Fairmount
ASSISTED LIVING & MEMORY CARE

6161 E Fairmount Street • Tucson, AZ 85712 • 520-344-8890

October 2026



HAPPY RETIREMENT!

This past August, Linda Updike retired after many years of dedication to Fairmount. Linda will continue to entertain playing the piano the 2nd Tuesday and the organ the 4th Wednesday of each month. We truly appreciate all of her donations, entertainment and love for our staff and residents. Thank You, Linda!

Poetry & Sound Bath Experience

Wednesday, October 21st, at 6 p.m. Enjoy a 40-minute guided Poetry Experience. Then enjoy a 15-minute Sound Bath & Relaxation. Both encourage reflection and connection.



HALLOWEEN EXTRAVAGANZA!

Come join us Friday, October 30th, from 2:00 pm to 5:00 pm for Fairmount's Halloween Extravaganza. Enjoy a dance performance from "The Tucson Haggs" at 3:00 pm. Enjoy music by D.J. Harry who will be spinning your favorite spooky tunes. Enjoy games, pie-eating contest, mini horses, refreshments and candy from local community partners. Vote on your favorite decorated pumpkin. Take a tour of our community and visit our chickens, "Penelope" the turtle and our cute black bunny. Wear your costume and come enjoy the fun.



RESIDENTS' BIRTHDAYS

Donna T. - October 14th
Virginia C. - October 15th
Lupe P. - October 23rd
Dot M. - October 24th

STAFF BIRTHDAYS

David Mart - October 7th
Laahna Maruffo - October 17th
Sonia Gomez - October 17th

STAFF ANNIVERSARIES

Teena Marshall - October 1, 2017
York Young - October 14, 2021
Jessica Cabral - October 10, 2025
Sonia Gomez - October 13, 2025

Avoid This To Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.

Famous Faces Born in October

Oct. 3, 1951: Dave Winfield
Oct. 8, 1997: Bella Thorne
Oct. 11, 1976: Emily Deschanel
Oct. 18, 1984: Lindsey Vonn
Oct. 20, 1979: John Krasinski
Oct. 28, 1967: Julia Roberts
Oct. 29, 1947: Richard Dreyfuss

