

Signature Series - Oktoberfest and Chilli Cook-off



Oktoberfest



Chili Cook-Off

October brings two delightful Signature Series events to Maple Ridge, each offering a wonderful opportunity to gather, celebrate, and enjoy the season together. Join us on October 15th at 11:30 a.m. for Oktoberfest, an afternoon filled with festive spirit, delicious food, and plenty of cheer. Residents, families, and friends are invited to embrace the traditions of this beloved celebration while enjoying good company and creating wonderful autumn memories together. With the crisp autumn air and colorful foliage surrounding us, it will be a memorable celebration of community, friendship, and seasonal traditions.

Later in the month, we will turn up the heat with our Chili Cook-Off on October 28th at 2:30 p.m. Come taste an exciting selection of homemade chili creations, each prepared with its own unique blend of flavors and special ingredients. This friendly competition promises plenty of delicious samples, laughter, and spirited fun as we gather to discover which chili will earn bragging rights. Whether you prefer your chili mild and comforting or bold and spicy, there will be something to tempt every palate.

We invite you to mark your calendars and join us for both October Signature Series celebrations. At Maple Ridge, every gathering is an opportunity to connect, savor the season, and make memories together!

Halloween Pumpkin and Costume Contest

Join us for a festive Halloween celebration at Maple Ridge! Residents and associates are invited to showcase their creativity in our Halloween Costume Contest and Pumpkin Carving/Painting Contest. Whether you choose a spirited costume or transform a pumpkin into a work of art, there are plenty of opportunities to join in the fun. Both contests will culminate at our Halloween Party on October 30th at 2:00 p.m. Winners will each receive a fabulous prize valued at over \$100. We encourage everyone to participate and enjoy!



Halloween Pumpkin Contest



MAPLE RIDGE Assisted Living

Maple Ridge Assisted Living *Director Team*

Lydia Raymond
Acting Executive Director

Tim Brockmyre
Restaurant Operations

Chad Beisswanger
Maintenance

Peggy Gilman
Business Office

Jane Samuelsen
Sales and Marketing

Meg Jefferson
Business Office

Sarah Dickinson
Sales and Marketing

Loryn Ewell
Resident Care

Sue Wirth
Reflections

Bay Vaughan
Engagement



Autumn Adventures Await!



Fall Foliage Travels

This October, Maple Ridge is embracing the beauty, flavors, and festive spirit of the season with an exciting lineup of outings for our residents to enjoy. From breathtaking foliage and scenic mountain views to delicious fall treats and Halloween traditions, there is something special planned for everyone.

Our first adventure takes us to Stowe on October 2nd to experience Vermont's spectacular fall foliage. The bus will depart at 1:15 p.m., with an optional ride on the Stowe Gondola for those who would like to take in the scenery from above. The gondola ride is \$65, so please bring a form of payment if you wish to participate. Residents who prefer to stay on the bus are more than welcome to join us and enjoy the beautiful views along the way.

On October 9th, we will depart at 11:30 a.m. for a scenic trip to the top of Mount Philo, where we will enjoy a delightful pizza picnic surrounded by stunning autumn scenery. Visit Sam Mazza's to indulge in their wonderful selection of fall goodies on October 16th at 2 p.m. Residents who are feeling adventurous can also explore the corn maze during this outing.

Our evening adventure arrives on October 23rd at 6:30 p.m., when we will set out to admire the area's spectacular Halloween displays. The evening will feature Maple Street Park's Pumpkin Palooza and Cushing Drive's famous "Skeleton Army."

Finally, we will celebrate Halloween on October 31st with an afternoon performance by the Vermont Symphony Orchestra. The bus will depart at 2 p.m., and tickets are expected to cost approximately \$50. Maple Ridge will purchase tickets together so our residents can enjoy the performance as a group. RSVPs for the Flynn Theater performance are required before October 5th.

In addition to these special adventures, our regular weekly shopping trips to Hannaford, CVS, Price Chopper, and Walmart will continue throughout the month. Please check the calendar for exact dates and times.

