

A Look Back at September



As summer turned to fall, we embraced the beauty of September with a month full of fun, flavor, and friendship!

We kicked things off with a heartwarming visit to Pease Farm, where residents had the unique opportunity to pet and even lead horses, a truly special connection with these gentle animals. Later in the month, we enjoyed the crisp autumn air at Peck Farm, picking fresh apples and indulging in delicious cider donuts that tasted like fall itself!

Creativity flowed during our paint party, where residents let their artistic sides shine with colorful masterpieces. We also tried our hand at flower arranging, bringing beauty and fragrance into our community.

Our Oktoberfest celebration was a standout moment! We shared a festive dinner together and toasted the occasion with cheerful root beer floats, adding a sweet twist to the tradition.

September was full of meaningful moments, new experiences, and shared joy. Here’s to an even more memorable October!

The Gary Residence

The Gary Residence | 149 Main Street Montpelier, VT | (802) 223-3881



Board Member Spotlight

Celebrating October

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they’d rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you’re born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success.

Happy Birthday to Our Friends at The Gary Residence

October 5th- Olivia P.

October 10th- Judy H.

October 14th- David G.

October 20th- Tasha A.

October 29th- Mike Y.

Chef's Corner

October is a month deeply connected with food, as the harvest season reaches its peak in many parts of the world. Farmers bring in pumpkins, squash, apples, and other autumn crops, filling markets with vibrant colors and hearty flavors. The cool weather encourages warm, comforting meals like soups, stews, and roasted vegetables that reflect the richness of the season. Food in October often feels like a celebration of abundance and change.

Festivals and traditions also highlight the importance of food during this month. In the United States, October is synonymous with pumpkin-flavored treats, apple cider, and caramel apples, while in Germany, Oktoberfest features sausages, pretzels, and beer. Many cultures hold harvest festivals, where communities gather to share meals and honor the season's bounty. These events remind people that food is not only nourishment but also a way to connect with heritage and community.

Halloween, at the end of October, puts a playful twist on food. Trick-or-treating turns candy into the centerpiece, while households prepare festive dishes shaped like ghosts, pumpkins, and witches. Beyond the sweets, families and friends often gather for cozy meals after chilly evenings of celebration. In this way, October blends tradition, festivity, and comfort into the foods we enjoy, making it one of the most flavorful months of the year.

Executive Chef- Chris McIvers

Foot Clinic October 9th

9:00 am – 4:00 pm by appointment only

Please sign up with Maria or Delaney to schedule your appointment.

Carnival Dinner Friday October 24th

Mark your calendars and bring your appetite! Our Carnival themed dinner is rolling into town on Friday, October 24th, and you don't want to miss it!

We're turning the dining room into a festive carnival experience, complete with classic fair favorites, colorful décor, and fun surprises. Think corn dogs, cotton candy, and more! All the tasty treats you remember from the midway, with none of the long lines or sticky fingers (well, maybe just a little sugar)!!

But wait, there's more! Before the dinner begins, we'll kick off the fun with a round of carnival style games. Come try your luck at a few lighthearted activities, win a small prize, or just enjoy the laughter and friendly competition.

Whether you're in it for the food, games, or the good company, this is your chance to enjoy a cheerful evening full of flavor and fun. Come dressed in your favorite bright colors or just bring your biggest smile. Everyone is welcome at the carnival!

Vision Montpelier Design Contest: Help Shape the Future of Montpelier!

On October 24th, we'll be hosting a special workshop at Westview Meadows to introduce an exciting community project: Vision Montpelier: The Good Life. A guest speaker will join us to explain how this initiative aims to transform the Country Club Road property into a vibrant, inclusive, and healthy neighborhood for people of all ages.

This project is inspired by communities around the world where people live the longest and healthiest lives. It focuses on things like walkability, access to healthy food, social connection, economic stability, and thoughtful design that supports well-being. The ideas gathered through this process will help guide the future of the Montpelier area and create a space where residents can thrive.

Whether you're simply curious or have ideas to share, we hope you'll join us for this informative and inspiring event!

Meet the Staff: Delaney, Residential Care Director



You know her, you love her, let's give a warm shoutout to Delaney, The Gary Residence's very own Residential Care Director!

Delaney first joined The Gary Residence team as an RSA/Med Tech back in December 2023. Her dedication, compassion, and natural leadership quickly made her a standout, and in May of this year, she proudly stepped into her new role as Residential Care Director. Since then, she's been working hard to make positive, lasting changes that have helped our community thrive.

Originally from a big family (she's one of seven siblings and right in the middle!) Delaney brings that same sense of teamwork and togetherness to everything she does. She's also a proud pet mom to two adorable cats, Alvin and Ollie, and a sweet pup named Nico.

When she's not keeping things running smoothly at TGR, you might find her shopping, spending quality time with friends, or diving into her latest true crime podcast obsession. She's a big fan of Mamma Mia, loves a good taco, and enjoys listening to all types of music. A clean house (and car!) makes her heart happy.

What does Delaney love most about working at The Gary Residence? "The collaborative staff, the welcoming residents, it all feels like family," she says. For her, caring deeply about the people around her isn't just part of the job, it's who she is.

Thank you, Delaney, for all that you do. We're lucky to have you!

Leaf Peepin'

Friday Oct 3rd @ 1:30 Smugglers Notch

Fall is just around the corner, and we're planning a relaxing scenic drive through the stunning Smugglers' Notch on Tuesday, September 3rd at 1:30 pm, and we'd love for you to come along.

This easygoing trip is the perfect way to enjoy the beauty of Vermont's early fall colors without leaving the comfort of the van. No hiking, no stress, just winding roads, gorgeous foliage, and a chance to share the ride with friendly faces, and maybe a snack or two!

We need at least three folks to join us to make this trip happen, so if you've been thinking about getting out for a little fresh air and scenery, this is the perfect chance. It's okay if it's been a while since your last outing, this one's all about enjoying the view at your own pace.

Sign up at the desk by Maria's office or let Kate know you are interested. We really hope you'll consider joining us for this beautiful, peaceful afternoon!

Little River Hot Glass Studio Live Glass Blowing in Stowe Monday October 27th @ 1:00 pm

Join us on an excursion to a glass blowing studio where you can watch artists manipulating glass to create beautiful and unique creations! You are invited to interact with the artists, ask questions or simply watch as they manipulate molten glass, creating something magical. If you want to, visit the gallery and take a keepsake home with you!

We can't wait to see you on this unique adventure into unconventional and inspiring art.