



ARBOR TERRACE NEWSLETTER



OCTOBER 2026



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~ A Message from the ~ Housing Community Leader

Happy October! 🎃

Fall is officially here, and there is plenty to look forward to at Arbor Terrace! We're gearing up to keep that Vikings winning streak alive, stocking up on candy for our Halloween festivities, and filling the calendar with plenty of fall baking, crafts, and seasonal fun.

Before we jump into October, we have to look back at what a great September we had. Our Garage Sale was a huge success, raising just over \$3,600 for our Resident Fun Fund! We plan to use the proceeds to purchase new furniture for our front and back patios. Our team will be looking at options throughout the winter, with hopes of having some new pieces ready for everyone to enjoy by springtime. A huge thank you to everyone who donated, shopped, volunteered, and helped make the sale such a success!

As we head into the final quarter of the year, we also have some exciting news to share! We are preparing to open our new neighborhood of 13 Assisted Living rooms in January! With the expansion, we'll be welcoming new residents and adding some new faces to our team. If you or someone you know would like to be considered for one of the new rooms, please see Rachael. We'd also appreciate your help spreading the word to friends and family who may be looking for a new place to call home—or a rewarding new career!

October also brings Fire Prevention Week, October 4-10. Be sure to stop down by the 8th Street Entrance/Patio for our fire extinguisher demonstration and hot dog roast. It's a great opportunity to brush up on fire safety while enjoying a little fall fun together!

And, of course, we couldn't let October pass without some Halloween fun! Join us for our Halloween Happy Hour on Thursday, October 29, followed by Trick-or-Treating on Friday, October 30, which will be open to the public. Get those costumes ready! If you're feeling generous, we'll also be collecting candy donations throughout the month of October to help make trick-or-treating extra sweet for our visitors.

Here's to crisp fall days, Vikings wins, a little too much candy, and another fun month together at Arbor Terrace.

Have a spooktacular October!



The page is framed by a decorative border of autumn-themed illustrations. At the top, there are various types of leaves in shades of orange, yellow, and red, some with small yellow dots scattered around them. On the right side, a large, detailed orange maple leaf is positioned vertically. At the bottom right corner, there are two large, realistic-looking orange pumpkins with dark green stems and curly vines. The background of the central text area is a solid light orange color.

Upcoming Fall Events

October 2026

- Resident Forum **Oct 5**
- Sekapp Orchard Apple Picking **Oct 6**
- Mixing Bowl: Puppy Chow **Oct 7**
- Mixing Bowl: Rice Krispie Treats **Oct 8**
- Fire Safety/S'Mores **Oct 8**
- Stringing Pumpkin Lanterns **Oct 12**
- Lunch Bunch: Olive Garden **Oct 13**
- Women's Breakfast **Oct 14**
- Ice Cream Social **Oct 19**
- Halloween Painting **Oct 21**
- Men's Breakfast **Oct 22**
- Annual Celebration of Life **Oct 23**
- Halloween Happy Hour **Oct 29**
- Haunted House **Oct 30**
- Candy & Costume Crawl **Oct 30**

WE ARE GOING
Apple Picking
AT SEKAPPS ORCHARD

Apple Picking | Wagon Ride | Shop for
Fall Treats!

TUESDAY OCTOBER 6TH
12:30pm

If you would like to go please get on the
list with Michelle



Safe, Loved, and Accepted

One of the questions I recently asked during our Monday-Thursday 10 AM "Chaplain's Chat Time" was, "Who was your favorite teacher in school, and why?" It was a simple question, but it brought back some wonderful memories.

As we shared, I was reminded that we often remember our favorite teachers for more than the subjects they taught. We might not remember exactly what they said, but we definitely remember how they made us feel: safe, loved, and accepted.

Teachers are only some of the people who shape our lives. There are parents and grandparents, spouses and friends, pastors, coaches, coworkers, caregivers, and others who have influenced who we have become.

Proverbs 27:17 says, "As iron sharpens iron, so one person sharpens another."

Think about the people who have made a difference in your life. Who encouraged you? Who believed in you? Who made you feel that you mattered? And then consider this: Whose life might you be shaping today?

A kind word, a listening ear, a smile, or simply being present can make a lasting difference. We may forget the exact words someone spoke, but we rarely forget how that person made us feel.

