



NEWSLETTER

OCTOBER

Adult Medical Daycare

Seinor Center Plus

Dementia Care



Welcome to the October edition of our Worldshine Newsletter!

At Life Enrichment, your loved one will benefit from meaningful programs, quality health care, and opportunities for socialization



240-422-7166



director@worldshineamdc.com



110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Please visit our website for a digital version of the newsletter

UPCOMING
EVENTS

We are excited to announce an upcoming special event at our adult daycare center!



SPECIAL EVENTS

**10/12(Thursday)
Hair Cut & Nail Service**



**10/14(Saturday)
10:00am
TACY Entertainer**



**10/23(Monday)
10:45am
Tea time**



Shopping Day:

10/3: WALMART

10/10: WEIS MARKET

10/17: ALDI

10/24: GABE'S

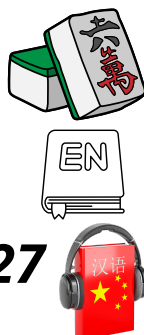


Classes:

Mahjong Lesson :10/11

English Class: 10/6, 10/20

Chinese Class: 10/13, 10/27



Recurring Activities

Every Monday: *Painting Class*

Every Wednesday: *Music Class*

Every Thursday: *Tai Chi Class*



**ALL ACTIVITIES
ARE SUBJECT
TO CHANGE**



OCTOBER 2023

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MON 	TUE 	WED 	THU 	FRI 	SAT 
BINGO! 2 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Stretch  	 3 8:30 Morning Exercise 9:45 Pokeno Shopping-Walmart 10:45 Crafting	 4 8:30 Morning Exercise 9:45 Strength And Stability 10:45 Crafts 	BINGO! 5 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	BINGO! 6 8:30 Morning Exercise 9:45 Bingo 10:45 English Class Game Room 	BINGO! 7 9:30 Trivia 9:45 Exercise 10:45 Bingo Music Time 
BINGO! 9 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Fingers Exercise  COLUMBUS DAY	 10 8:30 Morning Exercise 9:45 Roll The Dice Shopping-Weis 10:45 Fall Crafts 	 11 8:30 Morning Exercise 9:45 Yoga Ball Drum 10:45 Crafts And Mahjong 	BINGO! 12 Hair Cut & Nail 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	BINGO! 13 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class Cooking Group 	BINGO! 14 9:30 Word Games 10:00 TACY Foundation 11:00 Bingo 
BINGO! 16 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Shoulders Neck Stretch	 17 8:30 Morning Exercise 9:45 You Be The Judge Shopping-Aldi 10:45 Crafting	18 8:30 Morning Exercise 9:45 Balance Matters 10:45 Crafts 	BINGO! 19 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	BINGO! 20 8:30 Morning Exercise 9:45 Bingo 10:45 English Class Art room 	BINGO! 21 9:30 Trivia 9:45 Art room 10:45 Bingo Free Time 
BINGO! 23 8:30 Morning Exercise 9:45 Bingo 10:45 Tea Time Art Class 11:30 Eyes Care Time 	 24 8:30 Morning Exercise 9:45 Zingo Shopping-Gabe's 10:45 Crafting	25 8:30 Morning Exercise 9:45 Chair Zumba 10:45 Painting 	BINGO! 26 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	BINGO! 27 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class Cooking Group 	BINGO! 28 9:30 Word Games 9:45 Exercise 10:45 Bingo Free Time 
BINGO! 30 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch  	 31 Halloween Party Fun-Fun-Fun	 <div> HALLOWEEN </div> <div> NATIONAL BOOK MONTH </div>			



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Health and Wellness Corner

The transition to the shorter and busier days of fall can be a challenge.

To help ease the change, we've put together
15 Autumn Wellness Tips to get you ready for the colder months
and keep your mental (and physical!) health in check.

HELPFUL
TIPS



Start taking a Vitamin D supplement:

With less sun exposure, consider a supplement to boost mood and immunity.



Take some time to yourself:

Embrace the slower pace of fall and winter by journaling or tracking your moods.



Get your flu shot and yearly check-up:

Stay healthy and ward off illness with regular check-ups.



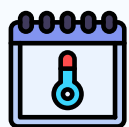
Boost your immune system:

Stay hydrated, practice good hand hygiene, and eat nutritious foods.



