

September 2018

Tranquility Times

Tranquility Estates * 4069 E Cook Rd Grand Blanc MI * 810-771-7754 * www.tranquility-estates.com



Celebrating September



Cooking on Mondays is fun!



Can't make a recipe without ingredients. Compliments of the kitchen.

Join us for our educational talks, sometimes we have fun beverages.



Hydration Station:

Learning about hydration in the elderly is one of many informational talks we have here Tranquility.

We are almost ready to go to the Olympics for Flyswatter Volleyball.



Labor Day



What Labor Day

Means

For most people, Labor Day means two things:

a day off and a chance to say goodbye to the summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

On Labour Day, federal offices are closed, as well as state offices and most city offices. The United States Postal Service is considered a federal office, so there will be no mail deliveries and the post office will be closed. Most banks will be closed, along with the stock markets.

Monday Cooking Class



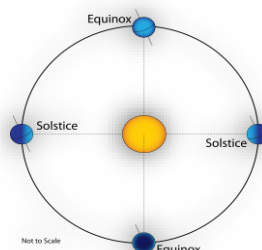
Monday is usually a dreaded day for most. Some of the time we sigh, "ugh...is it Friday yet?". But, here at Tranquility Estates we have dessert cooking class to start are week of right and sweet. Recently we have

brought cooking into our weekly schedule. The first week, we made microwavable brownies in a mug. Not only did the individual brownies turn out perfect, we had added ice cream to top of our masterpieces. Each week we are trying something new such as, snickerdoodle cookie cake in a mug, cheesecake parfait, and most recently apple crisp in a mug. Come see what the fun is all about on Mondays at 2:00 p.m. Hope to see you there!

Septemeber Equinox

The September equinox, also called southward equinox, is the moment in time (not a day-long event) when the Sun stands directly above the equator while crossing from the north to the south.

For the Northern Hemisphere (where nearly 90% of the world's population live) it is the autumnal equinox (fall equinox) as it is the moment when summer ends and autumn (fall) begins, while for the Southern Hemisphere it is the vernal equinox (spring equinox), the moment when winter ends and spring begins. Up until the September equinox the Sun rises and sets more to the north of the equator, and afterwards it rises and sets more to the south.



September, a poem by Helen Hunt Jackson



The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.

The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.

The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook,

From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.

By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.

But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which makes September fair.

'T is a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.

New activities to try:

Mind Games:

- * Hangman
- * Descrambler

Upcoming Events:

9/16-22, A Hudson River Valley
with Shoreline Tours

9/6, A Clinton River Luncheon
Boat Cruise with Route 23
Featuring: The Stahl Automotive
Museum

And more coming soon!!
Further information should be
given via flyer in every mailbox
prior to the release day of the
Newsletter.

Fire drills

Safety is always a priority and that's why we will be having random fire drills during the month of September and onward. Fire Inspector Chris, gave us a great presentation on fire drills and how we go about them, so lets get started! Our first drill was scheduled so that we all learn the procedure together, then the random ones will be putting us to the test in case of an emergency. To be prepared is all you need to keep yourself safe.



The Importance to Keep Moving

Exercise is a Social Activity

For many seniors, exercise is a social event. A water aerobics class gives the chance to connect with other seniors. A walking group provides the chance to catch up on exercise and the latest social news. Any of these opportunities provide accountability and support for your



loved one to stay motivated and engaged. Encouraging your senior to stay active means encouraging a healthy social life, in many cases.

Exercise Improves Mood

Have you ever experienced the so-called "runners high?" If so, then you know one of the benefits of exercise is its ability to affect mood and disposition. Exercising releases mood-boosting endorphins, which can help lessen feelings of depression. If your aging loved one is suffering from mood swings or depression, exercise could help re-direct their negative thoughts and provide a great deal of support.

Exercise Improves Strength and Mobility

Keeping the body strong is one of the most important tasks for an older adult, and exercise is the best way to improve both strength and mobility. Seniors who "sit around" most of the time can suffer from atrophied muscles, difficulty breathing and walking, unsteady balance, poor blood flow, and other common physical problems. Simply getting off the couch and moving can help with these issues. Even a short walk a few times a day has its benefits!

