

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<h1 style="text-align: center;">Memory Care</h1>		1 9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater	2 9:00 Meet & Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	3 9:00 Meet & Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages 10:00 Catholic Visit 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater	4 9:00 Meet & Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	5 9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 2:00 Musical Entertainment, LDR 5:00 Evening Movie Theater		
		6 9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater	7 9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Snack Break 2:00 P- Memories & Reminiscing A- Card Games R- Golden Age Music 5:00 Evening Movie Theater <small>Labor Day</small>	8 9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater	9 9:00 Meet & Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	10 9:00 Meet & Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages 10:00 Catholic Visit 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater	11 9:00 Meet & Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	12 9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater
		13 9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater <small>Grandparents Day</small>	14 9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Entertainment w/Larissa 1:30 Snack Break 5:00 Evening Movie Theater	15 9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater	16 9:00 Meet & Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	17 9:00 Meet & Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages 10:00 Catholic Visit 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater	18 9:00 Meet & Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater <small>Rosh Hashanah Begins</small>	19 9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater <small>Oktoberfest Begins</small>
		20 9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater	21 9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Snack Break 2:00 P- Memories & Reminiscing A- Card Games R- Golden Age Music 5:00 Evening Movie Theater	22 9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Music with Randy Rogers 5:00 Evening Movie Theater <small>Autumn Begins</small>	23 9:00 Meet & Greet 9:30 P- Aromatherapy A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	24 9:00 Meet & Greet 9:30 P- Reading Book Club A- Balloon Volleyball R- Hand Massages 10:00 Catholic Visit 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater	25 9:00 Meet & Greet 9:30 P- Reading Book Club A- Baking Friday R- Familiar Tunes 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	26 9:00 P- Artist Group A- Art Exploration R- Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater
		27 9:00 Morning Stretch 9:30 P- I Feel Pretty A- Sunday Sing Along R- Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater <small>Yom Kippur Begins</small>	28 9:00 Morning Exercise 9:30 P- Sing Along A- Word Fun R- Magazines 1:30 Snack Break 2:00 P- Memories & Reminiscing A- Card Games R- Golden Age Music 5:00 Evening Movie Theater	29 9:00 Morning Exercise 9:30 P- Sing Along A- Reminisce R- Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P- Humor A- Bean Bag Toss R- Aromatherapy 5:00 Evening Movie Theater	30 9:00 Meet & Greet 9:30 P- Resident Meeting A- Kitchen Table Talk R- Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater			<h1 style="text-align: center;">September 2020</h1>

September 2020

THE MONTHLY GAZETTE



*"September twenty-second, Sir, the bough cracks
with unpicked apples, and at dawn, the small-mouth bass
breaks water, gorged with spawn."
~ Robert Lowell*

Tree of the Month – Palm

Palm trees are part of the *Arecaceae* botanical family of perennial flowering plants, which thrive in tropical and subtropical climates. Palms usually have small, white flowers and large, evergreen leaves that are fan- or feather-shaped. They get their name because their leaves often look like an open palm with fingers radiating out. Palms have played an integral part in human history for thousands of years, going back to Mesopotamian times. The trees provide food, shelter, and building material, allowing people to survive in otherwise inhospitable desert climates.



Some of the many products still made from palms include palm oil, dates, coconuts, rattan furniture, heart of palm, palm wine, and açai. In ancient Rome, palm branches symbolized victory. In Christianity and Judaism, they represent peace and plenty. Today, we associate them with tropical vacations.

Special Days

WWII V-J Day
September 2

Labor Day
September 7

**National Day of
Service and
Remembrance**
September 11

Grandparents Day
September 13

**Rosh Hashanah
Begins at Sundown**
September 18

Autumnal Equinox
September 22

Birthstone – Sapphire



The sapphire is the September birthstone. Next to the diamond, it is one of the hardest materials known. Sapphires come in many colors, but the finest sapphire color is a rich, velvety cornflower blue. Rubies are red sapphires. Ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. The gem symbolizes truth and sincerity.

Flower – Aster



A member of the *Asteraceae* family, the aster takes its name from the Latin word meaning "star," a reference to its star-like head. Also known as the Michaelmas daisy, starwort, and frost flower, the aster usually blooms in late summer and fall, and comes in many colors, including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers symbolize love and patience.



Memory Care

A Great Place to Call Home

Hair Salon
Wednesdays
9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Happy Birthday
Don M.

Special Activities

Cooking Demo and Fresh Baked Goods ~ September 4th @ 9:30 am

Happy Labor Day!! ~ September 7th

Cooking Demo and Fresh Baked Goods ~ September 11th @ 9:30 am

Happy Grandparents Day!! ~ September 13th

Entertainment with Larissa ~ September 14th @ 1:30 pm

Cooking Demo and Fresh Baked Goods ~ September 18th @ 9:30 am

Music with Randy Rogers ~ September 22nd @ 2:00 pm

Cooking Demo and Fresh Baked Goods ~ September 25th @ 9:30 am

Resident Meeting ~ September 30th @ 9:30 am