Prepare for Daylight Savings Time:

Adjust your sleep schedule to accommodate longer nights.



Make plans for the cold months:

Stay active and engaged to prevent hibernation mode.



Moisturize your skin:

Combat dryness caused by harsh temperatures, and don't forget sunscreen.



Buy in-season food:

Enjoy seasonal produce and hearty meals to stay nourished.



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Stay active:

Incorporate movement into your day, even through outdoor chores like raking leaves.



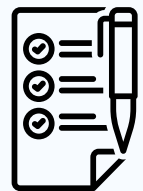
Layer up and stay warm:

Protect yourself from the dropping temperatures with appropriate clothing.



Do some "fall cleaning:

Organize your space and declutter to create a comfortable environment.



Prepare your home:

Ensure you have the necessary supplies for extreme weather conditions.



Stock up on entertainment:

Gather books and shows to enjoy during cozy winter nights.



Keep a schedule:

Prevent isolation by scheduling time for activities you love.



Be kind to yourself: Practice self-compassion and reframe negative thoughts into positive ones.

By following these tips, you can make the most of the fall and winter seasons while prioritizing your health and well-being.

Wishing you a wonderful and healthy season ahead!

October



October Birthdays



May this birthday bring you lots of amazing moments
and wonderful memories



Congfen



Alicia



240-422-7166



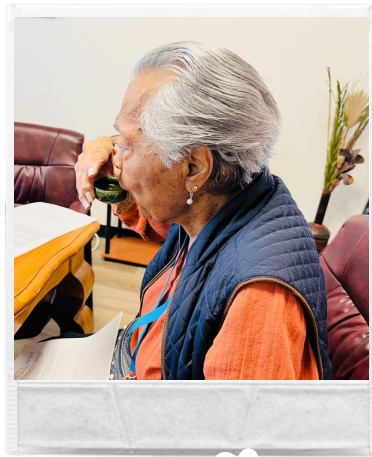
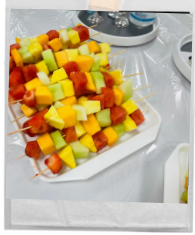
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Some fun moments!



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Special moments!



WE WANTED TO TAKE A MOMENT TO EXPRESS OUR GRATITUDE TO THE EMT TEAM THAT RECENTLY COMING FOR A VISIT HERE AT WORLDSHINE'S FAMILY . THEIR PRESENCE MEANT A LOT TO US, AND WE'D LIKE TO SAY THANK YOU.

THE INSIGHTS AND KNOWLEDGE THEY SHARED DURING THEIR VISIT WERE INVALUABLE. THEIR PROFESSIONALISM AND EXPERTISE WERE TRULY IMPRESSIVE. WE LEARNED A LOT FROM THEM, AND IT WILL HELP US SERVE OUR COMMUNITY EVEN BETTER.



We extend our sincerest appreciation for taking the time to peruse our newsletter. See you next time .



If you have any questions or require additional information, please don't hesitate to contact our friendly staff

Front Desk: 301-378-2950

- General inquiries
- Attendance updates

Social Work: 240-422-7166

- Refer a friend/family
- Application inquiries
- Medicaid assistance

Nursing: 240-928-0041

- Health updates
- Medication management

Transportation: 301-338-1461

- Pick-up and drop-off
- Transport to appointments, grocery shopping, etc.

Stay Connected

Follow us on social media to stay updated on the latest happenings, view event photos, and engage with our vibrant community.



Early Stage Memory Café

Circle of Friends

Memory Café is a safe and relaxed place where people with memory loss, or early stage dementia, their families and friends can come together for a unique blend of education and social interaction. Get connected with one another through social events that promote companionship. Anyone affected by memory loss is welcome to attend.

Attendance is free.

NOTE: Pre-registration is required.

TO REGISTER: Please Email

caregiversupport@frederickcountymd.gov

or Call 301-600-1234

MEMORY CAFÉ

Urbana Senior Center

9020 Amelung St.

Frederick, MD 21704

11:30 AM — 1:00 PM

May 12th

July 14th

September 8th

November 17th

Emmitsburg Senior Center

300 S Seton Ave,

Emmitsburg, MD 21727

11:30 AM — 1:00 PM

April 14th

June 9th

August 11th

October 13th

December 8th



Greater Maryland Chapter

