 BIBLE STUDY-AR
3:00 BIG BUCKS BINGO-CH

2
WORLD COCONUT DAY
10:00 Dominoes-CH
10:00 Bingo-B2
10:30-11:30 LARGO BOOKMOBILE-O
11:00 BABES WHO BRUNCH-CH
1:30 BALANCE CLASS W/ THERAPY-B2
2:00 Painting-CH
3:00 COCONUT CREAM PIE SOCIAL & TRIVIA-CH

3
9:00 OUTING TO PUBLIX
9:30 Chair Exercise-B2
10:00 Trivia-B2
10:30 Rummikub-B2
11:00 OUTING TO CICI'S PIZZA & GABE'S
2:00 Karaoke-B2
3:00 MAKING CARAMEL APPLE DESSERT CUPS-B2
3:00 QUARTER BINGO-CH

4
10:00 Bingo-B2
2:00 Cards-CH
3:00 HAPPY HOUR W/ PUMPKIN BREAD "AUTUMN SUNSET COCKTAILS" (RUM, APPLE CIDER, ORANGE JUICE, CINNAMON), BEER & WINE W/ MUSIC BY RALPH-CH

5
LANDON CDL CLASS DAY
10:00 Dominoes-CH
2:00 Billards-CH

6
10:00 Transport To St. Jerome's Catholic Church, Baptist Church Anona Methodist Church
10:30 GREATER GRACE NON-DENOMINATIONAL SERVICE-CH
11:30-4:30 SUNDAY BUFFET-CH
1:00 Card Game Of Choice-B1
2:00 Quarter Bingo-CH
3:00 MOVIE & POPCORN-CH

7
LABOR DAY
9:30 Yoga Chair Exercise-B2
9:30 Balloon Volleyball-B2
10:00 Name Three Game-B2
10:00 Dominoes-CH
LABOR DAY LUNCHEON
2:00 QUARTER BINGO-CH
3:00 LABOR DAY SOCIAL W/ RED, WHITE & BLUE JELLO CAKE-CH
4:00 MOVIE-CH

8
9:00 OUTING TO PUBLIX
10:00 COMMUNION-B1
10:00 Golf-B2
10:30 Guess The Word-B2
11:00 OUTING TO BURGER KING, BURLINGTON, TJ MAXX & SPROUTS
2:00 BIBLE STUDY-AR
2:00 MAKING GRANDPARENT'S DAY FRAMES-B2
3:00 Manicures-B2
3:00 BIG BUCKS BINGO-CH

9
10:00 Bingo-B2
10:00 Dominoes-CH
1:30 BALANCE CLASS W/ THERAPY-B2
2:00 NEW RESIDENT ORIENTATION-CH
3:00 BLUEBERRY MUFFIN SOCIAL-CH

10
9:00 OUTING TO PUBLIX
9:30 Chair Exercise-B2
10:00 Trivia-B2
10:30 Rummikub-B2
11:00 OUTING TO LARGO BUFFET
2:00 Karaoke-B2
3:00 QUARTER BINGO-CH
3:00 MAKING PUMPKIN CHEESECAKE DIP-B2
4:30 MEN'S NIGHT OUT TO TAVERN ON THE BLUFFS-CH

11
PATRIOT DAY
10:00 Bingo-B2
1:00 TOWN HALL MEETING-CH
2:00 COMPUTER CLASSES-CH
3:00 HAPPY HOUR W/ RED, WHITE & BLUE PARFAITS, PATRIOTIC BERRY SPRITZERS (VODKA, CRANBERRY JUICE, LEMON-LIME SODA & BLUEBERRIES) BEER & WINE W/ PATRIOTIC MUSIC BY VAL-CH

12
9:00 Coffee & Chat-B2
10:00 Quarter Bingo-B2
2:00 BEER & BILLIARDS-CH
3:00 MAKING AUTUMN CENTERPIECES-CH
4:00 Wii Game-B2

13
NATIONAL ASSISTED LIVING WEEK 13-19 GRANDPARENT'S DAY
10:00 Transport To St. Jerome's Catholic Church, Baptist Church Anona Methodist Church
10:30 GREATER GRACE NON-DENOMINATIONAL SERVICE-CH
11:30-4:30 SUNDAY BUFFET-CH
1:00 Card Game Of Choice-B1
2:00 Quarter Bingo-CH
3:00 GRANDPARENT'S DAY TEA & PHOTOS-CH

14
"A DAY IN VEGAS"
9:30 Yoga Chair Exercise-CH
9:30 POKER CHIP TOSS-B2
10:00 VEGAS TRIVIA-B2
10:00 Dominoes-CH
10:00 BANKS OUTING
11:00 REC CENTER OUTING
2:00 BIG BUCKS BINGO-CH
3:00 ROULETTE, BLACK JACK, WHEEL OF FORTUNE & CASINO SNACKS-CH
4:00 MOVIE-CH

15
"A DAY IN THE CARIBBEAN"
9:00 OUTING TO PUBLIX
10:00 Dominoes-CH
10:00 CATHOLIC MASS-B2
10:30 EXERCISE TO CARIBBEAN MUSIC-B2
10:45 CARIBBEAN TRIVIA-B2
11:00 OUTING TO WALMART
2:00 CARIBBEAN TREASURE HUNT-CH
2:00 BIBLE STUDY-AR
3:00 CARIBBEAN PARTY W/ STEEL DRUMMER & ISLAND FOODS & COCKTAILS-CH

16
"A DAY AT THE FAIR"
10:00 Dominoes-CH
9:30-11:30 PETTING ZOO-O
10:30-11:30 LARGO BOOKMOBILE-O
1:30 BALANCE CLASS W/ THERAPY-B2
2:00 PAINTING W/ JOHN-CH
2:00 TIC TAC TOE-B2
3:00 CARNIVAL GAMES, FOODS & PHOTOS-CH

