



THE NEWS IN OCTOBER AT PRAIRIE VILLAGE RETIREMENT 2025



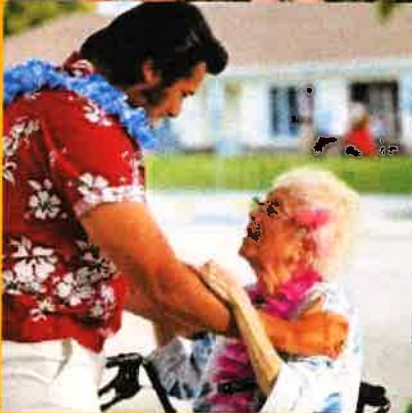
4th~ Joan Boss

15th ~ Norma Hudson

15th ~ Nick Zedicher

18th ~ Dorothy Tilden,
Food Service

19th ~ Ardyce Mittan



Holidays

1st~ Homemade Cookie Day

3rd~ World Smile Day

4th~ Nat'l Golf & Taco Day

9th~ Fire Prevention Day

13th ~ Columbus Day

14th ~ Remembrance Day
for Charlie Kirk

15th ~ I love Lucy Day

16th ~ Bosses Day

25th~ World Pasta Day

26th ~ Mother-in-Law Day

29th ~ Frankenstein Day

30th~ Candy Corn Day

31st~ Halloween



HEALTH TALK

HEALTHY FALL HABITS

As summer comes to an end and school starts up, many students encounter issues with both their physical and mental health. Follow these tips to avoid falling ill with colds or the flu and to improve your mental health.

WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

HYDRATE



Drink water.
Decrease caffeine intake.
Limit alcohol consumption.

FRIENDSHIP



Seeking social support through friendships is proven to reduce anxiety and depression.

COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

EXERCISE



Releases endorphins and serotonin.
Increases self-esteem.
Enhances social connections.

DISINFECT



Using household disinfectant on kitchen and bathroom surfaces is proven to reduce risk of cold and flu.

VACCINATE



Center for Disease Control recommends the flu vaccination to prevent illness.

SLEEP



National Sleep Foundation recommends 7-9 hours hours of sleep for young adults.
Good sleep reduces risk of sadness and improves mental health.

HALLOWEEN CROSSWORD



1.							
2.							
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4.							
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7.							
8.							
9.							



1. OPPOSITE OF DAY.
2. A WITCH'S PET.
3. A SCARY GUY MADE OF BONES.
4. A LARGE KETTLE.
5. MONTH OF HALLOWEEN.
6. SHE RIDES ON A BROOM.
7. FRIGHTENING CREATURES.
8. EIGHT LEGGED INSECT WALKING ON A WEB.
9. YOU'RE GOING TO CARVE IT.



EVENTS

Mark Your Calendar

Get ready for a thrilling October at Prairie Village, packed with engaging activities to inspire fun and connection! Join us for exciting games like Spelling Bee, Uno, Bingo, and our spirited Halloween Dice Game. Whether you prefer the strategy of Scrabble or the challenge of Sudoku, there's something for everyone! Experience live entertainment with talented performers such as Mike McCracken, Paul Siebert, C&C, Aaron Shoemaker, and Muzica throughout the month. In addition to the games and entertainment, be sure to take part in enriching Bible studies, invigorating group exercise sessions, and relaxing chair yoga. Don't miss our festive Halloween party and crafts, as well as the thrill of the pool league. Enjoy delightful donuts and coffee at the Red Wing Café, take scenic joy rides to admire the fall colors, and join in on shopping outings or our exciting peanut auction. Plus, ladies are invited to enjoy lunch together at the Broken Mug! There's so much happening at Prairie Village this October—come join the fun and create lasting memories!

FLU & COVID VACCINE CLINIC



Friday, October 3rd
at 2pm in the
Activity Room



On October 30th from 4:30pm to 6:00pm, we will have Trick or Treaters in the Building! Prairie Village will be spoiling the kids with hotdogs, chips, a drink and a cookie! Spread the word so all those cute little ghosts and goblins make a stop at Prairie Village!

PRAIRIE VILLAGE RETIREMENT CENTER



Assisted & Independent
Apartments Available

3000 39th Ave | Columbus, NE

Contact Tanisha for a Tour
402.563.4213 | www.pvrc.net

We currently have apartments available in our amazing Prairie Village community. If you know someone who would love to join us, please inform Tanisha and encourage them to reach out to schedule a tour. When they move in, both you and your referral will receive \$500 off a month's rent. Help spread the word and let's grow our community together!

PRAIRIE VILLAGE TEAM

Dawn Pavel, Administrator
Kim Webster, Director of Healthcare
Tanisha Palensky, Marketing Director
Ashley Nielsen, Business Office Manager

Trina Christensen, Food Service Director
Heather Faz, Life Enrichment Coordinator
Theresa Krzycki, Housekeeping Supervisor
Derek Baloun, Maintenance Supervisor



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RAIRIE VILLAGE
Retirement Center



CONTACT US

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