



Forster Woods Connection

— OCTOBER 2026 —



Falling into Fun

September was certainly a month to remember at Forster Woods! We celebrated National Adult Day Services Week with five days packed with new experiences, including a trip to France, Forster Field Day, an Elvis performance, working dog demonstrations, and our biggest celebration yet! Festive Friday brought an unforgettable exotic animal experience followed by our annual carnival. From trying new things to sharing plenty of laughter, September was a wonderful reminder of what makes our Forster Woods family so special. Now, we're ready for everything October has in store!



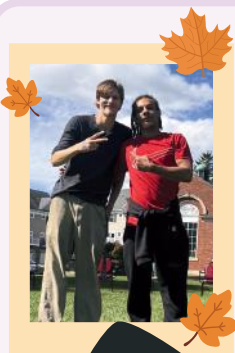
Celebrating the Season

We're kicking off October by celebrating everything we love about fall! Along with our monthly favorites, participants can look forward to Fall Family Feud, Fall Would You Rather, and plenty of seasonal creativity with fall bookmarks, adorable fall hedgehogs, and pumpkin decorating crafts. One of our biggest celebrations will be our very own Forster Apple Fest! We'll learn all about apples, bake a delicious apple treat, try our hand at "bobbing" for apples—no mouths required!—and taste fall favorites like apple cider and caramel apples. It'll be the perfect way to enjoy the sights, tastes, and traditions of fall together!



Halloween Happenings

As we move into the second half of October, we'll trade our apples for costumes and plenty of Halloween fun! Halloween crafts, activities, and active games will lead us into a full Spirit Week to finish the month. Monday is Decades Day, Tuesday is Sports Team Shirt Day, Wednesday is Pajama Day complete with a Halloween movie, Thursday is Orange & Black Day, and Friday is Costume Day! We'll wrap up all the spooky fun with our Monster Mash Party, celebrating another wonderful month with costumes, laughter, and plenty of spooktacular memories!



Craft Corner & Recipe of the Month



Cheesecloth Ghosts



Materials:

- Cheesecloth
- Elmers Glue
- Small Balloons
- Jars/Paper Towel Rolls
- Plastic Wrap
- Black Felt
- Scissors
- Bowl & Spoon



Directions:

1. Blow up the balloon to the size of an orange, place it on the jar/paper towel roll. For a taller ghost, use a paper towel roll; for a shorter ghost, use a mason jar.
2. Your glue-to-water ratio will be 2 parts glue to just under 1 part water. Stir the glue and water mixture well.
3. Dip two pieces of cheesecloth in the mixture, making sure it's submerged completely. Gently run your hand down the cheesecloth to get the excess glue off.
4. Try to smooth out the cheesecloth, and then begin to drape it over the balloon on stand. Once the ghost is dry, glue on black felt circles for eyes and mouth.



Halloween Brownies

Brownie Layer:

- 1 C Sugar
- ½ C AP Flour
- ½ C Dark Cocoa Powder
- ½ tsp Salt
- ¼ tsp Baking Powder
- 2 Large Eggs
- ⅓ C Vegetable Oil
- 1 tsp Vanilla Extract



Cream Cheese Layer:

- 8oz Cream Cheese
- ¼ C Sugar
- 1 Large Egg
- ½ tsp Vanilla Extract
- Orange Food Coloring



Directions: 9 Servings

1. Preheat oven to 350 F. and line an 8x8 pan with parchment paper.
2. Mix sugar, flour, cocoa powder, salt, and baking powder. In a separate bowl, mix eggs, oil, and vanilla, then combine with dry ingredients.
3. Reserve ¼ of the brownie batter and spread the rest into the pan.
4. Beat cream cheese, sugar, egg, vanilla, and orange food coloring until smooth. Spread over brownie batter.
5. Drop spoonfuls of reserved brownie batter on top and swirl gently with a knife.
6. Bake for 30-35 minutes or until set.



Supporting Nighttime Wakefulness

By Kimberly West ADC, CDP, MDE, VMC

For some people, being awake at night is not a new behavior. People who spent many years working the second or third shift often developed routines that kept them active during late-night and early-morning hours. These lifelong patterns may continue long after retirement and can remain familiar even after a dementia diagnosis. Nighttime wakefulness can be difficult for both the person living with dementia and the caregiver supporting them. Simple changes to the environment, routine, and caregiver response can help make these hours safer and easier to manage



Nighttime Activity Ideas:

- Nurses/Caregivers: Fold washcloths, organize supplies, match socks.
- Warehouse Workers: Sort or count items, assemble simple objects.
- Drivers: Look at maps or postcards, discuss familiar routes.
- Police/Fire/Security: Check doors, organize a safety kit, view community photos.
- Cooks/Bakers: Fold napkins, sort recipes, set out breakfast items.
- Cleaning/Maintenance: Wipe tables, fold cloths, organize safe tools.
- Office Workers: Sort mail or papers, make lists, organize supplies.
- Hospitality: Fold towels, arrange toiletries or room supplies.
- Retail: Match or sort items, fold clothing, count play money.
- Media/Entertainment: Listen to familiar programs or music, browse magazines.
- Familiar Routines: Offer decaf coffee/tea, a snack, music, TV, or quiet conversation reminiscent of past evening or work routines.



Safety Tips for Wakefulness:

- Keep hallways, bedrooms, and bathrooms free of clutter, cords, and loose rugs.
- Use soft night-lights to mark the path to the bathroom and other familiar areas.
- Use clear, easy-to-read signs or pictures at eye level to label familiar spaces and provide simple reminders, such as an arrow pointing toward the bathroom or a sign identifying the bedroom or kitchen.
- Keep doors to unsafe areas, such as basements, garages, or storage rooms, secured.
- Store medications, cleaning products, sharp objects, and other household hazards out of reach.