Exercise Increases Mental Capacity

Physical activity has been directly linked to slowing the process of mental decline. When you are physically active, every part of your body, including the brain, receives more blood flow. Blood flow encourages cell growth. By encouraging the senior in your life to stay active, you are actually encouraging better mental health and improved cognitive functioning.

Exercise Improves Healing

The healing process takes longer as we age, but exercise can help. Active adults have wounds that heal as much as 25 percent faster than those who do not exercise. Beginning an exercise program now, before an incident occurs, may allow your aging loved one to benefit from improved healing and a faster recovery after an injury or surgical procedure.

September Birthdays

Sapphire, the birthstone of September, is most desired in its pure, rich blue color but is present in almost every color including pink, yellow and green. In the Middle Ages the gem was believed to protect those close to you from harm and represented loyalty and trust.

Tranquility Residents B-days:

Louis Zalack – September 9th

Dot Holeman – September 12th

Wilma Malaska – September 12th

Eileen Rodammer – September 13th

Arlene Viall – September 13th

Joe Roberson – September 22nd

Gordon Edick – September 30th

Taste of Grand Blanc

Join us at the Largest Networking Party in Genesee County. The Taste of Grand Blanc hosts over 25 local Chamber Restaurants and Eateries in the area.



There is only one price and you can eat till you can't move. Each establishment will be bringing samplings of their best food in hopes that you will consider dining at their location. This year it will be held September 11th during the Ally Challenge. The Taste will be at The Captains Club at Woodfield. The tickets for this event are available at the Chamber for \$15.00 in advance or \$20.00 at the door.

Upcoming movies for September @ The Trillium:

07 September 2018:

- The Nun (2018)
- Peppermint (2018)
- Mara (2018)
- The Big Take (2018)

14 September 2018:

- Patient Zero (2018)
- The Predator (2018)
- A Simple Favor (2018)
- Lizzie (2018)
- Mandy (2018)
- The Children Act (2017)
- White Boy Rick (2018)
- Unbroken: Path to Redemption (2018)
- Final Score (2018)
- Bel Canto (2018)
- The Angel (2018)

Upcoming movies for September @ The Trillium:

21 September 2018:

- Assassination Nation (2018)
- The House with a Clock in Its Walls (2018)
- Life Itself (2018)
- Fahrenheit 11/9 (2018)
- I Think We're Alone Now (2018)
- London Fields (2018)
- Nappily Ever After (2018)

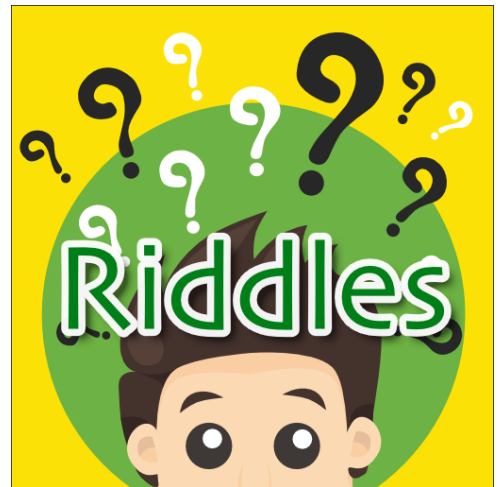
28 September 2018:

- The Old Man & the Gun (2018)
- Smallfoot (2018)
- Black 47 (2018)
- Night School (2018)
- Little Women (2018)
- Hell Fest (2018)

Riddle of the month:

There is a dead man in the middle of a field, nothing is around him and there are no footprints of any sort. There is an unopened package next to him. How did he die?

HINT: As he approached the field he knew he was going to die.



CROSSWORD PUZZLES AND WORD SEARCHS:

*COMPLETE THE PUZZLES AT ANY TIME.
\$10 TRANQUILITY BUCKS FOR
COMPLETION AND \$15 FOR COMPLETION
AND CORRECTNESS!*

Attached at the end of this newsletter