



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p style="text-align: center; font-size: 2em; font-weight: bold;">Assisted Living</p>		<p style="text-align: right; font-weight: bold;">1</p> 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Scenic Drive, L** 3:00 Sing Along, L 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">2</p> 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-QFC, L** 2:00 Oktoberfest Beer Tasting, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">3</p> <p style="text-align: center; font-weight: bold;">Medical Transportation**</p> 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">4</p> 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Birthday Celebrations with Sandra Walker, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">5</p> 10:00 Morning Exercise, DR 2:00 Music with Ron Herring, DR 3:30 Nail Time, AR 6:00 Evening Movie, LR	
	<p style="text-align: right; font-weight: bold;">6</p> 9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	<p style="text-align: right; font-weight: bold;">7</p> 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Music Lovers With Barb, LR 6:00 Evening Movie, LR <small>Labor Day</small>	<p style="text-align: right; font-weight: bold;">8</p> 9:00 Bible Study, AR 10:00 Morning Exercise, DR 12:30 Swing Dance North-Bellevue Senior Center, L** 1:00 Northwest Geriatrics 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">9</p> 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Bartell Drug, L** 2:00 Bingo Bash, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">10</p> <p style="text-align: center; font-weight: bold;">Medical Transportation**</p> 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">11</p> 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Rebecca Maiten, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">12</p> 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR
	<p style="text-align: right; font-weight: bold;">13</p> 9:00 Morning Musical Movie, LR 2:00 DOXA Church Group With Ice-cream Social, DR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR <small>Grandparents Day</small>	<p style="text-align: right; font-weight: bold;">14</p> 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 World Travel with Barb, LR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">15</p> 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Board Games, DR 3:00 Sing Along, LR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">16</p> 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Wal-Mart, L** 2:00 Kent Morgan Presentation Founding Seattle, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">17</p> <p style="text-align: center; font-weight: bold;">Medical Transportation**</p> 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">18</p> 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Jon Pressman, DR 6:00 Evening Movie, LR <small>Rosh Hashanah Begins</small>	<p style="text-align: right; font-weight: bold;">19</p> 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR <small>Oktoberfest Begins</small>
	<p style="text-align: right; font-weight: bold;">20</p> 9:00 Morning Musical Movie, LR 10:30 Sunday Worship Service, AR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR	<p style="text-align: right; font-weight: bold;">21</p> 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Who's The Genius with Barb, LR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">22</p> 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Scenic Drive, L** 3:00 Sing Along, L 6:00 Evening Movie, LR <small>Autumn Begins</small>	<p style="text-align: right; font-weight: bold;">23</p> 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-QFC, L** 1:30 Cooking Demo with Chef John, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">24</p> <p style="text-align: center; font-weight: bold;">Medical Transportation**</p> 10:30 Catholic Services, AR 1:00 Documentary, LR 1:00 Foot Care: Dr. Gorey Sign up at Front Desk 1:00 Northwest Geriatrics 2:00 Strike Up The Band, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">25</p> 10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR 2:30 Happy Hour with Gary Lee Hood, DR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">26</p> 10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR
	<p style="text-align: right; font-weight: bold;">27</p> 9:00 Morning Musical Movie, LR 2:00 DOXA Church Group Activities, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR <small>Yom Kippur Begins</small>	<p style="text-align: right; font-weight: bold;">28</p> 10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR 3:15 Life Issues with Barb, LR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">29</p> 9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:30 Board Games, LR 3:00 Resident Meeting-Come Share your Ideas, AR 6:00 Evening Movie, LR	<p style="text-align: right; font-weight: bold;">30</p> 10:00 Strength Exercise w/Weights, DR 10:45 Shopping-Dollar Tree, L** 2:00 Entertainment-Cloud Nine Singers 6:00 Evening Movie, LR	 <p style="font-size: 3em; font-weight: bold; color: red;">September 2020</p>		

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.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays 9:00 AM -1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Welcome:

Martha A. Dave A.

Happy Birthday:

Helen B 9/21 Millie R 9/22 Carol H 9/23

Judy P 9/25 Mary A 9/29

September 4th @2:30 PM

Birthday Celebration with Sandra Walker

September 5th @2:00 PM

Entertainment with Ron Herring

September 7th Happy Labor Day!!

September 8th @12:30 PM

Swing Dance Bellevue Senior Center

September 9th @2:00 PM

Bingo Bash

September 11th @2:30 PM

Happy Hour with Rebecca Maiten

September 13th Happy Grandparents Day!!

September 16th @2:00 PM

Founding Seattle with Kent Morgan

September 18th @2:30 PM

Happy Hour with Jon Pressman

September 23rd @1:30 PM

Cooking Demo with Chef John

September 25th @2:30 PM

Happy Hour with Gary Lee Hood

September 29th @3:00 PM

Resident Meeting-Come Share Ideas

September 30th @2:00 PM

Entertainment-Cloud Nine Singers