As we enjoy the beautiful season of autumn, perhaps October is a good time to give thanks for the people who have helped shape your journey. And if someone comes to mind, why not let them know?

Thought for the Month: People may forget our words, but they remember how we made them feel.

Blessings,
Pastor Darin



Please join us for

OUR HALLOWEEN

SWAMP PARTY

THURSDAY OCTOBER 29

2:30PM

IL DINING ROOM

Music. Spooky Treats, Punch and
Happy Hour Cocktails

SHREK INSPIRED

Come dressed as a character from Shrek this is basically ANY fairytale or nursery rhymes (3 blind mice, goldilocks, humpty dumty, pinnochio, Old lady and the shoe, princesses, & MORE!)



Samaritan  Bethany



TRICK-OR-TREAT AND HAUNTED HOUSE

All neighbors and kids welcome!
Join us in the Samaritan Bethany Living Room

24 8th Street NW
Rochester, MN 55901



Accepting candy donations
for the residents to have
the best treats in town!





DON'T BE LATE FOR THIS VERY IMPORTANT DATE!

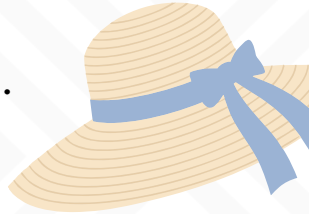


National Hat Day

OCTOBER 6TH



BIG HATS. TINY HATS. SILLY HATS. FANCY HATS.
WE WANT TO SEE YOUR BEST HAT!



**DO IT FOR
THE
GIRLS**

**BE A PROUD SUPPORTER OF BREAST CANCER
AWARENESS MONTH**

WEAR PINK ON WEDNESDAYS DURING OCTOBER!



ANNUAL

Celebration

OF LIFE

SERVICE WILL BE HELD IN THE CHAPEL ON

October 23rd at 10:00am

We will be honoring our neighbors we lost this past year.
We encourage you to share a kind memory or touching
thought as we hope their families will be in attendance.

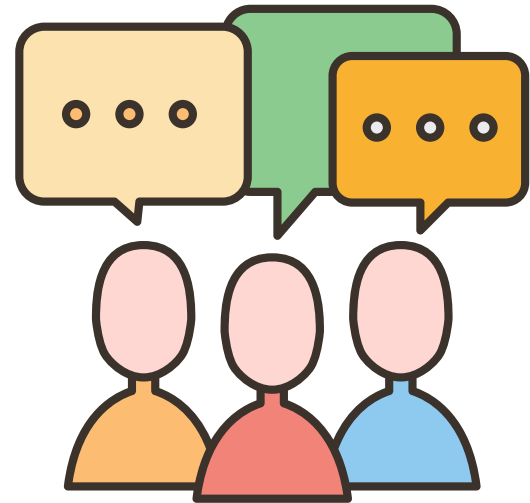
RESIDENT & FOOD FORUM

Wednesday Oct 7th

2:30pm

IL Dining Room

We will be having a short normal
meeting then have a round room
discussion where everyone has a
chance to discuss food or ideas for the
menu!



