

Resident Spotlight



Joe

Joe is one of our newer residents here at Sweetbriar Villa. Originally from Redmond, Oregon, he has spent most of his life as a long haul trucker. You'll find him most often playing Bingo, where he loves to help out the other residents. Joe brings so much laughter into our community and we are grateful to have him here with us.

Team Member Spotlight



Tammie, Caregiver

This month's Team Member Spotlight shines on Tammie. For over 16 years, Tammie has brought unwavering loyalty, warmth, and exceptional care to our residents' lives. When not at work, Tammie enjoys going for walks with her English Bull Mastiff, Mega, and spending time with her grandchildren. Thank you, Tammie, for all that you do.



It has been a busy time here at Sweetbriar Villa. We recently enjoyed our Labor Day BBQ, our Assisted Living Week Happy Hours, and plenty of fun. We are looking forward to this fall, and many fun activities. This month, we have a Harvest Carnival and a spirit week!



Share Your Thoughts This October!

Resident & Responsible Party Satisfaction Survey



Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 30th. The survey window is open through October 31st.

Your participation is greatly appreciated!



A Note from the Executive Director

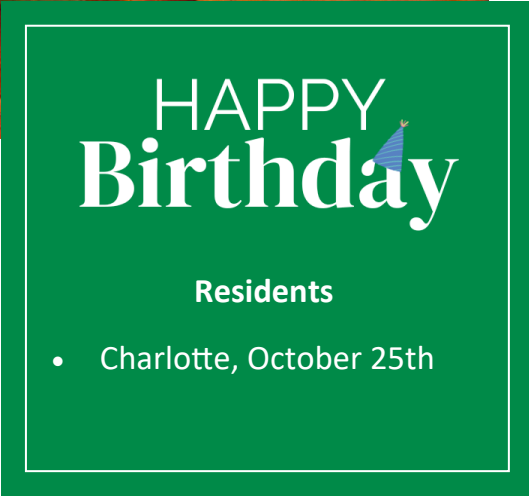


Nicole Hampl, Executive Director

Happy October, Sweetbriar Villa residents, families and, friends!

As the seasons change and the beautiful colors of fall surround us, I'm reminded of how grateful I am for our wonderful community. October brings opportunities to enjoy cozy activities, seasonal celebrations, and meaningful time together. Thank you to our residents, families, and dedicated team members for making Sweetbriar Villa such a warm and welcoming place to call home. This month, we will also be distributing our annual Satisfaction Surveys. Your feedback is incredibly valuable. Please take a few moments to complete the survey. We truly appreciate your honesty, time, and partnership as we continue working to provide the highest quality of care and service. Wishing everyone a safe, joyful, and beautiful October!

Warm Regards,  
Nicole Hampl, Executive Director



OCTOBER 2026

Sweetbriar Villa • Assisted Care • 6135 'E' Street, Springfield, OR 97478 • 541-225-0200