Gentle Reminder:

Retirement or a dementia diagnosis does not always erase routines built over years of nighttime work. Safe, meaningful activities connected to the person's past work and interests can make periods of nighttime wakefulness more comfortable and purposeful.



October Special Events



Spirit Week:

Mon. 26	Decades Day
Tue. 27	Sports Team Shirt
Wed. 28	Pajama Day
Thu. 29	Orange & Black
Fri. 30	Costumes



October Birthdays:

Oct. 2	Craig H.
Oct. 5	Kenzetta H.
Oct. 8	Jerry H.
Oct. 8	Lien L.
Oct. 17	John B.
Oct. 22	Hanna Z.
Oct. 22	Paul H.
Oct. 23	Jenny F.
Oct. 25	Chris S.
Oct. 26	Ruth A.



Special Dates:

Tue 6	Melodies with Marcy
Wed 14	Forster Apple Fest
Thu 15	Drum Circle
Fri 16	Singing with Judy
Fri 16	Pet Therapy
Tue 20	Melodies with Marcy
Thu 22	Pet Therapy
Thu 22	Bible Study
Wed 28	Movie Showing
Thu 29	Pet Therapy
Fri 30	Singing with Judy
Fri 30	Monster Mash Party

October 2026



2026 ANNUAL APPEAL

Every Step Together

For some families, the caregiving journey begins at birth. For others, it begins with a diagnosis, an accident, or realizing someone they love needs more support. And sometimes, just when you know the path, it changes.

At Forster Woods, moments of friendship, laughter, creativity, and connection make that journey brighter. While loved ones are safe, engaged, and celebrated, caregivers gain something equally important: time to breathe, work, care for themselves, or simply enjoy a cup of coffee knowing the person they love is safe. Those moments aren't selfish. They're essential.



This year, our goal is to raise **\$25,000** to help ensure that Forster Woods can continue walking beside caregivers and the people they love.

Every gift, at every level, helps another caregiver find a place to turn. Because no caregiver should have to walk this journey alone.

Make a Gift ♥ : forsterwoodsadultdaycenter-bloom.kindful.com

Sponsors

We are grateful for the generous support of our sponsors. Their support helps Forster Woods continue creating meaningful experiences, connections, and opportunities for the individuals and families we serve.

When it matters most, choose the team voted
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Day Center Photos



“September Memories”





Participant Spotlight: Jenny F.



Jenny brings so much joy, energy, and personality to Forster Woods! With her spunky spirit and bright smile, she has a way of making every day a little more fun. She loves being around people, spending time with friends and staff, and being part of whatever is happening around her.

One of the things we love most about Jenny is her willingness to try new things. She is truly a “go with the flow” kind of girl and is always ready to jump into a new activity or experience. Whether she’s getting creative with a craft, singing her heart out during karaoke, enjoying one of our musical guests, or trying something completely new, Jenny brings plenty of enthusiasm along with her.

From our everyday activities to our biggest special events, you can count on Jenny to be right there making memories along the way. Her adventurous spirit, easygoing personality, and love for being with others make her such a special part of our Forster Woods family.

October is an extra-special month for Jenny—she celebrates her birthday on October 23rd! We’re so happy to celebrate Jenny and all the joy she brings to our days. Happy Birthday, Jenny!



Ways to Support



Your support makes all things possible here at Forster Woods and there are several ways you can contribute and make a difference. Every donation helps us provide vital resources for our individual clients. From meals and personal care items to therapeutic activities and special events, your generosity directly supports their well-being. You can visit our website at www.forsterwoods.org or simply scan the QR code to make a donation today!

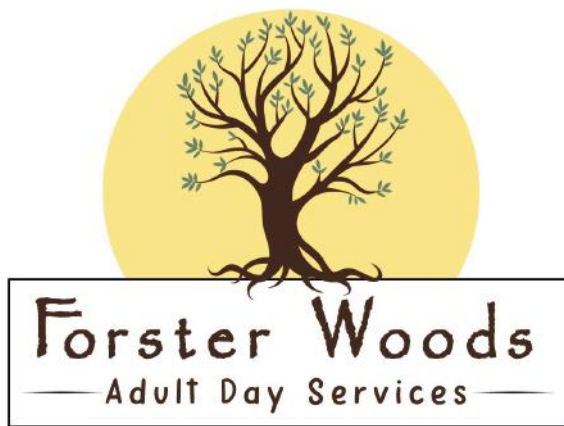


Amazon Wishlist

Our Amazon Wishlist is filled with supplies we use daily—craft materials, office items, and other essentials for our program. By purchasing an item, you make a direct impact on the lives of our clients, helping us create enriching experiences and maintain a well equipped space. Just scan the QR code for our Wishlist and see how you can help!



Donate



Supporting Adults. Empowering Families. Building Community.

Our program provides meaningful daytime support for adults who benefit from structure, social engagement, and compassionate care. Through enriching activities, personalized attention, and a welcoming environment, participants remain active, connected, and valued members of the community.

We also support families and caregivers by providing trusted daytime care and peace of mind. Together, we are building a stronger, more inclusive community where adults can thrive and families feel supported.

Program Impact

- Adults maintain independence and meaningful daily routines
- Reduce social isolation and build friendships
- Support veterans, older adults, and individuals needing daytime care
- Provide respite and support for family caregivers

Program Sponsors & Community Partners

We are grateful to the organizations and community partners whose support helps make our program possible.

