



TIMELESS

AN EDITORIAL BY MARTIN CREST

OCTOBER 2026

**On Your Mark,
Get Set,
Game!**

Celebrate the spirit of friendly
competition, active living,
and cheering each other on.

MARTIN CREST | MEMORY CARE



Resident Spotlight

This month, we're celebrating Sandie and Beverly as our Residents of the Month! Their enthusiasm, adventurous spirits, and eagerness to participate make them shining examples of community involvement. Thank you both for bringing so much fun and positivity wherever you go!

Upcoming Events

Join us on Friday, October 30, from 6:00-7:30 p.m. as we open our doors to trick-or-treaters for a fun-filled Halloween evening!

Happy Birthday!
Resident Birthdays

Lee Anne L	10/9
Hermína H	10/9
Linda H	10/10
Reta F	10/14
Judy G.....	10/17
Lin M.....	10/22

Team Member Birthdays

Gracie D	10/2
Elizabeth A	10/18
Joel C	10/24

On Your Mark,
Get Set, Game!

There is magic in movement, as evidenced by the ever-popular Sagora Senior Games, which is at the center of this month's theme, "On Your Mark, Get Set, Game". As we continue to highlight ways to live life in the spotlight through every age and stage of life, you'll see that there's plenty of opportunity to celebrate the self in the Sagora Senior Games and ways to maintain and enhance the thriving lifestyle in which you're currently living. Forming new friendships, collaborating as a team, honing in on one's skills, whether that's related to a new hobby or a pastime ... interactions at the Sagora Senior Games are significant and impactful, working toward providing a lively home life that fosters joy in each moment.

Competition is at the core of the games, with the "National Senior Games – The Senior Olympics," serving as its primary source of inspiration. Residents can participate on every level based on ability and interest, and the games are tailored to the residents at the individual facilities. Games are both traditional and exceptional, and include options such as chair volleyball, bowling, bean bag baseball, shuffleboard, and more. There's an opening ceremony, as well as an ending awards ceremony, and it's proven to be a community favorite over the years.

With the Senior Games, there are myriad ways to showcase life in the spotlight. Get excited!



Leaves Are Falling,
Memories Are Calling

October has always been a special month to me. There is something about the cooler weather, the beautiful fall colors, and the familiar traditions that encourages us to slow down and appreciate the people and moments around us. Here in our community, October brings plenty of opportunities to gather, laugh, celebrate, and make memories together.

One of my favorite parts of being an Executive Director is the opportunity to spend time with our residents. Every conversation, smile, and story reminds me of the incredible people who make our community so special. I also love seeing families come through our doors to visit, share a meal, attend an activity, or simply spend time with someone they love. Those moments mean so much and truly help make our community feel like home.

Behind so many of those special moments are our wonderful staff members, who show up each day with compassion, patience, and genuine care. Their dedication makes a difference in the lives of our residents and their families every single day.

As we enjoy October, I hope we all take time to appreciate the little things—the laughter in the hallways, a favorite activity, a warm conversation, or simply being together. I am truly grateful to share this season and this community with each of you.



October 2026

Executive Team

Diane Holder
Executive Director

Kimberly Cuellar
Resident Services Director

Cecilia Elueme
Business Director

Joel Cuellar
Maintenance Director

Roger Araiza
Sales and Marketing Director

Kristina Wallace
Culinary Supervisor

Jaime Swain
Lifestyle Director



1818 Martin Dr
Weatherford, TX 76086
(817) 341-1169



October 2026
MC Monthly



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MARTIN CREST[™] ASSISTED LIVING & MEMORY CARE	🦋 • 🌿 💡 🏠 🎮 ✝️ Creative Emotional/Sensory Environmental Intellectual Physical Social Spiritual	Location Keys Dining Room Living Room Smart Board DR LR SB	Resident Birthdays Judy G. 10/17	9:45 • Morning Meeting [SB] 10:30 🦋 Cooking Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 1	9:45 • Morning Meeting [SB] 10:30 🦋 Nature Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Lifelong Learning [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 2	9:45 • Morning Meeting [SB] 10:30 🦋 Coloring Crew [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Flower Arranging [LR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 3
9:45 • Morning Meeting [SB] 10:30 • Church Service [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 • Puzzles [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 4	9:45 • Morning Meeting [SB] 10:30 ✝️ Bible Study [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Watercolor [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 5	9:45 • Morning Meeting [SB] 10:30 🦋 Crafts [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 6	9:45 • Morning Meeting [SB] 10:30 • Manicures [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Picture Bingo [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 7	9:45 • Morning Meeting [SB] 10:30 🦋 Cooking Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 8	9:45 • Morning Meeting [SB] 10:30 🦋 Nature Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Lifelong Learning [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 9	9:45 • Morning Meeting [SB] 10:30 🦋 Coloring Crew [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Flower Arranging [LR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 10
9:45 • Morning Meeting [SB] 10:30 • Church Service [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 • Puzzles [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 11	Columbus Day 9:45 • Morning Meeting [SB] 10:30 ✝️ Bible Study [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Watercolor [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 12	9:45 • Morning Meeting [SB] 10:30 🦋 Crafts [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 13	9:45 • Morning Meeting [SB] 10:30 • Manicures [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Picture Bingo [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 14	9:45 • Morning Meeting [SB] 10:30 🦋 Cooking Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 15	9:45 • Morning Meeting [SB] 10:30 🦋 Nature Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Lifelong Learning [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 16	9:45 • Morning Meeting [SB] 10:30 🦋 Coloring Crew [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Flower Arranging [LR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 17
9:45 • Morning Meeting [SB] 10:30 • Church Service [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 • Puzzles [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 18	9:45 • Morning Meeting [SB] 10:30 ✝️ Bible Study [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Watercolor [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 19	9:45 • Morning Meeting [SB] 10:30 🦋 Crafts [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 20	9:45 • Morning Meeting [SB] 10:30 • Manicures [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Picture Bingo [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 21	9:45 • Morning Meeting [SB] 10:30 🦋 Cooking Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 22	9:45 • Morning Meeting [SB] 10:30 🦋 Nature Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Lifelong Learning [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 23	9:45 • Morning Meeting [SB] 10:30 🦋 Coloring Crew [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Flower Arranging [LR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 24
9:45 • Morning Meeting [SB] 10:30 • Church Service [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 • Puzzles [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 25	9:45 • Morning Meeting [SB] 10:30 ✝️ Bible Study [SB] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Watercolor [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 26	9:45 • Morning Meeting [SB] 10:30 🦋 Crafts [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 27	9:45 • Morning Meeting [SB] 10:30 • Manicures [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Picture Bingo [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 28	9:45 • Morning Meeting [SB] 10:30 🦋 Cooking Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 💡 Activity Packs [DR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 29	9:45 • Morning Meeting [SB] 10:30 🦋 Nature Club [DR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Lifelong Learning [DR] 4:00 • Story Time [DR] 6:00 • Movie/TV [SB] 30	Halloween 9:45 • Morning Meeting [SB] 10:30 🦋 Coloring Crew [LR] 1:00 🎮 Balloon Volleyball [LR] 1:30 💡 Quiz Show [SB] 2:45 🎮 Afternoon Meeting [SB] 3:30 🦋 Flower Arranging [LR] 4:00 🎮 Group Games 6:00 • Movie/TV [SB] 31