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Pictionary 11:00 Discussion: Did you have a pet growing up? 1:00 This is Jeopardy 2:00 Drawing Hour! 3:00 Bingo 6:00 Sunset Social	**Special Creative Hour Today!** 2 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Word a Thon 11:00 Discussion: Did you have a hobby you enjoyed? **1:00 Creative Hour with Catalina Hospice** 2:00 Team Trivia 3:00 Candy Velcro Fun 6:00 Live Sports	**Entertainment Today!** 3 9:00 Morning Briefing 10:00 Patio Social 11:00 Discussion: Do blondes have more fun? 1:00 Puzzle Fun **1:00 Sing a Long with Maryann** 2:00 Afternoon Movie 6:00 Weekly Housekeeping
4 9:00 Coffee Chat & Daily Chronicles 10:00 Exercise & Wheel of Fortune 11:00 Discussion: What is your favorite pie? 1:00 Beach Ball Volleyball 2:00 Bingo 3:00 Scrabble, Coloring & Word Games 6:00 Live Sports	5 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Brain Games 11:00 Discussion: What is your favorite colors? 1:00 Noodle Soccer **2:00 Spooky Creative Hour** 3:00 Bingo 6:00 Live Sports	**Entertainment Today!** 6 9:00 Coffee Chat & Daily Chronicles **10:00 Entertainment "Wild Bill"** 11:00 Discussion: What was your favorite Halloween costume? 1:00 White Board Fun 2:00 Left-Right-Center & Color Creations 3:00 Scrabble & Word Puzzles! 6:00 Sunset Social	**Chair Yoga Today!** 7 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Three Word Game 11:00 Discussion: What is your favorite game to play? **1:00 Chair Yoga with Carla** 2:00 Afternoon Movie & Popcorn 6:00 Live Sports	**Jewelry Class Today!** 8 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Pictionary 11:00 Discussion: Have you ever visited an apple orchid? 1:00 This is Jeopardy 2:00 Drawing Hour! **2:00 Jewelry Making with Sue** 3:00 Bingo 6:00 Sunset Social	9 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Word a Thon 11:00 Discussion: What is your favorite flavor of ice cream? 1:00 Creative Hour 2:00 Team Trivia 3:00 Candy Velcro Fun 6:00 Live Sports	**Entertainment Today!** 10 9:00 Morning Briefing 10:00 Patio Social 11:00 Discussion: Have you ever been to Disneyland? 1:00 Puzzle Fun **2:00 Entertainment "Banjo Doug"** 6:00 Weekly Housekeeping
Entertainment Today! 11 9:00 Coffee Chat & Daily Chronicles 10:00 Exercise & Wheel of Fortune 11:00 Discussion: Did you ever play the game of Twister? 1:00 Beach Ball Volleyball **2:00 Entertainment with Juan Pablo** 3:00 Scrabble, Coloring & Word Games 6:00 Live Sports	**Nail Spa Day!** 12 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Brain Games **10:00 Nail Spa** 11:00 Discussion: What is the best gift you ever received? 1:00 Noodle Soccer **2:00 Ghostly Creative Hour** 3:00 Bingo 6:00 Live Sports	**Birthday Celebration Today!** 13 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Patio Book Club 11:00 Discussion: Have you ever rode a horse? **1:00 Entertainment Piano with Linda** **1:00 Monthly Birthday Celebration** 2:00 Left-Right-Center & Color Creations 3:00 Scrabble & Word Puzzles! 6:00 Sunset Social	**Art Class Today!** 14 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Three Word Game 11:00 Discussion: What is your favorite childhood memory? 1:00 Chair Yoga with Vicki 2:00 Afternoon Movie & Popcorn **2:00 Art Class** 6:00 Live Sports	**Ice Cream Social & Entertainment** 15 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Pictionary 11:00 Discussion: What was your favorite vacation? 1:00 This is Jeopardy **2:00 Ice Cream Social & Entertainment with Harry Gray** 3:00 Bingo 6:00 Sunset Social	16 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Word a Thon 11:00 Discussion: Do you enjoy shopping at thrift stores? 1:00 Creative Hour 2:00 Team Trivia 3:00 Candy Velcro Fun 6:00 Live Sports	17 9:00 Morning Briefing 10:00 Patio Social 11:00 Discussion: What names would you give the Fairmount chickens? 1:00 Puzzle Fun 2:00 Afternoon Movie 6:00 Weekly Housekeeping
Entertainment Today! 18 9:00 Coffee Chat & Daily Chronicles 10:00 Exercise & Wheel of Fortune 11:00 Discussion: Who is your favorite movie star? 1:00 Beach Ball Volleyball **1:30 Drama Group Performs** 2:30 Bingo 3:00 Scrabble, Coloring & Word Games 6:00 Live Sports	**Entertainment Today!** 19 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Brain Games 11:00 Discussion: What is your favorite song? 1:00 Noodle Soccer **2:00 Entertainment "Harpist"** 3:00 Bingo 6:00 Live Sports	**Entertainment Today & Men's Luncheon** 20 9:00 Coffee Chat & Daily Chronicles **10:00 Entertainment "Wild Bill"** 11:00 Discussion: Do you enjoy cooking? **11:00 Men's Luncheon** 1:00 White Board Fun 2:00 Left-Right-Center & Color Creations 3:00 Scrabble & Word Puzzles! 6:00 Sunset Social	**Chair Yoga Today!** 21 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Three Word Game 11:00 Discussion: What is your favorite television show? **1:00 Chair Yoga with Carla** 2:00 Afternoon Movie & Popcorn **6:00 Poetry & Sound Bath**	**Entertainment Today!** 22 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Pictionary 11:00 Discussion: What was your occupation? 1:00 This is Jeopardy **2:00 Entertainment "Desert Duo"** 3:00 Bingo 6:00 Sunset Social	23 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Word a Thon 11:00 Discussion: What is your favorite cookie flavor? 1:00 Creative Hour 2:00 Team Trivia 3:00 Candy Velcro Fun 6:00 Live Sports	**Entertainment Today!** 24 9:00 Morning Briefing 10:00 Patio Social 11:00 Discussion: How Do You Handle Failure? 1:00 Puzzle Fun **2:00 Banjo Doug** 6:00 Weekly Housekeeping
Entertainment Today! 25 9:00 Coffee Chat & Daily Chronicles **10:00 Entertainment with Max Nulty** 11:00 Discussion: Did you play sports in school? 1:00 Beach Ball Volleyball 2:00 Bingo 3:00 Scrabble, Coloring & Word Games 6:00 Live Sports	26 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Brain Games 11:00 Discussion: Summer Gas Prices 1:00 Noodle Soccer **2:00 Creepy Creative Hour** 3:00 Bingo 6:00 Live Sports	**Resident Council** 27 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Patio Book Club 11:00 Discussion: What is Your Favorite Dessert? **1:00 Resident Council** 2:00 Left-Right-Center & Color Creations 3:00 Scrabble & Word Puzzles! 6:00 Sunset Social	**Entertainment Today!** 28 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Three Word Game **10:00 Entertainment "Organ with Linda"** 11:00 Discussion: Is It Ever Okay To Tell A Lie? **1:00 Ukulele with Carla** 2:00 Afternoon Movie & Popcorn 6:00 Live Sports	29 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Pictionary 11:00 Discussion: Should Animals Have Legal Rights? 1:00 This is Jeopardy 2:00 Drawing Hour! 3:00 Bingo 6:00 Sunset Social	**HALLOWEEN EXTRAVAGANZA!** 30 9:00 Coffee Chat & Daily Chronicles 10:00 Chair Exercise & Word a Thon 11:00 Discussion: Your Favorite Holiday? 1:00 Creative Hour -Pumpkin Decorating **2:00 Halloween Extravaganza** 6:00 Live Sports	31 9:00 Morning Briefing 10:00 Patio Social 11:00 Discussion: How Do You Handle Failure? 1:00 Puzzle Fun 2:00 Afternoon Movie 6:00 Weekly Housekeeping

Calendar of Events



Meet Joan!

Joan was a Bookkeeper at Gimbels Department Store back east. When she moved to Tucson, she raised chickens and a horse. Joan enjoys keeping our courtyard looking pretty. We appreciate and enjoy her sense of humor.



Meet your new shadow — our sleek, playful, irresistible black bunny. With fur as dark and soft as the midnight sky, it blends elegant looks with an energetic personality. You can find this friendly black bunny hopping around our outside patio.



OCTOBER SPOTLIGHT!

Kayla is on our care staff team. Thank you for tireless compassion and the comforting care you provide for our residents. We are grateful for the impact you make on our team!

MESSAGE FROM THE EXECUTIVE DIRECTOR



Happy October, Fairmount family! There's something special about this season — Crisp air, changing leaves and hopefully cooler mornings. October is one of our favorite months at Fairmount. It brings a sense of renewal, reflection and cozy seasonal celebrations. As we settle into autumn, we have an exciting lineup of events and activities planned. I'm incredibly grateful for each of you who makes Fairmount the warm, lively community it is. This month, I hope we take time to enjoy the little things, good conversations, laughter, fun activities and making memories together. Thank you, everyone, for being such an important part of our Fairmount family. I'm wishing all of you a happy and beautiful October!

Laahna

Illustratus
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