



Property celebrations are in full swing !
Check your monthly calendar for the fun that is coming your way !



Workshops Are in full Bloom ! Check your monthly Property events Calendars for times and dates.

Issue 10

OCTOBER 2021

National Days

OCT 8TH	HERO DAY
OCT 10TH	MENTAL HEALTH DAY
OCT 11TH	INDIGENOUS PEOPLES DAY
OCT 17TH	PASTA DAY
OCT 31ST	HALLOWEEN

What's Your Favorite?



Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter ! Good times

EVENTS COMING UP AND ONGOING IN OCTOBER

- Sept 25 to Oct 31: Underwood Family Farms Fall Harvest on the Farm in Moorpark
- Sept 24 to Nov 6: Reign of Terror Haunted House at Janss Marketplace Thousand Oaks
- Sept 30 to Oct 31: Ventura County "Fear Grounds" in Ventura
- Oct 1 to Oct 31: Nights of the Jack Drive-Thru Halloween Experience at King Gillette Ranch
- Oct 15: Trunk or Treat at Simi Valley YMCA (7-8:30PM)
- Oct 15-17, 22-24, 28-30: Santa Paula Theater Center "Ghostwalk" Event
- Oct 17: Calabasas Pumpkin Festival (10AM-5PM)
- 10/21-30: "Spooky Zoo" Outdoor Halloween Fun at the Santa Barbara Zoo
- Oct 23: Halloween Haunted Trail, Costume Contest and Trick or Treat Street in Thousand Oaks (6-9PM)
- Oct 24: 7th Annual Dia de los Muertos Festival at Strathearn Park in Simi Valley (11AM-5PM)
- Oct 30-31: Seaside Skeleton Hunt at Ventura Harbor Village
- Oct 30-31: Boo at the Zoo at America's Teaching Zoo in Moorpark (11AM-5PM)
- Oct 30: Howl-O-Ween Dog Costume Contest at Ventura Harbor Village
- Oct 31: Halloween Carnival in Oak Park (3-5PM, Must Pre-Register)
- Oct 31: Kids' Seaside Trick or Treat at Ventura Harbor Village (Noon-2PM)
- Oct 31: Trunk or Treat at the Simi Valley Town Center (3-7PM)
- Oct 31: Haunted High Street Event in Moorpark (4-7PM)
- Oct 31: Halloween in the Park in Camarillo (5-8PM)

MASKS ARE BACK !
(For Halloween Boo Too)

Staff member quote of the month by Susan C. of Adult Services:

"You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens." Louise Hay

Starbucks/Yelp Pumpkin CreamCheese Muffin review ! Buyer beware (lol)

"These are so high in calories, fat, sugar, and all the stuff a health nut like me tries to limit. but man this is good. It is so good! It has that yummy cinnamon, pumpkin flavor that you love in the fall time, and the cream cheese filling is so good. It goes great along side a pumpkin spice latte, or even a regular cup of coffee "



Mr. C's Corner: Astronomers got tired of watching the moon go around the earth for 24 hours so they decided.....to call it a day.....ba..dump...bump !

I found something I found to be challenging. - I thought you might find it interesting as well.

Do you understand, RISK TAKING ?

When you are afraid to risk - Do you ask yourself: - "What are you afraid of losing? "Remember, that most everyday FEAR is: "False - Evidence - Appearing - Real." So why not stop, take a slow deep breath, and think for a moment - before you let those unreal emotions take control of your current thoughts.

Start that process now, right where you are!

Ask yourself: "Is that fear really real?" Why do you not want to make an effort to check out the 1 hour Zoom Sessions - which are a safe place to take a small risk. A small step into learning or seeing something new - outside of your controlled comfort box?

Why not explore what you may find in the 1 hour of Zoom in a friendly no pressure atmosphere. Where you do not need to participate or be on camera - just listen - share if you want to on what is being presented at these Many Mansions Zoom Sessions. You may never know when you could learn something new (see something interesting; get a new idea; or meet a new friend {I love making new friends from other Many Mansions properties} -) Why not take that risk to venture out of your closed rut.

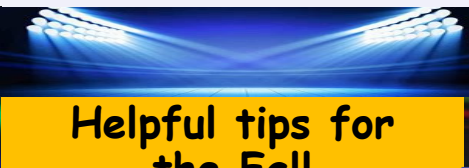
So, Mr. C, asks you, why not ENJOY the one hour-twice a month Zoom. Which has so many different subjects each time. You never know what or who you will find there or when - till you take the risk and one day - who knows, you can say, "I just found a great idea or learned something new."

Thank You for making that effort. See you at the next ZOOM.

(438 708 3783 ID on ZOOM - 1st & 3rd Fridays at Noon)



Good to know



Helpful tips for the Fall



Stuff

Fall back/Spring ahead—when do we change the clocks? Sunday, November 7, 2021, at 2 a.m

How To Prepare Your Car For Fall: Check the Belts and Hoses; Check the Fluid Levels; Check the Tires ;Check the Oil; Check the Brakes; Check the Lights; Check the Battery.

See Your Doctor; Plan a Cold-Weather Exercise Routine; Keep Your Sleep Hygiene in Check; Hydrate Like You Mean It; Have a Fall-Ready Hair and Skin Routine; Fall in Love with the Flavors of Fall; Watch Your Screen Time; Relax; Watch Your Portions; Learn Your Family Health History; Give Your Body a Natural Boost from the Inside(an apple a day gives a better boost then a cup of coffee)

Unplug to connect: Turn off the electronics and re-engage with others; Savor seasonal flavors: oh boy, pumpkin, squash, cinnamon, apple cider; Spend time outside: Fresh Air - It's what a body needs; Shop smart: Lotta bargains out there right now; Give thanks: Gratitude is good for the soul