17
COUNTRY/WESTERN DAY
9:00 OUTING TO PUBLIX
9:30 CORNHOLE-B2
10:00 COUNTRY/WESTERN TRIVIA-B2
10:30 COWBOY HAT TOSS-B2
11:00 OUTING TO SONNY'S
2:00 COWBOY HAT TOSS-CH
3:00 COUNTRY /WESTERN HOE-DOWN W/ MUSIC BY JOSEPH AVIEL-CH
5:00 LADIES NIGHT-CH

18
FIFTIES DAY
10:00 Bingo-B2
10:00 Dominoes-CH
2:00 PASS THE RECORD-B2
2:30 NAME THAT FIFTIES TUNE, FIFTIES TV & MOVIE TRIVIA & FIFTIES PRICES-CH/B2
3:00 FIFTIES SOCK HOP W/ ROOTBEER FLOAT COCKTAILS (ROOT BEER, VANILLA VODKA & ICE CREAM), SLIDERS, FRENCH FRIES, BEER & WINE W/ FIFTIES MUSIC BY PAUL MILLER-CH

19
SPA DAY
9:00 Coffee & Chat-B2
10:00 Quarter Bingo-B2
2:00 AFTERNOON AT THE SPA/W FACIAL MASKS, UNDER EYE PATCHES, HAND BATH BOMBS, LOTIONS-CH
3:00 Manicures-CH
4:00 Wii Game-B2

20
10:00 Transport To St. Jerome's Catholic Church, Baptist Church Anona Methodist Church
10:30 GREATER GRACE NON-DENOMINATIONAL SERVICE-CH
11:30-4:30 SUNDAY BUFFET-CH
1:00 Card Game Of Choice-B1
2:00 Quarter Bingo-CH
3:00 GOSPEL SING-A-LONG-CH

21
YOM KIPPUR
9:30 Yoga Chair Exercise-CH
9:30 Parachute-B2
10:00 Name Three Game-B2
10:00 Dominoes-CH
11:00 REC CENTER OUTING
2:00 Uno-B2
2:00 QUARTER BINGO-CH
3:00 YOM KIPPUR SOCIAL W/ BAGELS & CREAM CHEESE -CH/B2
4:00 MOVIE-CH

22
AUTUMN BEGINS
10:00 Golf-B2
10:00 COMMUNION-B1
10:30 Guess The Word-B2
2:00 WELCOME AUTUMN, APPLE FEST-CH
2:00 BIBLE STUDY-AR
3:00 BIG BUCKS BINGO-CH

23
9:00 OUTING TO PUBLIX
10:00 Dominoes-L
10:00 Bingo-B2
11:00 OUTING TO TARGET, & FIVE BELOW
1:30 BALANCE CLASS W/ THERAPY-B2
2:00 DECORATING FALL COOKIES-L/B2
3:00 APPLE PIE ALAMODE SOCIAL & GUESS THE WORD-L/B2

24
9:00 OUTING TO PUBLIX
9:30 Chair Exercise-B2
10:00 Trivia-B2
10:30 Rummikub-B2
11:00 OUTING TO OUTBACK
2:00 Karaoke-B2
3:00 MAKING PUMPKIN SMOOTHIES-B2
4:30-6:30 FRIENDS & FAMILY-CH

25
FOOD SERVICE EMPLOYEE DAY
9:30 Chair Exercise-CH
10:00 Dominoes-CH
10:00 Bingo-B2
2:00 COMPUTER CLASSES-CH
2:00 Golden Memories Game-B2
3:00 HAPPY HOUR W/ APPLE PIE & CARAMEL APPLE COCKTAILS (VANILLA VODKA, APPLE CIDER, BUTTERSCOTCH SCHNAPPS, CINNAMON STICK) BEER & WINE W/ MUSIC BY TONY ORIFICI-CH

26
HUMAN RESOURCES DAY
9:00 Coffee & Chat-B2
10:00 Quarter Bingo-B2
2:00 BEER & BILLIARDS-CH
3:00 MAKING AUTUMN WREATHS-CH
4:00 Wii Game-B2

27
10:00 Transport To St. Jerome's Catholic Church, Baptist Church, & Anona Methodist Church
10:30 GREATER GRACE NON-DENOMINATIONAL CHURCH SERVICE-CH
11:30-4:30 SUNDAY BUFFET-CH
1:30 Card Game Of Choice-B1
2:00 Quarter Bingo-CH
3:00 GOSPEL SING-A-LONG-CH

28
9:30 Yoga Chair Exercise-CH
9:30 Noodleball-B2
10:00 Golden Memories-B2
10:30 Sharing Joy Game-B2
11:00 REC CENTER OUTING
2:00 Family Feud-B2
2:00 QUARTER BINGO-CH
3:00 APPLE CIDER & DOUGHNUT SOCIAL W/ TRIVIA-CH/B2
4:00 MOVIE-CH

29
9:00 OUTING TO PUBLIX
10:00 Dominoes-CH
10:00 COMMUNION-B2
10:00 Cornhole-CH
10:30 Current Events-B2
11:00 OUTING TO WALMART
2:00 MAKING AUTUMN WREATHS-B2
2:00 BIBLE STUDY-AR
3:00 Manicures-B2
3:00 BIG BUCKS BINGO-CH

30
8:00 BINGO & BREWS OUTING @ CHICK-FIL-A
10:00 Dominoes-CH
10:00 Bingo-B2
1:30 BALANCE CLASS W/ THERAPY-B2
2:00 Painting-CH/B2
3:00 PECAN PIE SOCIAL & GUESS THE WORD-CH/B2

