Boulder Estates Congregate & Assisted Living 601 Village Dr. Marshall, MN 56258

THE BOULDER REMINDER

THE MONTH AT A GLANCE

Oktoberfest Beer Tasting at 2:30 in the Summit	10/06
Flu Shot Clinic in the Quarry Starting at 9:30	10/08
Pumpkin Painting Contest at 1:00 in the Quarry	10/11
Name that Tune with Judie at 2:30 in	10/13
Homberg Orchard Coming to Boulder! 2:30 in the Summit.	10/20
Happy Hour & LIVE Music with Cletus Goblish at 2:00 in the Summit!	10/22
Halloween Bingo at 2:30 in the Summit.	10/28
Halloween Mystery Auction at 2:30 in the Summit!	10/29

Fire Prevention Week:

"Learn the Sounds of fire Safety!" is the theme for Fire prevention week which is observed October 3rd-9th 2021. This theme works to educate everyone about the different sounds smoke and carbon monoxide alarms make. Knowing what to do when an alarm sounds will keep you and your family safe. When alarms make a beeping sound or a chirping sound, you must act quickly. The life expectancy of alarms: your smoke alarms have a life expectancy of 10 YEARS and your carbon monoxide alarms have a life expectancy of 5 YEARS. Another friendly reminder, you should test your detectors monthly, and change the batteries every 6 months.

October is National Breast Cancer Awareness Month. It is an annual international health campaign organized by major breast cancer charities each October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure.
There is a lot of misinformation out there. Make sure you know the facts about Breast Cancer.

Myth: *Finding a lump in your breasts means you have breast cancer.* Only a small percentage of breasts lumps turn out to be cancer. But if you discover a persistent lump that is new or notice any changes in breast tissue it should never be ignored.

Myth: *Men don't get breast cancer; it only affects women.* Here is the truth; on the contrary, each year it is estimated that approximately 2,190 mean will be diagnosed with breast cancer and 410 will die. While it this percentage is small, men should check themselves periodically by doing a breast self-exam while in the shower. It is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primary because of awareness is low in men which can cause delay in seeking treatment.

Words from Georgette

It's been a couple crazy years with the pandemic. I always say, "It can always be worse." Our lives here at Boulder have been difficult, but we have each other. I know it has been good for me to be able to help you all with various things, and its been hard work, but it makes me feel good to be appreciated.

We will make it through!

God Bless you all. *Georgette Wiebe*

Special Meals at the Summit!

Omelet Breakfast

Tuesday, October 5th 7:00-8:30am

Build your own Omelet Breakfast, Enjoy tasty Omelets with your favorite fixings.

Summit Premiere
Thursday, October 7th
11:30-12:30pm

Discover new flavors; our chef spotlight for October is **Emeril Lagasse! ...BAM!**

A special meal will be served:

Chicken Marsala OR

Emeril's Meatloaf

Mashed Potatoes & Gravy

Carrots OR Brussel Sprouts

Ice Cream Dessert

Night at the Summit
Thursday, October 14th
5:00-6:00pm

Pancake Night!

Pancakes

3 Bacon or 2 Sausage Patties

You choose your toppings

Coffee Cake Dessert

Feel Free to Pick up a Menu from Georgette at the front desk!

***Just a reminder each Tenant is only allowed ONE snack at refreshments.**
Next scheduled Food Committee Meeting: October 27th at 9:30am in the Summit.

October 2021 Tenant of the Month!

Congratulations Dolores Rans!

Delores Rans moved into Boulder Estates Assisted Living in March of 2016. Shortly after she had heart surgery, her family thought it would be the best place for her.

What she likes best about Boulder Estates is the good care she receives and the freedom she has to go any place she likes and do what she wants.

She enjoys playing Pokeno and tenant lead card games weekly like Ponytail. In her free time she loves to read a few books a week and the newspaper.

In Delores's words "I would recommend this place to anyone it's a great place to be with friends and you never need to be alone. "If I had a chance I wouldn't go any place else!"

On October 12th Delores will celebrate her 106th Birthday!

Why do we have Pumpkins in the Fall? Pumpkins have been grown in North America for almost 5,000 years! While we enjoy Pumpkin Spiced Lattes, bread and pie in October and November, the growing of Pumpkins actually starts in May because they require a LONG time growing with NO frost (generally 75-100 days of no frost nights).

"Of autumn's wine, now drink your fill; The frost's on the pumpkin, and snow's on the hill."–The Old Farmer's Almanac, 1993

Can you find all the Pumpkins in this issue of the Boulder Reminder?

Boulder Lil' Store

Help Keep our Lil store OPEN!
If you don't use it we will lose it !

Mondays 9:00am-10:30am
Wednesdays 3:30pm-4:30pm
Fridays 9:00am-10:30am

Jean Dirckx 10/01
Doris Gregoire 10/02
Bob Fenske 10/02
Eldon Jordan 10/05
Dolores Rans 10/12
Carole Jordan 10/12
Joan Derynck 10/17
Sylvia Vahle 10/20
Shirley Stensrud 10/23
Leone Pedersen 10/29

****Make sure you Stop by their rooms or look on our Boulder Facebook Page to see all of the Birthday Board photos!***

FALL FESTIVITIES

Fall is Here!

