

# October Happenings!

## Like to Eat Out?



You'll have several opportunities this month. We'll start off with our monthly dinner to **Sunset Restaurant** on Thursday, **October 10th**. The famous **Loveless Café** is our dining destination on Monday, **October 14th** for lunch and a little shopping. To end the

month, we'll enjoy some delicious German food at the **Bavarian Bierhaus** on Wednesday, **the 30th**. There may be a surprise outing or two as well. Be sure to watch for updates!

## Free Day of Music

Don't miss a Music City fall tradition! Once again, the **Nashville Symphony** and the **Schermerhorn Symphony Center** will host their **Free Day of Music** on Sunday, **October 20th**, from noon until 8:00 p.m. The entire community is invited for a full day of free performances featuring everything from classical and jazz to rock and country. The day begins with a concert by the Grammy-winning Nashville Symphony. Look for the sign-up sheet and more details to come.



## Pink Out Day

October is **Breast Cancer Awareness Month**. Show your support and wear **Pink** on Friday, **October 18th** for "**PINK OUT**" day. We'll also be hosting our annual **Breast Cancer Awareness Fashion Show** on Tuesday, **October 22nd**.

## A Happy Halloween

Halloween is always a festive time here at Rutland Place! It's not too early to begin planning for your costume so you can get into the "spirit" of the occasion. We'll have a **Halloween Costume Contest** and the **Music City Dixieland Band** will be here to entertain. You'll find lots of treats, but no tricks, as we enjoy this fun time for the young and the young-at-heart!

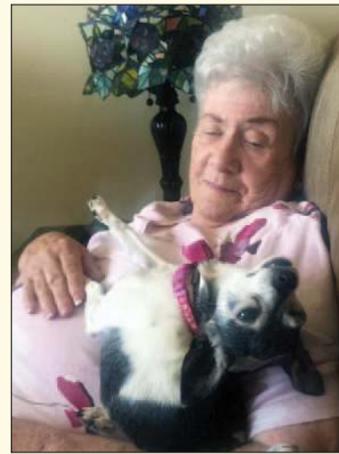


## Join the Group in Playing "Trivia!"



Do you know what these folks have in common? They all enjoy our weekly **Trivia Game**. It doesn't matter what you know, just come and enjoy the fun **every Thursday** at 11:00 a.m.. You won't regret it!

## Pet Corner



Sweet little Trixie is thoroughly enjoying a visit with her mama, **Lillie Mae Helton**.



We had a historic moment during our visit to the Wilson County Fair. **Rosie Ward** pointed out the marker honoring her late father at the fairgrounds.

**RUTLAND PLACE**  
AN EXCEPTIONAL SENIOR COMMUNITY  
435 N.W. Rutland Road  
Mt. Juliet, TN 37122  
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# OKTOBERFEST

A LIVELY MONTH FILLED WITH GREAT CELEBRATIONS  
**Fall is in Full Swing at Rutland Place!**

Happy fall, ya'll! Hopefully we'll start having some cooler temperatures soon so it will actually feel like autumn! As the season shows us a beautiful display of colors, I hope you'll join in enjoying the traditions that make fall a favorite time of year for so many. Check the calendar carefully as there are so many fabulous events and outings planned!

Be sure to sign up for all the fun excursions this month. Take a trip for some shopping at **Nordstrom Rack** and **Stein Mart**, then lunch at the **Puffy Muffin** with Joanna and Pam. You'll have several opportunities to go hear some incredible music this month including the **Men's Choir Concert** at the Hermitage Nazarene Church, a **Free Day of Music** at the **Nashville Symphony** and a **Music for Seniors Concert**, featuring "**Nashville in Harmony**," at the Tennessee State Museum. You can also enjoy "**Once on This Island**" at the Tennessee Performance Arts Center.

There's lots of in-house entertainment this month by **Pam Weston, John Starbuck, David Langley, the EJ Rider Band, Rusty Bridges** and **Eddie Crook**.

Of course, we're having an **Oktoberfest Party** featuring

**Nermin Begovic!** Get out your lederhosen and be immersed in Bavarian culture as you sample wonderful foods and fanfare at our annual Oktoberfest. In keeping with the theme, we will also eat at the **Bavarian Bierhaus** in Opry Mills. Guten tag!

October is also **Breast Cancer Awareness Month**. We will have "**PINK OUT**" Day on Friday, **October 18th**, where everyone wears pink to show support for the cause. Later in the month, we'll have our **Breast Cancer Awareness Fall Fashion Show** hosted by Brenda Farmer from the Sarah Cannon Cancer Center and starring some of our own wonderful residents. Come check out the fashions provided by Chico's!

We'll end up the month with the **Music City Dixieland Band** dressed up for our **Halloween Party!** Start planning your attire now as we will have a costume contest along with lots of fun and "spooky" snacks!

