

The Nook News



September 2019

Reflections Memory Care
Making Memories one day at a time

NATIONAL ASSISTED LIVING WEEK 8-14

National Assisted Living Week is this month!

The theme for this year's National Assisted Living Week is,

"A spark of creativity"

It is aimed this year towards tapping into your creative side!

Art, music, quilting, sewing or whatever you like to do.

All of these things improve cognitive and sensory motor functions.

Creativity also helps self esteem, self awareness and resolves conflicts and distress.

We appreciate the staff at Inglenook! They are here for every resident in this building! The Assisted Living staff work hard, and add to our residents quality of life every day! Our community is blessed to have great staff and wonderful residents!!!

The staff at Inglenook are very grateful for every single one of our residents and appreciate you very much!

Look for special activities going on during the week of September 8-14!



September Special Events

Sept. 2 LABOR DAY

Sept. 6 Molly Kaufman

Sept. 8

GRANDPARENTS DAY!

Sept. 9 Hat Day

Sept. 10 Mustache Day

Sept. 11 Shorts Day

Sept. 12 American Pride Day!

Sept. 13 50's Theme

Sept. 13 Stuart Simon

Sept. 20 Kaiser Foot Clinic

Sept. 27 The Great Casserole Cook Off!

Sept. 28 Mini Walk For Alzheimer's

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September 2019

Sunday	Monday	Tuesday	Wedn
1 10:30 50's music chair dancing 11-1 Brunch 3:00 Old Commercials IN2L 4:00 Social outside 6:00 Laundry Ball	2 LABOR DAY B-B-Q 10:30 Moving to music 1:15 Chair-aerobics w/Legacy 3:00 Ice Cream Social on Patio 4:00 Hit & Name 6:00 Word a thon 7:00 Sing A Long w/Bev	3 9:00 Coffee & Pastry Social 10:30 Baking 1:15 Music Time 2:00 Bernie Boos 4:00 BINGO IN2L 6:00 Parachute game	4 10:30 Beauty 11:00 Movie I 3:00 Ellen/Fr 4:00 Remini 6:00 Ball To 6:45 Name T
8 GRANDPARENTS DAY 10:30 50's music chair dancing 11-1 Special Brunch 3:00 Animal Kingdom IN2L 4:00 Social outside 6:00 Laundry Ball	9 Hat Day 10:30 Moving to music 1:15 Chair-aerobics w/Legacy 3:00 Ice Cream Social on Patio 4:00 Hit & Name 6:00 What did it cost?	10 Mustache Day 9:00 Coffee & Pastry Social 10:30 Baking 1:15 Music Time 4:00 Slot Machines IN2L 6:00 Parachute game	11 Shorts D 10:30 Beauty 11:00 On this 3:00 Ellen/Fr 4:00 Remini 6:00 Ball To
15 10:30 50's music chair dancing 11-1 Brunch 1:30 Redeemer Bible Church 3:00 Memory Game IN2L 4:00 Social outside 6:00 Parachute Game	16 10:30 Moving to music 1:15 Chair-aerobics w/Legacy 3:00 Ice Cream Social on Patio 4:00 Hit and Name 6:00 Animal Trivia 7:00 Sing A Long with Bev	17 9:00 Coffee & Pastry Social 9:45 Hearing Aid Check w/Michelle 10:30 Baking 1:15 Music Time 4:00 Piggy Bankers IN2L 6:00 Parachute game	18 10:30 Beauty 11:00 Movie I 3:00 Ellen/Fr 4:00 Remini 6:00 Ball To 6:45 Name T
22 10:30 50's music chair dancing 3:00 Tell me a Joke IN2L 4:00 Social outside 6:00 Balloon Toss	23 FIRST DAY OF AUTUMN 10:30 Moving to music 1:15 Chair-aerobics w/Legacy 3:00 Ice Cream Social on Patio 4:00 Hit and Name 6:00 Old commercials IN2L	24 9:00 Coffee & Pastry 10:30 Baking 1:15 Music Time 3:00 Exercise 4:00 Brain Aerobics IN2L 6:00 Parachute game	25 10:30 Beauty 11:00 On this 3:00 Ellen/Fr 4:00 Remini 6:00 Balloon
29 10:30 50's music chair dancing 3:00 Balloon Burst IN2L 4:00 Social outside 6:00 Balloon Toss	30 10:30 Moving to music 1:15 Chair-aerobics w/Legacy 3:00 Ice Cream Social on Patio 4:00 Hit and Name 6:00 Animal Kingdom IN2L		



