



Always a Party at AVIVA GRANBURY!!



Let's Stay Active Together

With all of things happening at AVIVA, come join us and get active! Staying active is crucial for maintaining overall health and well-being. Regular physical activity provides numerous benefits. Cardiovascular Health: Exercise strengthens the heart, lowers blood pressure, and reduces the risk of heart disease and stroke. So, get out and about and have some fun with us. October will be a busy month!

FLU CLINIC OCTOBER 7th at 9-am in the GREAT ROOM

Getting a flu shot is the most effective way to prevent influenza, and it offers numerous benefits beyond just protecting yourself. A yearly flu vaccine is recommended for nearly everyone six months and older, as it reduces your risk of severe illness, hospitalization, and can protect vulnerable people around you. We will be passing out consent forms to be filled out soon!

AVIVA Granbury

October 2025



Pumpkin Palooza October 28th 5pm -7pm

It's that time of year again!!!!

The halls will be filled with kids of all ages coming to the Community to have a super fun and safe place to go Trick or Treating. This has been named by the Residents of AVIVA as one of the most fun events by simply getting to be a part of seeing the kids all dressed up to have a ball here with us!!! In the weeks before Pumpkin Palooza, we will be decorating the halls and Residents will be decorating their doors! This is such a fun thing to be a part of. So, get some candy and be ready for a fun filled month at AVIVA Granbury!!!

Breast Cancer Awareness Month

In October, we join millions across the Nation in recognizing Breast Care Awareness Month. This important campaign shines a light on the impact of breast cancer and reminds us of the value of early detection, education, and support. Breast cancer is the most common cancer among women worldwide. Early detection through regular screenings and mammograms can greatly improve treatment outcomes. At our Community, we honor survivors, support those currently facing treatment, and remember loved ones we have lost. We encourage everyone to wear PINK this month to solidarity and raise awareness.



Fun Facts about October

Latin Roots: The name October comes from the Latin word "octo," meaning "eight"

Roman Calendar: It was originally the eighth month in the early Roman calendar before January and February were added.

Awareness This Month: This month is a host to several important awareness campaigns, including Breast Cancer Awareness Month and Domestic Violence Awareness Month

Jack-o'-lanterns: The tradition of carving jack-o'-lanterns originated in Ireland with turnips, not pumpkins. Did you know that? I sure didn't!!



Fun is waiting for YOU at every turn!!!

2- Thirsty Thursday with Audrey
7-FLU CLINIC and Pretzel day with Landi
9- Live Music- Sonny Morgan and Interim
13- Sing a Long with Travis
14- Resident Council
15- Fall Prevention with Peggi
BINGO Every Tuesday and Wednesday
Weekly Thirsty Thursday
Every Sunday in October, there will be a Dallas Cowboys Game in the Activity Room

16- Live Music-Kirk the Fiddle Player
20- Brazos Chamber Orchestra Outing
22- Hot Cocoa Bar with Maridean
23- Thirsty Thursday with Renew and Clearpath
28- Pumpkin Palooza
29- BINGO with Caring Transitions
Scenic Bus Rides on Mondays
Walmart OR Lunch Outings every Wednesday
Exercise Monday through Friday 9:30 AM in AR