Memories

We love highlighting our amazing staff during Assisted Living Week! Their hard work and dedication provided every day are what make us the best, and we couldn't do it without our amazing team!



October 2026

Dates to Celebrate

Birthstone: Opal | **Flower:** Marigold | **Zodiac:** Libra & Scorpio

World Smile Day	10/2	Indigenous Peoples' Day.....	10/12
Active Aging Week.....	10/5-11	Healthcare Quality Week	10/18-24
National Physician Assistant Day ..	10/6	National Medical Assistant Day ...	10/21
World Mental Health Day	10/10	Full Moon	10/26
Columbus Day	10/12	Halloween.....	10/31



Apple Cider Stories

“An apple a day keeps the doctor away.” Generation upon generation has heard this proverb promoting the health benefits of eating this delectable and nutritious fruit. But, when applied to the context of its origin story, it takes on an entirely different meaning.

More than a thousand years ago, apples weren’t known as a reliable source of nutrients. To the contrary, they were primarily used to make the alcoholic beverage hard cider. The fermentation process created something special, and people loved it. While Egypt was known for its plentiful apple trees, scholars have mixed reviews on whether Egyptians were heavy on the fermented alcoholic apples. However, by 55 B.C., apple cider was a commonly found favorite in the British Isles. Pressing apples for their pureed alcoholic properties caught on with the masses, and imbibement ensued. From there, the apple cider hype continued to spread throughout Europe and eventually accompanied the colonists to America.

In more recent years, apple cider hype shifted. It has become well-known for its disease-fighting properties and nutritional benefits. It’s cholesterol-free and overloaded with potassium and iron. Its fiber content is off the charts. It is packed with phytochemicals known to combat chronic conditions and diseases such as asthma, diabetes, and heart disease. Plus, apples are super-rich in antioxidants that fight free radicals. They have the ability to neutralize threats before they really inflict damage on the body. Apple cider itself is rich in flavonoids, a type of antioxidant. Nowadays, that’s the focus of many people when it comes to cider, as opposed to its original fermented form of the past. Living by the adage, “An apple a day keeps the doctor away,” is a very good thing.



Let the Games Begin (or Not)

The Olympic Games have been around for ages, since roughly 776 B.C., in fact. Those original games in Greece were quite different from those witnessed today, as one might imagine. These days, countries compete in the modern Olympic Games, a traditional event that has been in play since 1896. Over time, some games have simply fizzled out as new ones were added. As the wide world of sports has continued to evolve and expand, so has the level and arena of competition.

Since the Olympics came into existence, there’s been no shortage of interesting “games,” special competitions and memorable demonstrations. For instance, during the 1900 Olympic Games, one might have observed hot air balloon racing. Balloons flew high in Paris that year with altitude and distance being measured and judged, alongside top photography from the sky. Images captured by those manning the balloons and racing were also judged. This sport never took off, as it proved to be a logistical nightmare.

Another Olympic idea that didn’t make the cut: pistol dueling. In the 1908 London Olympic Games, teams fired at one another with wax bullets from a set distance. Competitors donned plenty of protective garb and gear as they were judged on accuracy. Torso hits garnered the most points. Ultimately, this type of competition wasn’t viewed as a sustainable addition to the Olympics, given the risks.

While ballooning and dueling are pretty obscure in the Olympics realm, the sports found on the discontinued Olympics list are much less so, and include things like croquet, lacrosse, cricket and tug-of-war, to name a few.

Champion Challenge!

5	1		8	6				
9	8	7				2	5	
4		2	9					
		6				1	9	7
1	3	9	2		6	4		
7	5		1		4		3	2
	7			2	8	5		
			7	4	9		6	1
3						7	2	

EASY

						5		
	1	2	8					6
7	5			3		1	2	8
	4			2				
					8			
		8	5				9	4
					6			5
6	7				1	4		3
	3		7	5				9

DIFFICULT

BRONZE
CHAMPION
COMPETITION
EXCELLENCE
GOLD
MEDAL
OLYMPICS
PERSEVERANCE
PODIUM
SILVER
SPIRIT
TEAMWORK
TORCH
VICTORY

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