

October 2026

President's Message



*Charlene Ostlund
President*

What are your favorite memories of October? Two of my siblings have birthdays in October so that meant two birthday cakes during the month. By high school, my family had moved from the farm into town, a rural village that celebrated a Pumpkin

Festival. The queen of the event was selected by people making purchases in local stores and voting once for each dollar spent. During the first year of the festival, a farmer bought a combine sealing the queenship for his daughter. I also remember marching with the high school band in homecoming parades and during halftime at football games. As adults, John and I would call tourists driving the Great River Road along the Mississippi and through our hometown "leafers". We became leafers while riding our motorcycle on country roads. I hope to hear some of your stories about past Octobers.

Let's move on to the present. October means the return of pole walking to our calendar. The difference this year is that Steve, our faithful leader, may not be so faithful. He'll make it when he can. Those of you who have your own poles are all

set. If you don't have poles, I suggest walking without them this month. Walkers are acceptable. If all goes as expected, Steve and Linda Lemke, the queen of pole walking, will return in November. Pole walking is at 9:00 am on Tuesdays (Sahuarita Lake) and Saturdays (Historic Canoa Ranch).

Our SOLO (Surviving Our Loved Ones) group will be gathering at the PAC on Saturday, October 3. Bring a sack lunch and I will bring dessert.

This month's SACK class will be on hallucinations and delusions. This will be an in-person presentation on Tuesday, October 20, at 1:30 at the PAC.

Check the activities page for the other Tuesday activities. You won't want to miss the day Carol and Diane give massages.

By the time you read this, we will have had our first disk golf event. Check my daily emails to see if it is scheduled again. Or go to our website gvparkinsons.org and click on "calendar" in the menu bar. That calendar is updated as changes are made.

What's October without a Halloween party? Save the 30th on your calendar. Watch my daily emails for details.

Don't you love October?