



**WELCOME NEW RESIDENT!**



**Wayne Green**

**Inglenook Resident Council**

President: Peggy Plymell  
Vice President: Rich Gutheil  
Secretary: Teresa Osnes  
Treasurer: Lois Bartlett  
Members at Large:  
Linda Snyder, Noah Hicks  
Glenn Pope

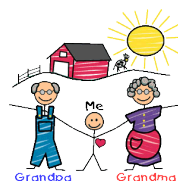
THE RESIDENT MEETING IS ON THE 3RD THURSDAY OF THE MONTH. PLEASE PLAN TO ATTEND. REMEMBER, THIS IS YOUR VOICE IN YOUR COMMUNITY.

**Happenings at Inglenook:**

**LABOR DAY B-B-Q**

**FAMILIES ARE WELCOME TO COME AND HAVE A GREAT DAY EATING GOOD FOOD! THE LETTER WILL BE PUT OUT AND PLEASE RETURN TO THE FRONT DESK!**

**GRANDPARENTS DAY IS SEPTEMBER 8, 2019. THE KITCHEN WILL BE PREPARING A SPECIAL BRUNCH FOR ALL! FAMILIES ARE INVITED AND WE HOPE YOU ALL HAVE A WONDERFUL TIME! YOU ARE ALL SPECIAL TO US AT INGLENOOK!**



**THE GREAT CASSEROLE COOK OFF!!! THE MANAGERS OF INGLENOOK ARE GOING TO GET CREATIVE AND COOK A FANTASTIC CASEROLE!!! SEPTEMBER 27, 2019 AT 2:00 WE WILL BE HAVING A TASTE TEST FOR THE CASEROLE CONTEST! I WILL NEED VOLUNTEERS TO JUDGE AND THE REST OF US JUST GET TO EAT!!! I WILL NEED 6 VOLUNTEERS PLEASE!!!**

**OUT TO LUNCH:**

This month we will be going out to Georgia Boys B-B-Q in Frederick. This is very yummy B-B-Q and a good variety! Sign up in the activity book by the front desk! New place we are exploring!

**The Nook News**



September 2019

Celebrating 39 years of Carefree Senior Living and Assisted Living at its best.

**September's Special Events**

- Sept. 2 LABOR DAY
- Sept. 3 Bernie Boos
- Sept. 4 Current Events
- Sept. 5 Out shopping Lulu's Farm
- Sept. 6 Molly Kaufman
- Sept. 8 GRANDPARENTS DAY!
- Sept. 9 Hat Day
- Sept. 10 Mustache Day
- Sept. 10 Painting w/ May Tran
- Sept. 11 Shorts Day
- Sept. 12 American Pride Day
- Sept. 12 Farmer's Market
- Sept. 12 B-Day Party w/Rick
- Sept. 13 50's Themed Day
- Sept. 13 Stuart Simon
- Sept. 14 New Activities
- Sept. 15 Bronco Party w/Tammy
- Sept. 17 Steve Manshel
- Sept. 18 Mark Cormican
- Sept. 19 Resident Meeting
- Sept. 20 Kaiser Foot Clinic
- Sept. 21 New Activities
- Sept. 22 Bronco's vs. Green Bay
- Sept. 23 First Day of Autumn
- Sept. 24 Crafts
- Sept. 26 Out to Lunch Georgia Boys
- Sept. 27 Casserole Cook Off
- Sept. 28 Mini Alzheimer's Walk Starts at Inglenook
- Sept. 29 Denver vs. Jacksonville