We look forward to sharing a wonderful October filled with friendship, discovery, and unforgettable seasonal memories!

Good Times, Good Friends, Great Care!

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays 5th - Lucy W. 8th - Murray E. 8th - Ron D. 13th - Bernie C. 13th - Chuck B. 15th - Joey J. 24th - Gert N. 24th - Janet H. 27th - Mary Jean M.				Hair Salon Day 9:15 Biography - Carol Burnett 10:00 Strength Training w/ Weights 11:00 Painting Memorial Rocks 1:15 Song & Prayer w/ Pastor Bill 1:30 Cardio Drumming 2:00 Bocce Club 3:00 Wine and Beer Social 4:00 Film Selection Committee 5:30 Dominoes Group 6:00 Sunset Viewing Party 7:00 Feature Film	9:00 Draining the Oceans 10:00 Barre and Balance 10:30 Music with DJ Paul 1:00 Spa Session - Hand Massages 1:15 Outing - Stowe Gondola 2:15 Tai Chi & Movement 3:00 Knitting Club 3:30 Jeopardy Trivia Challenge 5:30 Dominoes Group 6:00 Sunset Viewing Party 6:15 Feature Film	9:00 Morning Walking Group 10:00 Strength Training w/ Weights 10:30 Technology Support 1:00 Essex Alliance Church 1:15 All About AI 2:00 Movie Matinee 2:15 Core Endurance 3:00 Family Bingo 5:30 Dominoes Group 6:00 Sunset Viewing Party 7:00 Feature Film
9:15 Historical Figures Unveiled 10:00 Ball Conditioning Class 11:00 Color Therapy 1:00 Spa Session - Facials 2:00 Movie Matinee 2:45 Stretch and Flex 3:30 Quilting Group 5:30 Dominoes Group 6:00 Sunset Viewing Party 6:15 Feature Film	Foot Clinic Day 9:15 Flower Arranging 10:00 Yoga Flow and Stretch 11:00 Newsletter Check-in 1:00 Gardening Club 2:00 Resident Council Meeting 2:30 Afternoon Weights w/ Bay 3:00 Open Art Studio 4:00 Travel Series - Singapore 5:30 Dominoes Group 5:45 Sunset Viewing Party 6:15 Feature Film	9:15 Learning Uno 10:00 Strength Training w/ Weights 10:45 Maple Ridge Book Club 11:00 REACT Neuro Sessions 1:00 Televised Catholic Mass 1:15 Shopping - Hannaford 1:45 Guided Painting w/ Lily 2:15 Barre and Balance 3:00 Wine and Chocolate Social 4:00 Men's/Women's Group 5:00 Technology Support 7:00 Feature Film	9:15 Dance & Movement Fitness 10:00 Learn To Cook - Pumpkin Ice Cream 11:00 Ambassador Meeting 1:00 Spa Session - Manicures 1:30 Strength Training w/ Weights 2:00 Live: Carol Ann Jones 3:00 October Birthday Social 4:00 Mini-Golf Challenge 5:00 Manicures Continued 6:15 Feature Film 6:30 Youth Group Games	Hair Salon Day 9:15 Biography - John Travolta 10:00 Strength Training w/ Weights 11:00 Puppy Therapy w/ Twyla 1:30 Cardio Drumming 2:00 Bocce Club 3:00 Ice Cream Social 4:00 Film Selection Committee 5:30 Dominoes Group 5:45 Sunset Viewing Party 7:00 Feature Film	9:00 Draining the Oceans 10:00 Barre and Balance with ESC 11:00 A Walk In Their Shoes 1:00 Spa Session - Hand Massages 2:00 Watercolor Painting Class 2:15 Tai Chi & Movement 3:00 Knitting Club 3:30 Jeopardy Trivia Challenge 5:30 Dominoes Group 5:45 Sunset Viewing Party 6:15 Feature Film	9:00 Morning Walking Group 10:00 Strength Training w/ Weights 10:30 Technology Support 1:00 Essex Alliance Church 1:15 History of Tongue Twisters 2:00 Movie Matinee 2:15 Core Endurance 3:00 Family Bingo 5:30 Dominoes Group 5:45 Sunset Viewing Party 7:00 Feature Film
