

THIS WEEK AT ASCARC

VOLUME 10, ISSUE 37

FRIDAY, NOVEMBER 3, 2023

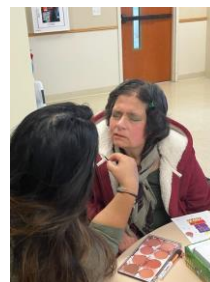
- We really outdid ourselves this year with Halloween and enjoying the season! Now, November is upon us and the colder weather (and possibly a snowflake sighting) and holiday planning begins. When I heard that our Explorers were heading out to mini-golf today, I did a double take thinking how brave and dedicated to golf they must be to brave the cold/wind today! Turns out, it was indoor golf! What a great world we live in where we can go play neon mini-golf no matter the time of year.



- There is no way anyone does costumes better than us! Between family gatherings and Halloween parties, we really know how to have a great time!!



- Last week, our Eickmann Center focused on self-care and making sure that everyone knows that taking some time to look out for yourself, treat yourself well, and make things like nutrition, hygiene and sleep a priority is very important. Thanks goes out to Jazmine from Valcourt for coming in and providing manicures and make-up tips to the ladies!



- **REMINDER:** This weekend is **DAY LIGHT SAVINGS TIME**. Don't forget to switch your clocks back an hour.