| SUN                                                                                                                                                                                               | MON                                                                                                                                                                       | TUE                                                                                                                                                                              | WED                                                                                                                                                           | THU                                                                                                                                            | FRI                                                                                                                                                                  | SAT                                                                                                                                       |
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|                                                                                                                   |                                                                                                                                                                           |                                                                                                                                                                                  |                                                                                                                                                               | 1<br>9:30 Puzzles & Coffee<br>10:30 Painting<br>1:00 Chair Dancing<br>2:00 Card Games<br>3:00 Bingo<br>4:00 Hangman                            | 2<br>9:30 Virtual Church<br>10:30 Teresa's Salon<br>1:00 Therapeutic Coloring<br>2:00 Noodle Fitness<br>3:00 Bingo<br>4:00 Wordle                                    | 3<br>10:00 Coffee Social<br>11:00 Move & Groove<br>1:00 Beading<br>2:00 Balloon Volleyball<br>3:00 Bingo<br>4:00 Hangman                  |
| 4<br>10:00 Coffee Social<br>11:00 Spa Hour<br>1:00 Arts & Crafts<br>2:00 Game Time<br>3:00 Bingo<br>4:00 Fresh Hands                                                                              | 5 <b>Active Aging Week</b><br>9:30 Morning Music<br>10:30 Bible Study<br>1:00 Therapeutic Coloring<br>2:00 <b>Neighborhood Walk and Roll</b><br>3:00 Bingo<br>4:00 Wordle | 6 <b>Mad Hatter Day</b><br>9:30 Puzzles & Coffee<br>10:00 Movie Matinee<br>1:00 <b>Chair Dancing</b><br>2:00 <b>Alice and Wonderland Tea Party</b><br>3:00 Bingo<br>4:00 Hangman | 7<br>9:30 Coffee Social<br>10:00 <b>Walmart Trip</b><br>1:00 Game Time<br>2:00 <b>Noodle Fitness</b><br>3:00 Bingo<br>4:00 Wordle                             | 8<br>9:30 Puzzles & Coffee<br>10:30 Painting<br>1:00 <b>Chair Dancing</b><br>2:00 Card Games<br>3:00 Bingo<br>4:00 Hangman                     | 9<br>9:30 Virtual Church<br>10:00 <b>Creswell Bakery Outing</b><br>1:00 Therapeutic Coloring<br>2:00 <b>Chair Volleyball</b><br>3:00 Bingo<br>4:00 Wordle            | 10<br>10:00 Coffee Social<br>11:00 Move & Groove<br>1:00 Beading<br>2:00 <b>Elvis Performance</b><br>3:00 Bingo<br>4:00 Hangman           |
| 11<br>10:00 Coffee Social<br>11:00 Spa Hour<br>1:00 Arts & Crafts<br>2:00 Game Time<br>3:00 Bingo<br>4:00 Fresh Hands                                                                             | 12<br>9:30 Morning Music<br>10:30 Bible Study<br>1:00 <b>Resident Council</b><br>2:00 Balloon Volleyball<br>3:00 Bingo<br>4:00 Wordle                                     | 13 <b>Train Your Brain Day</b><br>9:30 Puzzles & Coffee<br>10:30 Therapeutic Coloring<br>1:00 Chair Dancing<br>2:00 Trivia<br>3:00 Bingo<br>4:00 Hangman                         | 14<br>9:30 Coffee Social<br>10:00 <b>Thrift Store</b><br>1:00 Game Time<br>2:00 Noodle Fitness<br>3:00 Bingo<br>4:00 Wordle                                   | 15 <b>I Love Lucy Day</b><br>9:30 Puzzles & Coffee<br>10:30 Painting<br>1:00 Chair Dancing<br>2:00 Card Games<br>3:00 Bingo<br>4:30 Hangman    | 16<br>9:30 Virtual Church<br>10:30 Teresa's Salon<br>1:00 Therapeutic Coloring<br>2:00 Noodle Fitness<br>3:00 Bingo<br>4:00 Wordle                                   | 17<br>10:00 Coffee Social<br>11:00 Move & Groove<br>1:00 Beading<br>2:00 Balloon Volleyball<br>3:00 Bingo<br>4:00 Hangman                 |
| 18<br>10:00 Coffee Social<br>11:00 Spa Hour<br>1:00 Arts & Crafts<br>2:00 Game Time<br>3:00 Bingo<br>4:00 Fresh Hands                                                                             | 19<br>9:30 Morning Music<br>10:30 Bible Study<br>1:00 Manicures<br>2:00 Balloon Volleyball<br>3:00 Bingo & Satisfaction Survey Session<br>4:00 Wordle                     | 20<br>9:30 Puzzles & Coffee<br>10:30 Therapeutic Coloring<br>1:00 Chair Dancing<br>2:00 Trivia<br>3:00 Bingo<br>4:00 Hangman                                                     | 21<br>9:30 Coffee Social<br>10:00 <b>Bi-Mart</b><br>1:00 Game Time<br>2:00 Noodle Fitness<br>3:00 Bingo<br>4:00 Wordle                                        | 22<br>9:30 Puzzles & Coffee<br>10:30 Painting<br>1:00 Chair Dancing<br>2:00 Card Games<br>3:00 Bingo<br>4:00 Hangman                           | 23<br>9:30 Virtual Church<br>10:00 <b>Pumpkin Patch Outing</b><br>1:00 Therapeutic Coloring<br>2:00 <b>Whisk Wonders</b><br>3:00 Bingo<br>4:00 Wordle                | 24<br>10:00 Coffee Social<br>11:00 Move & Groove<br>1:00 Beading<br>2:00 Balloon Volleyball<br>3:00 Bingo<br>4:00 Hangman                 |
| 25 <b>Spirit Week Begins</b><br>10:00 Coffee Social<br>11:00 Spa Hour<br>12:00 <b>Resident Birthday Party</b><br>2:00 Game Time<br>3:00 Bingo<br>4:00 Fresh Hands<br><b>Charlotte's Birthday!</b> | 26 <b>Color Day</b><br>9:30 Morning Music<br>10:30 Bible Study<br>1:00 Manicures<br>2:00 Balloon Volleyball<br>3:00 Bingo<br>4:00 Wordle                                  | 27 <b>Time Travel Tuesday</b><br>9:30 Puzzles & Coffee<br>10:30 Therapeutic Coloring<br>1:00 <b>Dancing Through the Decades</b><br>2:00 Trivia<br>3:00 Bingo<br>4:00 Hangman     | 28 <b>Cozy Sweater Day</b><br>9:30 Coffee Social<br>10:00 <b>Gateway Mall</b><br>1:00 Game Time<br>2:00 <b>Decorate Pumpkins</b><br>3:00 Bingo<br>4:00 Wordle | 29 <b>Cat Day</b><br>9:30 Puzzles & Coffee<br>10:30 <b>Cat Painting</b><br>1:00 Chair Dancing<br>2:00 Card Games<br>3:00 Bingo<br>4:00 Hangman | 30 <b>Pumpkin Day</b><br>9:30 Virtual Church<br>10:30 Teresa's Salon<br>1:00 Therapeutic Coloring<br>2:00 Chair Volleyball<br>3:00 <b>Candy Bingo</b><br>4:00 Wordle | 31 <b>Halloween Costume</b><br>10:00 Coffee Social<br>11:00 Move & Groove<br>1:00 Beading<br>2:00 <b>Harvest Carnival</b><br>4:00 Hangman |



SWEETBRIAR VILLA

October 2026

upcoming events

Alice and Wonderland Tea Party  
10/6  
2 pm

Creswell Bakery Outing  
10/9  
10 am

Elvis Performance  
10/10  
2 pm

Harvest Carnival  
10/31  
2 pm



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OCTOBER 2026

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| SUN                                                                                                                                                                                                              | MON                                                                                                                                                                                                                   | TUE                                                                                                                                                                                                                                                       | WED                                                                                                                                                                                                             | THU                                                                                                                                                                                                     | FRI                                                                                                                                                                                                                | SAT                                                                                                                                                                                                   |
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|                                                                                                                                  |                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                 | 1<br>7:30 Coffee Social<br>9:00 Game Time<br>11:00 Beauty Hour<br>1:00 Aqua Paint<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                         | 2<br>7:30 Coffee Social<br>9:00 Teresa's Salon<br>11:00 Therapeutic Coloring<br>1:00 Music Hour<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                  | 3<br>7:30 Coffee Social<br>9:00 Manicures<br>11:00 Chair Yoga<br>1:00 Silly Jokes<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                       |
| 4<br>7:30 Coffee Social<br>9:00 Puzzle Hour<br>11:00 Spiritual Hymns<br>1:00 Arts & Crafts<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                     | 5 <b>Active Aging Week</b><br>7:30 Coffee Social<br>9:00 Gentle Hand Massages<br>11:00 Game Time<br><b>1:00 Chair Volleyball</b><br>2:00 Spiritual Hymns<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee | 6 <b>Mad Hatter Day</b><br>7:30 Coffee Social<br>9:00 Music & Reminiscence<br>11:00 Reading Group<br>1:00 Therapeutic Coloring<br>2:00 <b>Alice and Wonderland Tea Party (AL)</b><br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets | 7<br>7:30 Coffee Social<br>9:00 Pedicures<br><b>10:00 Walmart Trip</b><br>11:00 Sensory Group<br>1:00 Spiritual Hymns<br><b>2:00 Balloon Ball</b><br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee  | 8<br>7:30 Coffee Social<br>9:00 Game Time<br>11:00 Beauty Hour<br>1:00 Aqua Paint<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                         | 9<br>7:30 Coffee Social<br><b>10:00 Creswell Bakery Outing</b><br>11:00 Therapeutic Coloring<br>1:00 Music Hour<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                  | 10<br>7:30 Coffee Social<br>9:00 Manicures<br><b>11:00 Chair Yoga</b><br>1:00 Silly Jokes<br><b>2:00 Elvis Performance</b><br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets    |
| 11<br>7:30 Coffee Social<br>9:00 Puzzle Hour<br>11:00 Spiritual Hymns<br>1:00 Arts & Crafts<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                    | 12<br>7:30 Coffee Social<br>9:00 Gentle Hand Massages<br>11:00 Game Time<br>1:00 Towel Folding<br>2:00 Spiritual Hymns<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                   | 13 <b>Train Your Brain Day</b><br>7:30 Coffee Social<br>9:00 Music & Reminiscence<br>11:00 Reading Group<br>1:00 Therapeutic Coloring<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                       | 14<br>7:30 Coffee Social<br>9:00 Pedicures<br>11:00 Sensory Group<br>1:00 Spiritual Hymns<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                     | 15 <b>I Love Lucy Day</b><br>7:30 Coffee Social<br>9:00 Game Time<br>11:00 Beauty Hour<br>1:00 Aqua Paint<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets | 16<br>7:30 Coffee Social<br>9:00 Teresa's Salon<br>11:00 Therapeutic Coloring<br>1:00 Music Hour<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                                 | 17<br>7:30 Coffee Social<br>9:00 Manicures<br>11:00 Chair Yoga<br>1:00 Silly Jokes<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                      |
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| 25 <b>Spirit Week Begins</b><br><b>Charlotte's Birthday</b><br>7:30 Coffee Social<br>9:00 Puzzle Hour<br>11:00 Spiritual Hymns<br>1:00 Arts & Crafts<br>2:00 Balloon Ball<br>3:00 Bingo (AL)<br>4:00 Fresh Hands | 26 <b>Color Day</b><br>7:30 Coffee Social<br>9:00 Gentle Hand Massages<br>11:00 Game Time<br>1:00 Towel Folding<br>2:00 Spiritual Hymns<br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee                  | 27 <b>Time Travel Tuesday</b><br>7:30 Coffee Social<br>9:00 Music & Reminiscence<br>11:00 Reading Group<br>1:00 Therapeutic Coloring<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets                        | 28 <b>Cozy Sweater Day</b><br>7:30 Coffee Social<br>9:00 Pedicures<br>11:00 Sensory Group<br>1:00 Spiritual Hymns<br><b>2:00 Decorate Pumpkins</b><br>3:00 Bingo (AL)<br>4:00 Fresh Hands<br>6:00 Movie Matinee | 29 <b>Cat Day</b><br>7:30 Coffee Social<br>9:00 Game Time<br>11:00 Beauty Hour<br>1:00 Aqua Paint<br>2:00 Movie Matinee<br>3:00 Bingo (AL)<br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets         | 30 <b>Pumpkin Day</b><br>7:30 Coffee Social<br>9:00 Teresa's Salon<br>11:00 Therapeutic Coloring<br>1:00 Music Hour<br>2:00 Balloon Ball<br><b>3:00 Candy Bingo (AL)</b><br>4:00 Fresh Hands<br>6:00 Movie Matinee | 31 <b>Halloween Costume</b><br>7:30 Coffee Social<br>9:00 Manicures<br>11:00 Chair Yoga<br>1:00 Silly Jokes<br><b>2:00 Harvest Carnival (AL)</b><br>4:00 Gentle Hand Massages<br>6:00 Sensory Buckets |



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