Wednesday	Thursday	Friday	Saturday
Time Memories Fruit Smoothie Dance Chess That Tune	5 10:30 Painting 11:00 Beauty Time 2:00 Crafts 3:00 Moving To Music 4:00 Tic Tac Toe IN2L 6:00 Pool Noodle Swat	6 9:45 Catholic Communion 10:30 Coffee & Donuts 11:00 Beauty Time 2:00 Molly Kaufman 4:00 Exercise 6:00 Movie and a snack	7 10:30 Beauty Time 1:00 Crafts 4:00 Exercise 6:00 Happy Neuron IN2L
Day Time Day Fruit Smoothie Dance Chess	12 American Pride Day 10:30 Painting 11:00 Beauty Time 2:00 B-Day Party with Rick 3:00 Moving to music 4:00 Tic Tac Toe IN2L 6:00 Pool Noodle Swat	13 50's Theme Day 9:45 Catholic Communion 10:30 Coffee & Donuts 11:00 Beauty Time 2:00 Stuart Simon 4:00 Exercise 6:00 Movie and a snack	14 10:30 Beauty Time 1:00 Crafts 4:00 Exercise 6:00 Matching Game IN2L
Time Memories Fruit Smoothie Dance Chess That Tune	19 10:30 Painting 11:00 Beauty Time 2:00 Crafts 3:00 Moving to music 4:00 Tic Tac Toe IN2L 6:00 Pool Noodle Swat	20 Kaiser Foot Clinic 9:45 Catholic Communion 10:30 Coffee & Donuts 11:00 Beauty Time 4:00 Exercise 6:00 Movie and a snack	21 10:30 Beauty Time 1:00 Crafts 3:30 Funny Animals IN2L 4:00 Exercise 6:00 Funny Animals IN2L
Time Day Fruit Smoothies Dance Toss	26 10:30 Painting 11:00 Beauty Time 2:00 Crafts 3:00 Moving to music 4:00 Tic Tac Toe IN2L 6:00 Pool Noodle Swat	27 9:45 Catholic Communion 10:30 Coffee & Donuts 11:00 Beauty Time 2:00 Great Casserole Cook Off! Come try some great food from the managers and watch the judges pick a winner! 4:00 Exercise 6:00 Movie and a snack	28 9:00-11:00 Mini Walk For Alzheimer's Awareness! Start at Inglenook 1:00 Crafts 4:00 Exercise 6:00 Trivia IN2L

SEPTEMBER 2, 2019

LABOR DAY B-B-Q

FAMILIES ARE WELCOME! PLEASE COME JOIN YOUR LOVED ONE FOR AN END OF THE SUMMER B-B-Q!

YOU CAN EAT OUTDOORS IN THE COURTYARD OR IN THE FACILITY WITH YOUR LOVED ONE.



SEPTEMBER 8, 2019

HAPPY GRANDPARENTS DAY!



THE KITCHEN WILL BE PREPARING A SPECIAL LUNCH FOR ALL! FAMILIES ARE INVITED AND WE HOPE YOU ALL HAVE A WONDERFUL TIME!

OUR RESIDENTS ARE VERY SPECIAL TO ALL OF US AT

INGLENOOK!

SEPTEMBER 28, 2019

MINI WALK FOR ALZHEIMER'S AWARENESS!



BRING YOURSELF AND A FRIEND OR FAMILY MEMBER AND COME TO INGLENOOK TO WALK FOR OUR RESIDENTS!

PRIZES WILL BE GIVEN AND IF YOU HAVE ANY QUESTIONS PLEASE ASK NELLIE THE MARKETING DIRECTOR.

REMEMBER TO WEAR PURPLE!!!!