As always, our wonderful Life Enrichment Director, Joanna Arnhart, has an outstanding month of exciting, challenging and stimulating things for us to see, do and experience. It's going to be a GREAT October at Rutland Place...Guten, ghoulish and then some, for sure!

—Karen Tucker, Executive Director



Everyone was all smiles at the Wilson County Fair!



It was hot but fun at Celebrate Mt. Juliet Day. Residents enjoyed listening to Little Texas perform.

## “Not-So-Random” Acts of Kindness

When you choose to live with kindness, there is a ripple effect on those around you. From a strengthened immune system to better mental health, studies show that being kind has beneficial effects for the giver, too. It doesn't have to be a big, grand gesture to be effective. You can do simple, small acts of kindness—often for free—that improve the lives of others, whether you know them or not. Here are some senior-friendly random acts of kindness ideas for family, friends, neighbors, and strangers to inspire you.

- Smile and say hello to everyone in your path. Your smile could turn someone's day around!
- Compliment a stranger—what they are wearing, what they did or their great smile.
- Tell a mom out shopping with her kids that she's doing a great job. We all need to hear we're doing a great job sometimes!
- Thank a police officer for his or her service.
- Sit and talk with a friend who has been having a tough time.
- Whenever you introduce someone, tell others something great about him or her.
- When you receive great service, thank the person—and then tell their superior.
- Ask someone how his or her day is—and actually listen to their response.
- Call a person who has made a difference in your life and tell them just that.
- Tell a family member you love them or thank them for the little things they do for you.
- Invite a friend to join you for a walk or yoga class.
- Give a friend or family member a book you think they'd enjoy reading.
- Invite a neighbor to your home for tea or coffee.
- Write letters and send holiday cards to old friends.
- If you notice someone new moving into the community, introduce yourself and welcome them. Be sure to provide your phone number or email address if they have any questions or need advice as they're settling in.

## OUT AND ABOUT!



It was a beautiful day to head to Kentucky Downs for the horse races. We may not have “won big” but everyone had a great time!



# OCTOBER BIRTHDAYS

## RESIDENTS

**Faye Cripps .....5th**  
**Mary Villa .....7th**  
**Betty Britnell .....9th**  
**Clytie “T” McLaughlin ....10th**  
**Erma Lycans .....13th**  
**Charles Waits .....13th**  
**JoAnn Poole .....20th**  
**Polly Loftis.....21st**  
**Vic Villa.....27th**

## STAFF

**TJ Kingery .....13th**

**Don't miss the Birthday Bash on Tuesday, October 8th at 1:30 p.m.**

## Creativity Runs Wild at Rutland!



Emily from *Sips 'n Strokes of Nashville* showed us how easy it is to paint! Residents did their own variations on a fall scene. It was fun to see how different they all were. Good job everyone!



Our wonderful Administrative Services Director **Brittni Austin** took time out of her busy day to show residents how to make wooden pumpkins.



A huge thank you to **Ruth Eversmeyer** and her daughter, **Denise**, for leading the button craft project recently. Residents showed their creativity and made beautiful, handcrafted cards.

## There Was Tasty Fun for All at “Snack in a Snap!”



The “make your own trail mix” event was so much fun, we'll be doing a *Snack in a Snap* every month now, including kitchen tours by Food Service Director **Eric Webb**.

## Management and Staff

# RUTLAND PLACE

435 N.W. Rutland Road  
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RutlandPlaceSeniorLiving.com

**Karen Tucker** .....Executive Director  
**Pam Barton** .....Marketing Director  
**Joanna Arnhart**.....Life Enrichment Director  
**Brittni Austin** .....Administrative Services Director  
**Lester Hall**.....Maintenance Director  
**Eric Webb**.....Food Service Director  
**Minna Polhemus** ..Customer Service Coordinator  
**Sandi Smith** .....Housekeeping Coordinator  
**Christian Eckwright** .....Maintenance Assistant  
**Sylvia O'Choa, Kendra Allen** .....Housekeeping  
**Brandon Killoran** .....Dining Room Manager  
**Allison Kelly** .....Sous Chef

**Rachel Burgener** .....Salon  
**Charlie Greer, Christian Eckwright, Tommy Hall, Casey Luther**.....Drivers  
**Lisa Ferrara, Emily Amadio, Maddie Spradley, Gretchen Karl, Mallory Eden, Pattie Crawford, Caleb Putman, T.J. Kingery, Ally Fowler, Chloe Camp, Eli Gullett, Garrett Ott, Will Dykes, Casey Luther, Renne' Garr** .....Food Service  
**Linda Melvin, Eden Tucker, Jeanna Warren, Cynthia Howard, Cynthia Brown, Kristin Salsbury, Denise Murphy**.....Front Desk