**National Assisted Living Week!!! September 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!**

**Inside this issue:**

A/L WEEK	1
Calendar	2
Resident Birthdays	3
Information	4



National Assisted Living Week®  
SEPTEMBER 8-14, 2019

# September 2019



## Happy Birthday!

Virginia Kalcevic 9/5 Peggy Plymell 9/9

Jacob Semp 9/21 Doris Semroska 9/27

Josephine Chikuma 9/28 Marilyn Kent 9/29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Out to Church</b> <b>11-1 Brunch</b> <i>Jim playing the piano</i> <i>1:00 Hand &amp; Foot</i>	<b>2</b> <b>Labor Day B-B-Q!</b> <b>Have fun with your Families!!!</b> <b>2:00 BINGO</b>  <b>7:00 Sing a Long w/Bev</b>	<b>3</b> <b>9:00 Coffee &amp; Pastry Social</b>  <b>10:00 Walk-N-Roll</b> <b>11:45 Stretch &amp; Move</b> <b>12:00 Pinochle at Sr. Center</b> <b>2:00 Bernie Boos</b> <b>6:30 Mexican Train</b>	<b>4</b> <b>9:00 Chairobics</b> <b>10:00 Better Balance</b> <b>12:30 Safeway</b> <b>2:00 Current Events</b> <b>2:30 Target or Ross</b> <b>6:45 Name That Tune</b>	<b>5</b> <b>10:00 Walk-N-Roll</b> <b>11:45 Stretch &amp; Move</b> <b>2:00 Out shopping: Lulu's Farm</b> <b>3:00 Men's Group</b> <b>6:45 BINGO</b>	<b>6</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>10:00 Catholic Communion</b> <b>2:00 Molly Kaufman</b> <b>6:15 Mexican Train</b> <b>6:30 Bible Study (Small DR) Non-denomination</b>	<b>7</b>  <b>2:00 BINGO</b>  <b>6:30 Church Service w/Phil</b>
<b>8</b> <b>GRANDPARENTS DAY</b> <b>Out to Church</b>  <b>11-1 Special Brunch</b>  <i>Jim playing the piano</i> <i>1:00 Hand &amp; Foot</i>	<b>9</b> <b>Hat Day</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Wal*Mart &amp; Kings</b> <b>2:00 BINGO</b> <b>2:30 Wal*Mart &amp; Kings</b> <b>8:20 P.M. Bronco's vs. Oakland</b>	<b>10</b> <b>Mustache Day</b> <b>9:00 Coffee &amp; Pastry Social</b> <b>10:00 Walk-N-Roll</b> <b>10:00 Trip to the Library</b> <b>11:45 Stretch &amp; Move</b> <b>12:00 Pinochle at Sr. Center</b> <b>1:15 Presbyterian Communion</b> <b>1:30 Painting w/May Tran</b> <b>6:30 Mexican Train</b>	<b>11</b> <b>Shorts Day</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Safeway</b> <b>1:00-4:00 CARDS</b>  <b>2:30 Target or Ross</b>	<b>12</b> <b>American Pride Day</b> <b>9:30 Wellness Clinic</b> <b>1:00-3:00 Farmer's Market in the Court Yard.</b> <b>2:00 B-Day Party w/Rick</b> <b>3:00 Men's Group</b> <b>6:45 BINGO</b>	<b>13</b> <b>50's Theme Day</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>10:00 Catholic Communion</b> <b>2:00 Stuart Simon</b> <b>6:15 Mexican Train</b> <b>6:30 Bible Study (Small DR) Non-denomination</b>	<b>14</b>  <b>9:00 Exercise</b> <b>2:00 BINGO</b> <b>3:30 Manicures</b> <b>6:30 Church Service w/Phil</b>
<b>15</b> <b>Out To Church</b>  <b>11-1 Brunch</b> <b>1:00 Hand &amp; Foot</b> <i>Jim playing the piano</i> <b>2:25 Bronco's vs. Chicago Party w/Tammy</b>	<b>16</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Wal*Mart &amp; Kings</b> <b>2:00 BINGO</b> <b>2:30 Wal*Mart &amp; Kings</b>	<b>17</b> <b>9:00 Coffee &amp; Pastry Social</b> <b>9:30 Hearing Aid Check w/Michelle</b> <b>11:45 Stretch &amp; Move</b> <b>12:00 Pinochle at Sr. Center</b> <b>2:00 Steve Manshel</b> <b>6:30 Bunko Outside Group</b> <b>6:30 Mexican Train (Down Stairs)</b>	<b>18</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Safeway</b> <b>2:00 Mark Cormican</b> <b>2:30 Target or Kohl's</b> <b>6:45 Name That Tune</b>	<b>19</b>  <b>1:30 Food Talk</b> <b>2:00 Resident Meeting</b> <b>3:00 Men's Group</b> <b>6:45 BINGO</b>	<b>20</b> <b>KAISER FOOT CLINIC</b>  <b>10:00 Catholic Communion</b> <b>10:00 BANK</b> <b>10:00 Walk-N-Roll</b> <b>1:00 SKIP BO</b> <b>6:15 Mexican Train</b> <b>6:30 Bible Study (Small DR) Non-denomination</b>	<b>21</b>  <b>9:00 Exercise</b> <b>2:00 BINGO</b> <b>3:30 Manicures</b> <b>6:30 Church Service w/Phil</b>
<b>22</b> <b>Out To Church</b>  <b>11-1 Brunch</b> <i>Jim playing the piano</i> <b>1:00 Hand &amp; Foot</b> <b>11:00 Bronco's vs. Green Bay</b>	<b>23</b> <b>First Day of Autumn</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Wal*Mart &amp; Kings</b> <b>2:00 BINGO</b> <b>2:30 Wal*Mart &amp; Kings</b> <b>7:00 Sing a Long w/Bev</b>	<b>24</b> <b>9:00 Coffee &amp; Pastry Social</b> <b>10:00 Walk-N-Roll</b> <b>10:00 Trip to Library</b> <b>11:45 Stretch &amp; Move</b> <b>12:00 Pinochle at Sr. Center</b> <b>1:30 Crafts</b> <b>6:30 Mexican Train</b>	<b>25</b>  <b>9:00 Chairobics</b> <b>10:00 Better Balance</b> <b>12:30 Safeway</b> <b>1:00-4:00 CARDS</b> <b>2:30 Target or J.C. Penney</b>	<b>26</b> <b>11:00 Out to Lunch: Georgia Boys B-B-Q</b> <b>2:00 Chat by the pond</b> <b>3:00 Men's Group</b> <b>6:45 BINGO</b>	<b>27</b> <b>9:00 Chairobics</b> <b>10:00 Catholic Communion</b> <b>10:00 Walk-N-Roll</b> <b>2:00 The Great CASSEROLE Cook off! Come to the DR &amp; Taste great food! Judges will decide the champ!!</b> <b>6:15 Mexican Train</b> <b>6:30 Bible Study (Small DR) Non-denomination</b>	<b>28</b> <b>9:00-11:00—Mini Walk for Alzheimer's Awareness! Start at Inglenook</b> <b>NO BINGO</b> <b>2:00 Jim Horvath Guitarist</b> <b>6:30 Church Service w/Phil</b>
<b>29</b> <b>Out To Church</b> <b>11-1 Brunch</b> <i>Jim playing the piano</i> <b>1:00 Hand &amp; Foot</b> <b>2:25 Denver vs. Jacksonville</b>	<b>30</b> <b>9:00 Chairobics</b> <b>10:00 Walk-N-Roll</b> <b>12:30 Wal*Mart &amp; Kings</b> <b>2:00 BINGO</b> <b>2:30 Wal*Mart &amp; Kings</b>		The Brighton Recreation Center is closed September 9-22 for the annual cleaning.			