Join us for some Oktoberfest Fun with Beer Tasting in the Summit! Wednesday October 6th at 2:30.

Pumpkin Painting Contest on October 11th at 1:00 in the Quarry! Be sure to wear old clothing. YOU MUST SIGN UP to reserve your pumpkin. Pumpkins will be on display. Please vote for your favorite. Prizes will be awarded!

Name that Tune with Judie! October 13th at 2:30 in the Summit!

Spooky Scavenger Hunt October 18th at 1:00 starting in the Quarry.

Happy Hour & Music Entertainment from Cletus Goblish on October 22nd at 2:00 in the Summit!

Pumpkin Carving October 25th at 1:00 in the Quarry. Please sign up again to reserve your pumpkin.

Halloween Mystery Auction Friday October 29th at 2:30 in the Summit. We encourage you to dress up with us and have some fun bidding on some fabulous mystery prizes!

Just a reminder Due to COVID, we are NOT allowing Trick or Treaters' in the building this Halloween.
Thank you for understanding.

Get the FLU SHOT not the flu!

Flu Shot Clinic at Boulder Estates
Friday, October 8th 2021
Location: Quarry

Flu Shot Times:
1st Floor: 9:30-10:15
2nd Floor: 10:15-11:00
3rd Floor: 11:00-11:45

Please sign up with Georgette at the front desk by: Tuesday, October 5th

Please provide your Insurance Card.

Football Fridays!

Wear your team colors and don't forget to answer some Viking's Trivia questions posted in the Lobby for a chance to win some fabulous prizes!

Please join me in welcoming our new Tenants!

Bill & Sally Jenner Apt.#132
Ginny Musser Apt.#140

- Tenant Services is looking for 1-2 Volunteers from each Floor to join our Welcoming Committee! Starting Nov. 1st
- Please talk with Monica for more information :)

Tenant Lead Card Games Here at Boulder!

1st Floor Activity Room

Open Cards 6:00pm Every Evening!

Quarry

Tuesdays: Farkle 6:00pm *10 cents per game*
Thursdays: Pepper 6:30pm *25 cents per game*
Fridays: Dominos 6:00pm *25 cents per game*
Sundays: Ponytail 1:00pm *50 cents per game*

upcoming Community Events

4TH ANNUAL MARSHALL GUN SHOW OCTOBER 2021

SAT. OCTOBER 2ND 9:00 AM - 5:00 PM
SUN. OCTOBER 3RD 9:00 AM - 3:00 PM

Red Baron Arena and Expo
1651 Victory Drive Marshall MN
Admission $5
Children 12 and under are FREE. Children under 18
Must be accompanied by an Adult

All Federal Laws must be obeyed. No Flea Market Items *Not Responsible for Losses due to fire, theft, or accident*

MARSHALL FARMERS MARKET

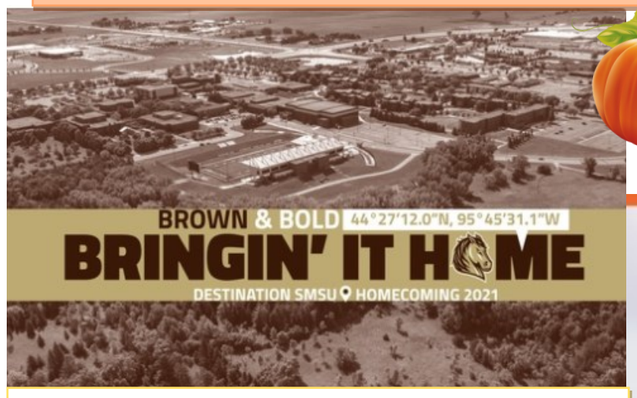
Saturdays; July 3rd – October 30
7:30 am – Noon

Schwan's Parking Lot behind the MARSHALL AREA YMCA
SNAP Benefits and EBT accepted

Sunday, October 3rd 2021
3:00-5:00pm

Marshall High School Schwan Community Center for the Performing Arts
400 Tiger Drive, Marshall MN 56258

Tickets Available at Marshall Area Fine Arts Council or at the door



Saturday October 9th Homecoming Day
11:00am Homecoming Parade Lyon Street, Main Street, 5th Street
3:00-5:00pm Homecoming Tailgate & Family Fun Fest in Green Lot
HOMECOMING GAME 5:00pm SMSU Football VS.USF Cougars at the Schwan's Regional Event Center

FRIDAY OCTOBER 15TH
6:00 P.M.
RED BARON ARENA

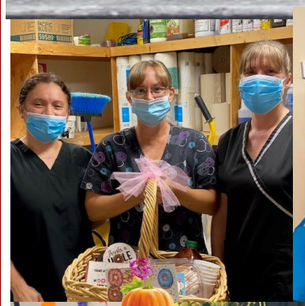
2021
PHEASANT OPENER
GUNS & DIAMONDS BINGO

OVER 50 GUNS TO PICK FROM ALONG WITH OTHER GREAT PRIZES

Friday October 15th
Doors open at 5 P.M. and bingo starts at 6 P.M
$50/Person
includes 12 games of bingo

Event location:

SEPTEMBER TO REMEMBER



Find us on Facebook

Make sure you check out the Boulder Estates Facebook page for pictures and videos of all of our events. Invite your family and friends to check it out!