

OUR TEAM

Friends Staff

Mina Choudhury

Jackie Coalter

Claire Iwuoha

Lisa Bonner

Heather Brackett

Bill Ferguson

Virginia Kousal

Sheree Wood

Gene Ragsdale

Dwayne Johnson

Lynn Paulvin

Nathan Duncan

Jerry Smith

Daniel Ros

Lesley Bautista

Diane Jacobs

Aleshka Perez- Reyes

Margaret Leszkovics

FOUNDER & MENTOR:

Pam Johnson



REMINDER

Dress For Cooler Weather.

Please send a sweater or light jacket, labeled with a name or initials.

Friends Fall Is Here!

Opportunities That Make A True Difference



FRIDAY, OCTOBER 23

Friends Place Annual Fair Day



The State Fair of Texas has nothing on us! Enjoy this spectacular, chock-full-of-fun day of delicious fair food, stellar guests, fun games, a therapy horse, a cake walk and more.

PHOTO BOOTH for you and your loved one — dress the part!

FRIDAY, OCTOBER 30

Monster Mash Birthday Party

Wear your costume. Come celebrate, sing and dance with us. Happy Halloween!



SAVE THE DATES:

SATURDAY, OCTOBER 17

Annual Walk to End Alzheimer's

Be a part of our team and help us reach our 5K goal! Sign up to walk with us at Riders Field – Frisco RoughRiders or be an at-home team

member. Ask family and friends to donate in your name. Donations accepted online or in the front office. For more info, call our office at 972-437-2940 or join our team online.

WEDNESDAY, NOVEMBER 11

Our Annual Veterans Day Salute

Each veteran will be personally recognized during this ceremony.

A Spooktacular October

SUPPORT GROUPS, ACTIVITIES AND CELEBRATIONS • OCTOBER 2026

OPEN TO THE PUBLIC

Caregiver's Support Groups

Ladies' Support Group

October 7 • 2:00 – 3:30 pm • 1st Wednesday

Alzheimer's Association's Caregiver's Support Group

Meets the 2nd and 4th Thursday of the month

October 8 • 2:00 – 3:30 pm • Discussion group

October 22 • 2:00 – 3:30 pm • Guest speaker - iRest

Men as Caregivers

October 15 • 2:00 – 3:30 pm • 3rd Thursday

Young On-Set Focus Group

October 27 • 2:00 – 3:30 pm • Last Tuesday

AVAILABLE 24 / 7

Alzheimer's Association Helpline

1-800-272-3900

Caregivers face unique challenges every day, and the timing is often unpredictable. This helpline connects you with qualified professionals any day, any time.

It is not just for our loved ones with cognitive challenges — caregivers are encouraged to call on their own behalf.

Welcome New Members

Barbara Coleman	Von Gilmore
Archie Buskin	Jimmy Hundley
Dollie Gipson	Cheryl Bernard
Bill Grimes	Evelyn Chafets
Glenn Moreland	

Book Club

In the past we have had Book Club on Tuesday mornings. We will be changing that to Thursday mornings start this month in October. We enjoy reading together, laughing and chatting about the stories.

End of Day Pick-Up Changes

We're happy to continue welcoming you to drop off your loved one at the front door each morning!

At afternoon pick-up, we kindly ask that you park and come inside to see what your loved one has been up to and walk them to your car.

We've missed those special moments of connecting with our wonderful Friends Place families and look forward to bringing back that extra time together!

MARK YOUR CALENDAR

October Highlights

1 TH	Willy Wonka Day	All day
6 T	Staycation Germany	All day
8 TH	Heart of Texas Therapy Dogs	11:00 am
15 TH	I Love Lucy Day	All day
21 W	Wind Down Wednesday	3:15 pm
23 F	Friends Place Fair Day!	All day
26 M	National Poodle Skirt Day	All day
29 TH	National Cat Day	All day
30 F	Monster Mash Birthday Party with Doc Gibbs	2:00 pm

And as always: daily chair exercise, Tai Chi, Bingo, singalongs and 20–25 other activities, plus Spanish Club and Book Club.



CELEBRATING THIS MONTH

Gary Wakeman	2	Errol Mitlyng	10
Rose Ukwu	3	John Burhoe	18
Nathan Eaton	3	Phil Steely	25
Yrina Smith	3		