



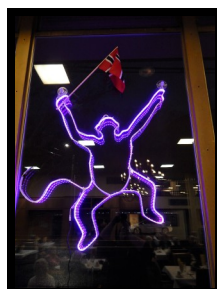
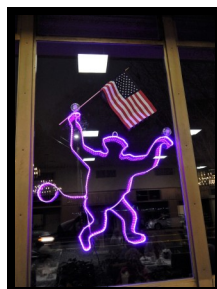
🎃 🎃 Autumn Arrives at Norse Home 🎃 🎃

Crisp air, the changing colors of the leaves, cozy fires in the Fire Place Lounge... There's truly a lot to love about the fall at Norse Home. We're trading in beachfront brunches at Golden Gardens for pumpkin carving, corn mazes, hot apple cider, hearty menu items in the dining room, and cool weather. The craft room, located on our ground floor, is a popular spot for residents to show off their artistic sides, and it will be well stocked with spooky delights, just in time for Halloween! With so much to love about the season, it is hard not to stay busy!

Did you get the ALQ?

The first issue of **Assisted Living Quarterly** is now available!

Part of what makes Norse Home a remarkable place to live is that we are always considering ways to improve the level of care that we provide to our residents. ALQ is published to highlight the needs of our Assisted Living community, and provide relevant news and updates. When it comes to communicating what is important to you or your loved one's medical care, just look to the latest issue of Assisted Living Quarterly. Remember: you can always download a digital copy of the monthly newsletter ALQ from the Norse Home Facebook Page.



The Monkeys are Coming!

Soon, you just might find yourself peering upwards at our beautifully lit dining room windows and notice the addition of three glowing monkeys! The illuminated monkeys represent Norse Home's support of our community, and signify our proud membership in the fantastic Phinney Ridge Neighborhood Association.

Speaking of community, stay tuned! We'll be announcing a Norse Home event soon, which you'll want to be sure not to miss.



Here come the KapKa Kids!

For nearly a decade, Norse Home residents have enjoyed interacting with children from the local KapKa Cooperative School. The children benefit from having eager adults to read to, and the residents love the energy that the KapKa Kids contribute to Norse Home. We are extremely appreciative of this mutually beneficial relationship with this great organization.

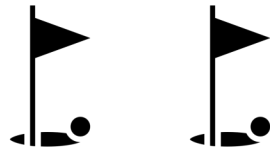


What's Happening in October?

Norse Home residents love being a part of such a vibrant community, and incredible city of Seattle. In October we'll have outings to the Ballard Locks, the Frye Museum, the Japanese Gardens, a corn maze at Carpinito Brothers, a trip to Scandinavian Specialties, and much, much more. Look for the Norse Home van about town, and do not hesitate to smile and say hello.



FORE!!!!



One of our most popular events is golf! Residents form two person teams, and compete for prizes and recognition. Whether you are already a golf aficionado, or it is your first time teeing it up, residents love the friendly competition. Also, golf is a great way to meet new friends, and future co-champions!



Trick or Treat

Looking for a safe and fun place to stop in for Halloween candy? Norse Home would love to see your best costumes! We'll be opening our doors to the community at 6:30 PM, on the night of October 31st.



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