JANUARY 2027



ARBOR TERRACE



13 NEWLY
RENOVATED ROOMS

NEW HERITAGE ASSISTED
LIVING NEIGHBORHOOD



LEARN MORE:
CALL 507-424-4061

SP RY

Word Search

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



→ ↓ and ↘



DEMON

GRAVESTONE

MIDNIGHT

WIZARD

EVIL

HALLOWEEN

POLTERGEIST

FANTASY

MAUSOLEUM

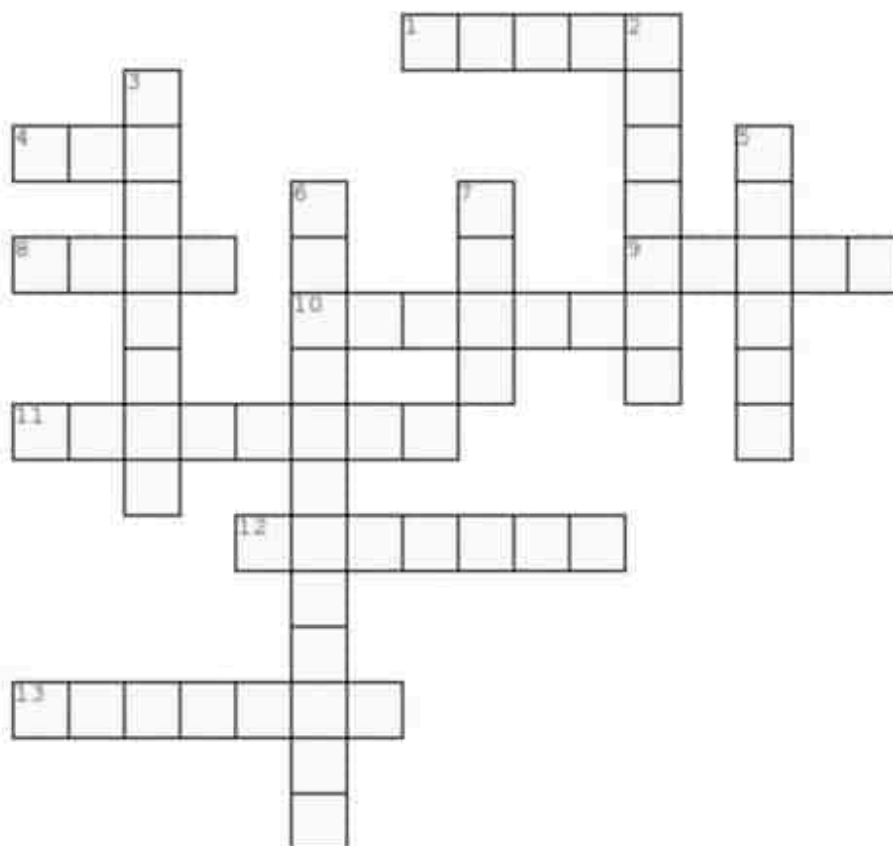
TOMBSTONE



HALLOWEEN



Crossword



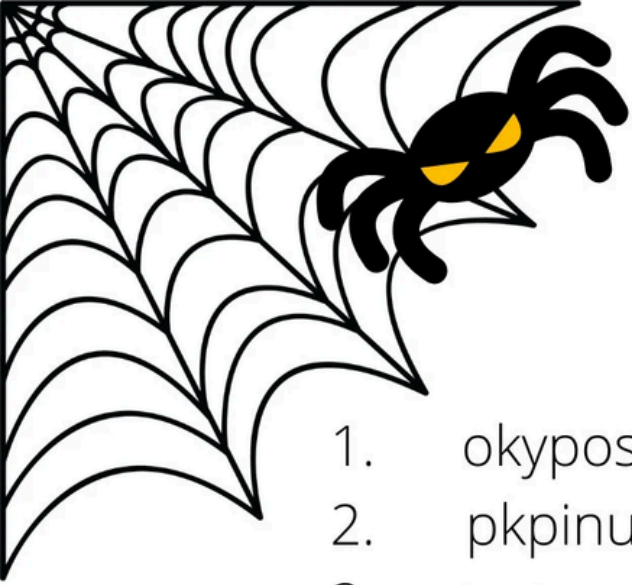
Boo **Costume** **JackOLantern** **Trick** **Spider** **Vampire**
Bats **Haunted** **Werewolf** **Mask** **Witch** **Monsters**
October

Across

1. Stirs potions in a cauldron
4. Ghostly Talk
8. Placed over your face
9. ____ or Treat!
10. Disguise
11. Human that transforms into a wolf
12. Dracula is one of these
13. Halloween month

Down

2. A house where ghosts live is considered ____
3. Scary creatures, or ____, Inc.
5. Web creator
6. Carved pumpkin
7. Night flying mammals



HAPPY HALLOWEEN

WORD SCRAMBLE

1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____



OCTOBER FOOTBALL IS HERE

▶ **OCT 4**
• 3:05 PM CDT

Vikings vs. Miami Dolphins
U.S. Bank Stadium • FOX

▶ **OCT 11**
• 12:00 PM CDT

Vikings at New Orleans Saints
Caesar Superdome • FOX

▶ **OCT 18**

BYE WEEK

▶ **OCT 25**
• 12:00 PM CDT

Vikings vs. Indianapolis Colts
U.S. Bank Stadium • CBS

Purple. Gold. SKOL.

