

Let's Learn Together

honey bee facts

- honey bees are not native to the US (they're European)
- 1/3 of our diet relies on honey bees
- a bee is not born knowing how to make honey, she is taught by the older bees
- worker bees are female and drones are male bees
- worker bees do the work (working in the hive, foraging, pollinating, etc.), while male bees purpose is to mate with the queen
- workers outnumber drones 100:1



SOURCES:
Grad, Philip. "Bee Hive Hierarchy and Activities." Big Island Bees, 19 May 2010. bigislandbees.com/blog/bee-blog/14137353-bee-hive-hierarchy-and-activities.
"Honey Bee Life Span: Life Cycle & Range: Phases of Honeybees." Orkin.com, www.orkin.com/singing-peets/bees/honey-bee-life-span.
"Honey Bee Trivia." Maine State Beekeepers Association, 8 Aug. 2012. mainstatebees.org/information-for-the-general-public/honey-bee-trivia/. Accessed 6 May 2019.

Knowledge is free, let's continue getting it!

Activity Room opens daily
10am-4pm

Dining Room open daily
7am, 11:30am & 4:30pm

GYM opens
Tues, Thurs & Sat
11am

Courtyard Visits
Tues to Sat
(appt required)



We took a trip to Jamaica, thanks Austin for going with us.



This Lovely Lady celebrated 99 this year! HBD

*"If you're always trying to be normal,
you will never know how amazing you
can be"*
-Maya Angelou



Kingston Bay Senior
Living
September
2020

6161 West Spruce Avenue
Fresno, CA 93722

National Dog Day



Meet Tinker Bell one of our Fur friends. She paid us a visit on 8/26/2020 and brought smiles to those that saw her. Thank you Tinker Bell & her mom Lydia for all the support.



We love our Sunflowers, Thank you Sweet Thistle Farms

Happy Birthday September Residents:

09/06 Norma M
09/17 Frank S
09/19 Coetta H
09/21 Shirley G
09/22 Betty C
09/22 Sally N
09/26 Betty p
09/27 Gloria C

We wish you all a very special birthday!

September 2020

Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	9:15 Hydration Morning & News 1 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 3:00 PE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 2 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 1:00 SS Animal Facts & Fun 1:30 LL Movies in the Theater 3:00 PE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 3 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute Gym 1:00 SS Animal Facts & Fun 2:00 Happy Hour 3:00 PE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Wildlife Day 4 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Fun Fact Friday 1:00 SS Animal Facts & Fun 1:30 BINGO Gone WILD! 3:00 PE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 5 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 3:00 PE Music, Trivia & Art 4:00 Pre-Dinner Movie
National Coffee Ice Cream Day 6 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Inspirational Music 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	Labor Day 7 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Music Therapy 1:00 SS Animal Facts & Fun 3:00 AE Music, Labor Day Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 8 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Teddy Bear Day 9 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 1:00 SS Animal Facts & Fun 1:30 LL Movies in the Theater: Bear Necessities 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 10 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute Gym 1:00 SS Animal Facts & Fun 2:00 Happy Hour 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	Patriot Day 11 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Fun Fact Friday, Patriot Games 1:00 SS Animal Facts & Fun 1:30 BINGO 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Chocolate Milkshake Day 12 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 3:00 AE Music & Milkshakes 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie
National Grandparents Day 13 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Inspirational Music 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 14 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Music Therapy 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Green Peace Day 15 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation & Green Peace packs 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Guacamole Day 16 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 1:00 SS Animal Facts & Fun 1:30 SS Guac Out!! 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 17 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute Gym 1:00 SS Animal Facts & Fun 2:00 Happy Hour 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Cheeseburger Day 18 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Fun Fact Friday 1:00 SS Animal Facts & Fun 1:30 BINGO 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Pirate & Pizza Day 19 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 1:30 Pirates Pizza Party 3:00 AE Music, Trivia & Art 3:00 Music, Trivia & Fun 4:00 Pre-Dinner Movie
9:15 Hydration Morning & News 20 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Inspirational Music 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 21 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Music Therapy 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Ice Cream Cone Day 22 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 1:30 LL BINGO & Ice Cream Cones 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 23 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 1:00 SS Animal Facts & Fun 1:30 LL Movies in the Theater 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 24 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute Gym 1:00 SS Animal Facts & Fun 2:00 Happy Hour 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Quesadilla Day 25 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Fun Fact Friday 1:00 SS Animal Facts & Fun 1:30 Let's Make Quesadillas 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Fishing Day 26 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 1:30 SS Fishing Games: Get Hooked 3:00 AE Music, Trivia & Art 3:00 Music, Trivia & Fun 4:00 Pre-Dinner Movie
9:15 Hydration Morning & News 27 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Inspirational Music 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 28 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 Music Therapy 1:00 SS Animal Facts & Fun 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	National Coffee Day 29 9:15 Hydration Morning & News 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 11:00 30 Minute GYM 1:00 SS Animal Facts & Fun 1:30 BINGO & Coffee 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie	9:15 Hydration Morning & News 30 10:15 CE Activity Station Sensation 10:45 CC Morning Moves 1:00 SS Animal Facts & Fun 1:30 LL Movies in the Theater 3:00 AE Music, Trivia & Art 4:00 Pre-Dinner Movie			