



HIGHLIGHTER



October Birthdays

- 10/2-John Ebling
Apt. 620
- 10/3-Patricia Barfield
Apt. 415
- 10/4-Patricia Epple
Apt. 204
Gary Caccamise
Apt. 402
- 10/5-Jim Griffin
Apt. 503
- 10/6-Carol Wade
Apt. 115
- 10/9-Cindy Oppel
Apt. 317
- 10/13-Martha Clendaniel
Apt. 617
- 10/17-Barbara Villa
Apt. 610
- 10/29-Donald Johnstone
Apt. 519



Patricia Brown-Apt. 221

Reminder: You can have your rent payments made electronically

This process is a way for you to have rent automatically paid each month with an auto withdrawal from your bank account. There is no fee for this service. The benefits include not having to write checks or get money orders and if you are ill, hospitalized, or out of town, the rent will be paid on time.

Payments will be deducted directly from your bank account on the 4th of every month, for the exact amount of your rent due to Washington Towers. If the 4th is a weekend or holiday, payment will be processed on the next business day.

You sign an authorization form and provide us with a voided check, which will give us the bank account and routing numbers. The transaction is handled in house, which means you never have to notify your bank of any changes to the amount of rent to deduct or, if you decide to stop the withdrawal, you only need to notify our office.

**Authorization forms are available in the office.
Contact the office if you have any questions.**

Aging with G.R.A.C.E.

Gratitude-Being thankful, or feeling gratitude, is essential to accepting and, being satisfied, with where we are in life. Having gratitude for enduring the path our life has taken us and being grateful for what we have-family, friends, a safe place to live, whatever you hold dear-allows for celebration of being alive. It's a kindness we should allow ourselves!

Resilience-When faced with adversity, physical resilience is often difficult to achieve, given our expectations for ourselves. We see our decline in health or mental toughness as a sign of weakness, instead of seeing it as the natural aging process that humans endure. It's okay to be upset, but to be resilient and get through it, we have to accept our weakness and then rise above it.

Attitude-Attitude is observable! It is a key influence in all human interactions. When you feel your attitude is negative, you can make the choice to reframe it in a positive way. Try a smile or add some humor to a situation. Both will go along way to make a positive impact on all involved.

Courage-Courage is imperative to aging well. We are bombarded with myths that tell us we can take a drug to help us not feel old or not look old! It takes courage to confront those myths and face them. By talking to others and asking for advice you'll find that others are experiencing the same feelings and it helps to see how they are coping.

Education-Information is vital to navigating the aging process. Numerous services are available. It is important to seek information and then act on it.

You have a choice, no one has to age alone!

**Happening in October
at Washington Towers...**

Thursday, 10/4-HUD/REAC Inspection

REMINDER:

Apartments to be inspected will be chosen on the day of the inspection.

Everyone must be ready!

Monday, 10/8-Office Closed

Columbus Day Holiday

Tuesday, 10/9

Sign ups due for window washings

Wednesday, 10/10-11:15 am to Noon

Curbside Market

Tues., 10/16 & Wed., 10/17 (if needed)

Mother Nature's window washings. Those who signed up will receive notice of the date your apt. will be done and how to prepare for the cleaners.

Wednesday-10/17-1-3 pm-Lounge

This month there are two crafts being done. You have the choice to do one or both.

Decoupage-decorate an object, such as a jar or vase and/or make a Mason jar lid pumpkin.

Details and a sign up sheet are on the bulletin board. Sandy in 611 will answer any questions you have-993-6695!

Wednesday,10/24-Lounge-10 am to 2 pm

Harding's Attica Furniture will be here and set up an array of furniture for your browsing pleasure. Drastic discounts and coupons!

11:15 am to Noon

Curbside Market

Friday,10/26-Lounge-2 pm

Fall feast! Hosted by: Suzanne, Ellen, Phil, and Caroline. Details and a sign up sheet are on the community bulletin board.

Wednesday,10/31-Lounge-2 pm

Birthday Celebration-All are welcome!

Trick or Treat, it's Halloween!

Who is going to be in costume???



Every Month at Washington Towers...

Mondays-3 pm Lounge

Rosary & Communion

Mondays-6:30 pm-Lounge

Bible Study Group led by Martha Clendaniel

All are welcome

Wednesdays-4 pm-Lounge

Entertainment by our very own Richie Popp

Come and enjoy his amazing piano playing.

Fridays-9 am-Lounge-WT Morning Klatch

Klatch-a gathering marked by informal conversation!

Decaf coffee is available or bring beverage of choice

Treats gratefully accepted!

Sundays-9:30 am-Lounge

Non-denominational worship service led by

Bonnie Hale. All are welcome!

Bingo 6pm

Tuesdays & Saturdays

Library-1:00 PM

10/10 & 10/24 regular days

Also Available...

**Musical CD's and
Books on CD!!**



Friday, October 26, 2018-2 pm-in the Lounge

Suzanne, Ellen, Phil, & Caroline are hosting
a Taste of Fall !



Water, soda, and place settings will be provided.

Bring Fall foods and treats

A sign up sheet is on the community board.

Please sign up and indicate what you are bringing.

Monetary donations accepted, see Ellen in Apt. 203

Tenants only, please.