9:15 Historical Figures Unveiled 10:00 Ball Conditioning Class 11:00 Color Therapy 1:00 Spa Session - Facials 2:00 Movie Matinee 2:45 Stretch and Flex 3:30 Quilting Group 5:30 Dominoes Group 5:30 Sunset Viewing Party 6:15 Feature Film	Columbus Day 9:15 Flower Arranging 10:00 Yoga Flow and Stretch 11:00 Engagement Planning Meeting 1:00 Gardening Club 1:30 Support Group w/ Karla 2:30 Afternoon Weights 3:00 Open Art Studio 4:00 Travel Series - Ireland 5:30 Dominoes Group 6:15 Feature Film	9:15 Learning Dominoes 10:00 Strength Training w/ Weights 10:30 Guided Painting w/ Lily 1:00 Catholic Communion 1:15 Shopping - CVS 2:00 Wine and Cooking w/ Tim 3:00 Barre and Balance 4:00 Poetry Circle and Discussion 5:00 Technology Support 5:30 Sunset Viewing Party 7:00 Feature Film	9:15 Dance & Movement Fitness 10:00 Learn To Cook - Apple Crisp 11:00 Ambassador Meeting 1:00 Spa Session - Manicures 1:30 Weight Training with ESC 2:00 Rhythm Circle with Rob 3:00 Tea, Coffee, & Connections 4:00 Bowling Challenge 5:00 Manicures Continued 5:30 Sunset Viewing Party 6:15 Feature Film	Hair Salon Day 9:15 Biography - Robert Frost 10:00 Strength Training w/ Weights 11:00 Puppy Therapy on TV 1:30 Sig Series - Oktoberfest 1:30 Cardio Drumming 2:00 Bocce Club 3:00 Wine and Story Telling 4:00 Film Selection Committee 5:30 Dominoes Group 5:30 Sunset Viewing Party 7:00 Feature Film	9:00 Draining the Oceans 10:00 Barre and Balance 10:30 Live: Pianist Jazzou Jones 1:00 Spa Session - Hand Massages 2:00 Outing - Sam Mazza's 2:15 Tai Chi & Movement 3:00 Knitting Club 3:30 Jeopardy Trivia Challenge 5:30 Dominoes Group 5:30 Sunset Viewing Party 6:15 Feature Film	9:00 Morning Walking Group 10:00 Strength Training w/ Weights 10:30 Technology Support 1:00 Essex Alliance Church 1:15 History of Sudoku 2:00 Movie Matinee 2:15 Core Endurance 3:00 Family Bingo 5:30 Dominoes Group 5:30 Sunset Viewing Party 7:00 Feature Film
9:15 Historical Figures Unveiled 10:00 Ball Conditioning Class 11:00 Color Therapy 1:00 Spa Session - Facials 2:00 Movie Matinee 2:45 Stretch and Flex 3:30 Quilting Group 5:15 Sunset Viewing Party 5:30 Dominoes Group 6:15 Feature Film	9:00 Virtual Sports 10:00 Yoga Flow and Stretch 11:00 Engagement Planning Meeting 1:00 Gardening Club 2:00 Live: Pianist Dan Levine 2:30 Afternoon Weights w/ Bay 3:00 Open Art Studio 4:00 Travel Series - Sweden 5:15 Sunset Viewing Party 5:30 Dominoes Group 6:15 Feature Film	9:15 Learning Phase 10 10:00 Strength Training w/ Weights 11:00 REACT Neuro Sessions 1:00 Televised Catholic Mass 1:15 Shopping - Price Chopper 1:45 Guided Painting w/ Lily 2:15 Barre and Balance 3:00 Ice Cream Social 4:00 Men's/Women's Group 5:00 Technology Support 7:00 Feature Film	9:15 Dance & Movement Fitness 10:00 Learning To Cook - Apple Cider Muffins 11:00 Ambassador