

HARVESTING THE GOOD LIFE



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MCA General Manager

AS WE MOVE INTO THE FALL season it's the perfect time of year to engage in The Meadows active lifestyle. The onset of the fall always brings an air of excitement as we start to plan our upcoming months' social calendar. What better way to 'harvest the good life' than to experience the number of events and activities The Meadows has to offer.

This year we celebrate the **Harvest Moon Ice Cream Social with Chris and Frances** on Monday, October 6. Fun fact: The Harvest Moon is the full moon closest to the autumn equinox and is also the first Supermoon of 2025. The moon also appears bigger, brighter and provides consecutive nights of bright moonlight after sunset, allowing farmers to

continue to harvest their crops into the night before electricity was common. Come join Chris, me, our treasured scoopers **Charlie Mericle** and **Ken Shepard** as we scoop out fun fall flavors for your enjoyment.



If you want to add a little more light to your night once the Harvest Moon has passed attend the **Creating Tranquil Twilight: Designing Evening Gardens** on October 21st where you will learn how to up light the landscape while being respectful of the night sky. However, the most celebrated events for the month are **Trunk or Treat with Dog Parade** and **Halloween Dance and Dinner**, - get your costumes ready and prepare yourself for a ghoulish good evening. These events kick off the busy holiday season but there is more to come so grab

your calendars and start making plans. Here's a sneak peak.

Kicking off November is the **Van Wezel's Master Class Series** - where you learn dance moves from actual performances, **Patricia Wilson's Holiday Designs, Meadows Fall Craft Bake Sale**. Rounding out the holiday season is the **Meadows Holiday Celebration, Jolly Holly Trolley, Cookie Exchange** and more!



Sprinkled throughout the month are a number of health care opportunities such as **VAXONSITE offering flu, pneumonia and Covid-19 vaccines, On Spot Dermatology, and Optimum Hearing**. These services provide you with a convenient way to



tend to your health care needs without leaving the community.

Harvesting one's good life holds a different meaning for everyone. For some it can be engaging in social activities, attending dances and



dinners, playing tennis and pickleball, and working out at fitness, for others it may be more subdued - enjoying a

walk on the nature trail, borrowing a book from The Meadows library, attending a lecture or enjoying a coffee at the Coffee and Conversation, however you define it, take time to harvest your best life.



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