

TIMELESS

AN EDITORIAL BY SANTA FE TRAILS

OCTOBER 2026

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

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

SANTA FE TRAILS | MEMORY CARE



Santa Fe Trails Spotlight!

Although Jim has only been a part of our community for a short time, he has already made such a wonderful impact! Jim is always willing to lend a helping hand and goes out of his way to make fellow residents feel warm, welcomed, and comfortable. We truly enjoy his warm smile, kind heart, and generosity. Jim, we are so grateful to have you as a part of our community! Thank you for bringing kindness, positivity, and warmth to those around you. You are truly appreciated!

Happy Birthday!

Resident Birthdays

A. Roper	10/14
L. Nicholes.....	10/17
L. Ainsworth	10/27

Team Member Birthdays

Caitlin	10/4
Pam	10/7
Rebecca	10/10
Jill.....	10/20

Upcoming Events

10/06/26

Resident Council at 4:00 p.m.
in the Activity Room

10/06/26

Grief Support Group at 6:00 p.m.
in the Media Room

10/07/26

Frappe Bar at 2:00 p.m. in the Bistro

10/9/26

Chef Chat at 12:30 p.m. in the Bistro

10/14/26

Fall Festival at 10:00 a.m. in the Lobby

10/16/26

Pink Out for Breast Cancer (All Day)

10/21/26

Apple Pie Desert Bar at 2:30 p.m. in the Bistro

10/30/26

Halloween Celebration at 6:00 p.m.
in the AL courtyard



Executive Director's Corner

As October arrives, we are reminded of the beauty that comes with changing seasons. The cooler temperatures, colorful autumn decorations, and upcoming holiday celebrations provide wonderful opportunities to gather with friends, create memories, and enjoy all that this season has to offer.

At Santa Fe Trails, we believe that meaningful connections and shared experiences are at the heart of a fulfilling life.

This month, our team has planned a variety of activities designed to bring joy, encourage engagement, and celebrate the spirit of fall. From seasonal events and festive decorations to opportunities for learning and socialization, there will be something for everyone to enjoy.

October is also a time to reflect on gratitude.

I would like to express my sincere appreciation to our residents, families, and dedicated team members. Your trust, kindness, and support help make Santa Fe Trails a warm and welcoming community where residents can thrive.

As we continue to focus on providing exceptional care and enriching experiences, our commitment remains the same: to ensure every resident feels valued, respected, and at home. We are honored to be part of your journey and grateful for the opportunity to serve this incredible community.

We look forward to celebrating the season together and making many wonderful memories throughout the month.



October 2026

Department List

Caitlin Venegas
Executive Director

Twila Solley
Resident Service Director

Caroline King
Sales Counselor

Kathryn Gladden
Business Office Manager

Roy Cortinas
Maintenance Director

Brian Nance
Culinary Supervisor

Azalea Osuna
Lifestyle Director



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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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	♥ Emotional 🧩 Intellectual ⚡ Physical 🏠 Purposeful 👥 Social 🦋 Spiritual	Location Keys Activity Room AR Dining Room DR Lobby L MC Back Living Room MCBLR MC Courtyard MC-COR MC Dining Room MC-DR Out of community BUS		National Cookie Day 10:30 Morning Craft [MC-DR] 11:30 Warm Towels 1:00 Lobby Chat 1:30 Puzzle Time [MC-DR] 3:00 Cooking Corner 4:30 Warm Towels	10:00 🦋 Fresh Morning Air [MC-COR] 11:30 Warm Towels 1:00 Laundry Time [DR] 3:00 movie & popcorn 4:30 Warm Towels	10:30 Smart Board Games 11:30 Warm Towels 1:00 showtime 3:00 Group Exercise 3:30 Group Tennis 4:30 Warm Towels
9:00 🦋 Bethel Temple Church Service [L] 10:30 Stretching Circle [MC-DR] 11:30 Warm Towels 1:00 Group Reading [MC-DR] 1:30 Puzzle & Game Time [MC-DR] 3:00 Patio Time 3:30 Sunday Devotional [L] 4:30 Warm Towels	10:30 Daily Chronicles [L] 11:00 Morning News [MCBLR] 11:30 Warm Towels [MC-DR] 1:00 Fresh Air On The Patio 1:30 Afternoon Exercise [L] 3:00 Group Bowling 3:30 Bible Study [MC-DR] 4:30 Warm Towels	10:30 Morning News [MCBLR] 11:30 Warm Towels 1:00 Color Pages 1:30 Crafting Corner 3:00 Nail Touch Up 3:30 Table Games 4:30 Warm Towels	National Frappe Day 9:30 ⚡ Exercise With Select [MCBLR] 10:30 Daily Devotional [L] 11:00 Church Hymns [L] 11:30 Warm Towels 1:00 Patio Time [MC-COR] 1:30 Nail Care [MC-DR] 3:00 Afternoon Showtime with Popcorn [MCBLR] 4:30 Warm Towels	10:30 Morning Craft [MC-DR] 11:30 Warm Towels 1:00 Lobby Chat 1:30 Puzzle Time [MC-DR] 3:00 Cooking Corner 4:30 Warm Towels	10:00 🦋 Drive Outings [BUS] 10:00 🦋 Fresh Morning Air [MC-COR] 11:30 Warm Towels 1:00 Laundry Time [DR] 3:00 🧩 Popcorn & Movie [MCBLR] 3:30 Hand Messages 4:30 Warm Towels	10:30 Smart Board Games 11:30 Warm Towels 1:00 showtime 3:00 Group Exercise 3:30 Group Tennis 4:30 Warm Towels
9:00 🦋 Bethel Temple Church Service [L] 10:30 Stretching Circle [MC-DR] 11:30 Warm Towels 1:00 Group Reading [MC-DR] 1:30 Puzzle & Game Time [MC-DR] 3:00 Patio Time 3:30 Sunday Devotional [L] 4:30 Warm Towels	Columbus Day 10:30 Daily Chronicles [L] 11:00 Morning News [MCBLR] 11:30 Warm Towels [MC-DR] 1:00 Fresh Air On The Patio 1:30 Afternoon Exercise [L] 2:00 🦋 Mini Hot Dogs & Floats [AR] 3:30 Bible Study [MC-DR] 4:30 Warm Towels	10:30 Morning News [MCBLR] 11:30 Warm Towels 12:45 ♥ Magnolia Home Health & Hospice Newborn Nursery [L] 1:30 Crafting Corner 3:00 Nail Touch Up 4:30 Warm Towels	National Desert Day 9:30 ⚡ Exercise With Select [MCBLR] 10:00 🦋 Fall Festival 11:00 Church Hymns [L] 11:30 Warm Towels 1:00 Patio Time [MC-COR] 1:30 Nail Care [MC-DR] 3:00 Afternoon Showtime with Popcorn [MCBLR] 4:30 Warm Towels	10:30 Morning Craft [MC-DR] 11:30 Warm Towels 1:00 Lobby Chat 1:30 Puzzle Time [MC-DR] 3:00 Cooking Corner 4:30 Warm Towels	Breast Cancer Awareness (Pink Out) 10:00 🦋 Drive Outings [BUS] 10:00 🦋 Fresh Morning Air [MC-COR] 11:30 Warm Towels 1:00 Laundry Time [DR] 3:00 🧩 Popcorn & Movie [MCBLR] 3:30 Hand Messages 4:30 Warm Towels	10:30 Smart Board Games 11:30 Warm Towels 1:00 showtime 3:00 Group Exercise 3:30 Table Games 4:30 Warm Towels
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All Things Halloween

On October 31, you'll see things you never see any other time of year. Halloween is one of those occasions where people step out of their comfort zone and be who they want to be. It doesn't matter if you're 3 or 73. Age isn't a factor. From carving pumpkins to decorating spaces, Halloween traditions stand the test of time. So, how are you planning to engage with your community this Halloween?

If you're short on ideas, it might be time to celebrate this festive time in a new way. Here are a few suggestions to get the party started this Halloween:

Throw a Halloween game party: Invite guests over for a Halloween-themed game night. Potential options are vast in number. Perhaps you have a scary movie-themed game of charades or a Halloween trivia contest. Maybe there's a matching game where contestants match famous ghostly quotes to their films or characters of origin. And let's not forget black-cat Bingo, where your Bingo card is covered with pumpkins, black cats, ghouls and goblins. This game night could even include a bit of scary storytelling.

Have an age-appropriate costume contest: Invite your friends over and pick a theme for the evening. Maybe it is a celebrity-themed party, where party-goers dress from your favorite decade. Maybe you throw a couple's costume party, or you ask your friends to dress in the scariest of attire. There's a countless number of theme options! You can even have a ballot box for votes and offer a spooky, yet fun, prize to the winner. It doesn't have to be expensive or fancy. It just needs to be something all can enjoy.

Make Halloween-themed treats: Invite friends and neighbors over to create some ghoulish delights. This is your time to shine. Show off your cooking skills to those you love. It's also a great way to meet new people! Invite some strangers and maybe make a few new friends in your community.

Remember there's always a way to indulge in this fantastic fright night! Let this year's Halloween be the most fun and exciting experience yet.

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!



Going for Gold!

- 1. The first Olympic Games took place in 776BC as part of an Ancient Greek festival, celebrating which Greek God?
- 2. How many Olympic Games have been hosted in Italy?
- 3. During Olympic opening ceremonies, the processional of athletes marching with their flags is known as what?
- 4. True or False: Today, Olympic gold medals only contain six grams of gold?
- 5. In 1988, a four-man bobsleigh team from this tropical island nation made their historic debut at the Calgary, Alberta Winter Olympics.
- 6. What nickname is given to the U.S. men's hockey team's stunning 1980 Olympic victory over the Soviet Union?
- 7. What was the first U.S. city and state to host the Olympics?
- 8. Women were only allowed to participate in five sports during the 1900 Paris Olympics; can you name any?
- 9. "Twizzling" is the signature technical skill used in what Olympic sport?
- 10. The official motto for the Olympics is "Citius, Altius, Fortius." What does it translate to in English?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

1. Zeus 2. Four (1956, 1960, 2006, 2026) 3. The Parade of Nations 4. True 5. Jamaica 6. "Miracle on Ice" 7. St. Louis, Missouri (1904) 8. Tennis, sailing, croquet, golf, equestrian 9. Ice dancing (figure skating) 10. "Faster, Higher, Stronger"

HALLOWEEN COSTUMES

Word Scramble



- 1. HGTOS_____
- 2. IRVEMPA_____
- 3. IRNNSEKEFNNTA_____
- 4. THWIC_____
- 5. CNWLO_____
- 6. ELNOKSET_____

- 7. MMYUM_____
- 8. IPNKMUP_____
- 9. ORWCCAERS_____
- 10. IOZBME_____
- 11. RTIEPA_____
- 12. CLABK ATC_____



1. ghost 2. vampire 3. frankenstein 4. witch 5. clown 6. skeleton 7. mummy 8. pumpkin 9. scarecrow 10. zombie 11. pirate 12. black cat

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
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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