

HAPPY
HALLOWEEN!



Sheridan Court



VOLUME 6, ISSUE 10

OCTOBER 2007

Health Fair

The student nurses from the College of Saint Catherine will be coming to Sheridan Court to put on a Health Fair. The Health Fair is open to all tenants of Sheridan Court! This year's topic

will focus on building and maintaining healthy and safe relationships.



The Health Fair will take place on Tuesday, October 2nd from 6:00-7:00PM in the community room. Hope to see you there!

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Office Hours

The Service Coordinator will be out of the office Monday, October 1st- Wednesday, October 3rd. She will return on

Thursday, October 4th and respond to all messages then. If you need immediate assistance, please contact Fraser School at

612- 861-1688.

Game Night

Come join Fraser volunteer, Erin for a fun filled Game Night at Sheridan Court! This month's game night will take place on Wednesday, October 10th from 6:45-7:45 in the community room. A snack will be provided!



Music Appreciation



Do you enjoy listening to music with others or hearing a variety of tunes on the guitar? Come to one of the following Music Appreciation sessions! Fraser volunteer, Michael will be a Sheridan Court

on the following days to play guitar for you!
Tuesday, October 9th from 5:00-6:00PM.
Thursday, October 18th from 5:00-6:00PM.

St. Kate's Nursing Program

As many of you know, Student nurses from the College of Saint Catherine have been coming to Sheridan Court to work with tenants. Nursing faculty, Ginny McCarthy will be coming to Sheridan

Court to speak about this program and what it means to be matched with a student nurse. This session is especially recommended for those tenants who have not been paired with a nurse in the past, but all are welcome! To learn more,

come to the informational session on Monday, October 8th at 6:00PM in the community room.

Health Tip

From: Bloomington Public Health

Colds & Flu-what to do!

Do these things to protect yourself.

1. Wash your hands.
2. Cover your cough.
3. Get a flu shot.
4. Stay home if you are ill.
5. Avoid close

contact with someone who is sick.



Building Safety

Please remember these safety tips to help keep our community and building safe!

1. Do not let strangers into the building.
2. Lock your doors and windows when you are not home.
3. Notify Fraser staff or police if you suspect suspicious behavior.

Halloween Recipe

Try this easy-to-make Caramel Apple Recipe for Halloween!

Class Caramel Apples

- 1 pound caramels
- 3 tbsp. milk
- 6 medium apples
- 6 wooden skewers

Chopped walnuts or other toppings, if desired

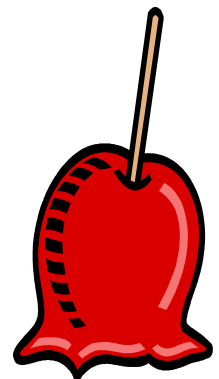
- Wash and dry apples, insert stick.
- Unwrap caramels and place in double boiler or microwave safe dish. Add milk and melt, stirring until smooth.
- Dip apples into melted

caramel, coating evenly, and roll in nuts if desired.

- Place on greased wax paper to cool, then store in refrigerator.

Yields 6.

Other toppings to try: chopped walnuts, peanuts, shredded coconut, granola, sunflower seeds.



OCTOBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Health Fair 6-7PM	3	4	5	6
7	8 Informational Meeting on nursing program 6PM	9 Music Appreciation 5-6PM CUB CLUB	10 Game Night 6:45-7:45pm	11	12	13
14	15	16	17	18 Music Appreciation 5-6PM	19	20
21	22 Learning Exchange	23 CUB CLUB	24	25	26	27
28	29	30	31 HAPPY HALLOWEEN!			