Meeting 1:00 Spa Session - Manicures 2:15 Strength Training w/ Weights 3:00 Tea, Coffee, & Connections 3:30 MindFit w/ Gena 4:00 Volleyball Challenge 5:00 Manicures Continued 6:15 Feature Film	Hair Salon Day 9:15 Biography - Judy Garland 10:00 Strength Training w/ Weights 11:00 Puppy Therapy w/ Twyla 1:30 Cardio Drumming 2:00 Bocce Club 3:00 Wine and Chocolate Social 4:00 Film Selection Committee 5:15 Sunset Viewing Party 5:30 Dominoes Group 7:00 Feature Film	9:00 Draining the Oceans 10:00 Barre and Balance 11:00 Rick Steve's Travel Series 1:00 Spa Session - Hand Massages 2:00 Pumpkin Carving/Painting 2:15 Tai Chi & Movement 3:00 Knitting Club 3:30 Jeopardy Trivia Challenge 5:30 Dominoes Group 6:15 Feature Film 6:30 Outing - Halloween Lights	9:00 Morning Walking Group 10:00 Strength Training w/ Weights 10:30 Technology Support 1:00 Essex Alliance Church 1:15 TED Talks and Discussion 2:00 Movie Matinee 2:15 Core Endurance 3:00 Family Bingo 5:15 Sunset Viewing Party 5:30 Dominoes Group 7:00 Feature Film
9:15 Historical Figures Unveiled 10:00 Ball Conditioning Class 11:00 Color Therapy 1:00 Spa Session - Facials 2:00 Movie Matinee 2:45 Stretch and Flex 3:30 Quilting Group 5:15 Sunset Viewing Party 5:30 Dominoes Group 6:15 Feature Film	9:15 Virtual Sports 10:00 Yoga Flow and Stretch 11:00 Newsletter Meeting 11:00 Engagement Planning Meeting 1:00 Gardening Club 2:30 Afternoon Weights w/ Bay 3:00 Open Art Studio 4:00 Travel Series - Tuscany, Italy 5:15 Sunset Viewing Party 5:30 Dominoes Group 6:15 Feature Film	9:15 Learning Rummikub 10:00 Strength Training w/ Weights 11:00 Traveling with VR 1:00 Catholic Communion 1:15 Shopping - Walmart 1:45 Guided Painting w/ Lily 2:15 Barre and Balance 2:30 Specialty Cocktail Hour 3:15 Live: The Butterfields 5:00 Technology Support 7:00 Feature Film	9:15 Dance & Movement Fitness 10:00 Learning To Cook - Pumpkin Pie 11:00 Ambassador Meeting 1:00 Spa Session - Manicures 2:15 Strength Training w/ Weights 2:30 Sig Series - Chili Cook-Off 4:00 Corn Hole Challenge 5:00 Manicures Continued 5:15 Sunset Viewing Party 6:15 Feature Film	Hair Salon Day 9:15 Biography - Freddie Mercury 10:00 Strength Training w/ Weights 11:00 Puppy Therapy w/ Twyla 1:30 Cardio Drumming 2:00 Bocce Club 3:00 Wine and Story Telling 4:00 Film Selection Committee 5:15 Sunset Viewing Party 5:30 Dominoes Group 7:00 Feature Film	9:00 Draining the Oceans 10:00 Barre and Balance 11:00 Rick Steve's Travel Series 1:00 Spa Session - Hand Massages 2:00 Halloween Party/Contest! 2:15 Tai Chi & Movement 3:00 Knitting Club 3:30 Jeopardy Trivia Challenge 5:15 Sunset Viewing Party 5:30 Dominoes Group 6:15 Feature Film	Halloween 9:00 Morning Walking Group 10:00 Strength Training w/ Weights 10:30 Technology Support 1:00 History of Halloween 1:00 Essex Alliance Church 2:00 Movie Matinee 2:00 Outing - Flynn VT Orchestra 5:15 Sunset Viewing Party 5:30 Dominoes Group 7:00 Feature Film

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY