

October 2023

CARLIN SENIOR CENTER

From the Director

Dear Carlin Senior Center Members,



HOMEBOUND MEALS

Please let us know by 9:30 a.m. if you want to cancel your homebound meal. 😊

Happenings

Saturday, Oct. 21st, Witches Brew, Event By Ellen Meshefski an adult walk starting at Khoury's Market that will travel to some unique stops, costumes are welcome but not required, \$20, The goat wagon departure times will be 6:45 and 7:00

Sunday, Oct. 15th Elko's 11th Annual Everything Elko Pumpkin Festival 10am-4pm.

Carlins Own Spook walk will be October 28th, and Trunk or treat and a Pet Halloween Contest the same day!

On October 27th we will be closed in observance of Nevada Day. Nevada Day is celebrated on the last Friday of October each year. It commemorates Nevada's frontier legacy and its entry into the Union as the 36th state on October 31 in 1864. On this holiday all state, county, and city government offices are closed, along with most schools and libraries. I hope you enjoy the Holiday and find a way to take in some of the beauty the Nevada desert has to offer.

Thank you,

Barbi Meyers



VISITORS COMING

The shot clinic was a big success! Thank you to those who were able to come and serve our Seniors! Access to HealthCare will be on October 10th. They are offering a Medicare 101 workshop so please sign up at the Center or call us to let us get you on the sign-up sheet if you are interested!

Nevada Legal Services will be here on November 16th. If you are interested in signing up for their services please contact us at 775-754-6465 or sign up at the Senior Center.

REMEMBER YOUR NUTRITION

OCTOBER IS EAT BETTER, EAT TOGETHER MONTH



Eating with your family and friends on a regular basis has been associated with improved social skills and better eating habits. It is also helpful for reducing stress in adults. Every year, October serves as Eat Better, Eat Together Month. While the history of the day is unknown, it is meant to promote better eating habits and encourage us to share more meals together. Come



join us for lunch this month and enjoy some company!

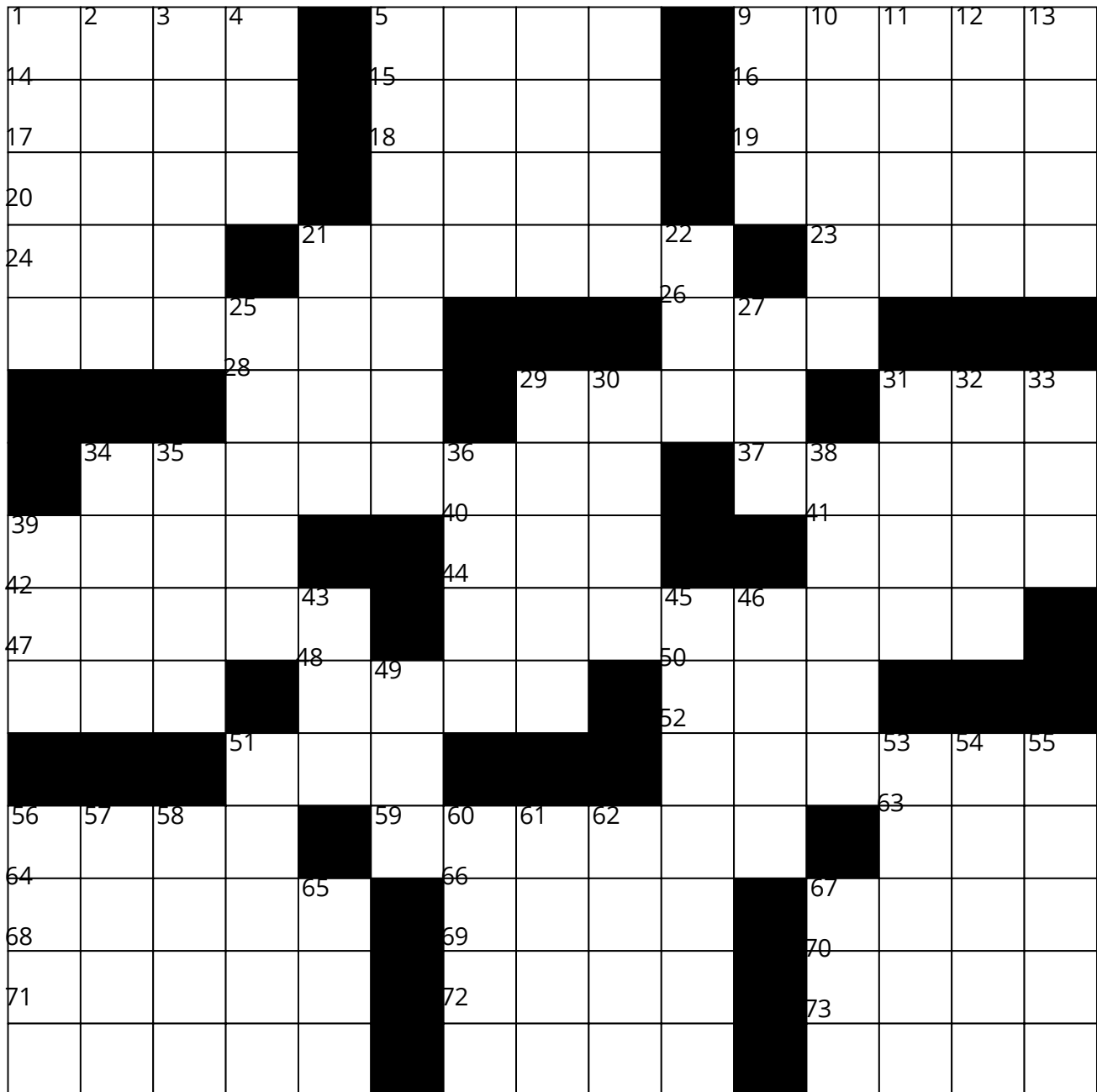


As many of you may know, October is Breast Cancer Awareness Month. Many of you have been, or know someone who has been impacted by this disease. This year's Breast Cancer Awareness theme is Thrive365. The purpose of Awareness is to promote the prevention and screening of the disease, which affects 1 in 8 women in the United States each year, and affects men as well.



OCTOBER

6 7 8



By Jimmy and Evelyn Johnson - www.qets.com

OCTOBER

ACROSS

- 1** Cat cries
- 5** Vassal
- 9** Not before
- 14** Car rental agency
- 15** Opaque gem
- 16** Horde
- 17** Lavish party
- 18** Child's transportation
- 19** Specific areas
- 20** Business abbr.
- 21** Withdraw from a body
- 23** Mailed
- 24** Precision cut stone
- 26** Furrow
- 28** Snacked
- 29** Floating ice
- 31** Electric spark
- 34** Large terrier
- 37** Award
- 39** Summon
- 40** Girl
- 41** Attorney (abbr.)
- 42** Writing style
- 44** Joyful
- 47** Day of wk.
- 48** Face covering

- 50** Tree
- 51** Give a nickname to
- 52** Cut in half
- 56** Ballet skirt
- 59** Strange and secret doctrines
- 63** Body part
- 64** Fire residue
- 66** Madam
- 67** Extinct bird
- 68** Brings in a fish
- 69** At sea
- 70** A fox's hole (2 wds.)
- 71** Lover's meeting
- 72** List of meals
- 73** Not there

OCTOBER

DOWN

- 1** Organized crime
- 2** Levels
 - 3** Halloween broom rider
- 4** Compass point
- 5** Reversed intoxication
- 6** Heroic
- 7** Garden tool with teeth
- 8** Ran away
- 9** Wood tool
- 10** First sign of fall
- 11** Firm up muscles
- 12** Poetic "evening"
- 13** Repose
- 21** Fill
- 22** Make a mistake
- 25** Small birds
- 27** Good grief!
- 29** Halloween cat
- 30** Snaky fish
- 31** Negative (prefix)
- 32** Reserve Officers Training Corps.
- 33** Whoop
- 34** Air (prefix)
- 35** Computer picture button
- 36** Gets older

- 38** Formal declarations
- 39** Tempo
- 43** Flightless bird
- 45** Graphic description
- 46** Continent
- 49** Alphabet
- 51** Fights
- 53** Wear away
- 54** Fermented apple juice
- 55** Cut of beef
- 56** Tangy
- 57** Consumer
- 58** Those people
- 60** Eve's husband
- 61** Baseball plate
- 62** Prayer ending
- 65** Concord e.g.
- 67** Morse code dash