

### Fall Prevention Tips

- Clean Up clutter
- Repair or Remove tripping hazards such as slippery rugs or loose carpet.
- Install grab bars and handrails
- Avoid wearing loose clothing
- Install brighter lightbulbs where needed.
- Wear shoes not just socks.
- Live on one level home like our garden homes at Southside Gardens.

### Tips for Reinventing Yourself during September Is Healthy Aging® Month:

What was your best year so far? Picture yourself at that age and be it. (Tip: Don't look in the mirror, just **FEEL IT!**)

**Be positive** in your conversations and your actions every day. When you catch yourself complaining, check yourself and change the conversation to something positive.

**How's your smile?** Research shows people who smile more often are happier. (Tip: Go to the dentist regularly.)

# Southside Gardens Independent Living

*"Next Best Place to Home"*

## September 2020 Calendar



4604 Perkins Road  
Baton Rouge, LA 70808  
SouthsideGardens.com  
(225) 922-9923

### Flu Shots will Be Administered This Month.

Denise is scheduling the appointments and she will inform everyone when they will be administered.

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### Weekly Doctor Appts.

Quick reminder that weekly doctor visit transportation is available on Monday and Tuesday. See the front desk for more information.

### Autumn

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | P | P | L | E | M | E | A | S | T | E | C | O | A |
| O | N | E | N | H | R | O | D | A | B | E | W | R | G |
| U | M | S | R | T | A | C | O | R | R | E | U | C | E |
| D | A | W | O | E | F | Y | O | E | H | R | R | H | W |
| A | Z | E | C | P | N | W | E | P | C | T | S | A | H |
| O | E | A | T | U | N | S | W | G | H | E | G | R | E |
| C | O | T | W | M | A | R | O | E | A | L | E | D | A |
| T | S | E | C | P | A | O | R | E | R | P | C | A | T |
| O | E | R | E | K | H | L | C | S | V | A | R | E | D |
| B | R | G | E | I | H | O | E | E | E | M | P | S | E |
| E | T | R | N | N | W | C | R | O | S | H | E | R | R |
| R | O | K | N | A | C | H | A | W | T | L | A | N | A |
| E | R | P | E | G | R | E | C | D | Z | A | R | E | K |
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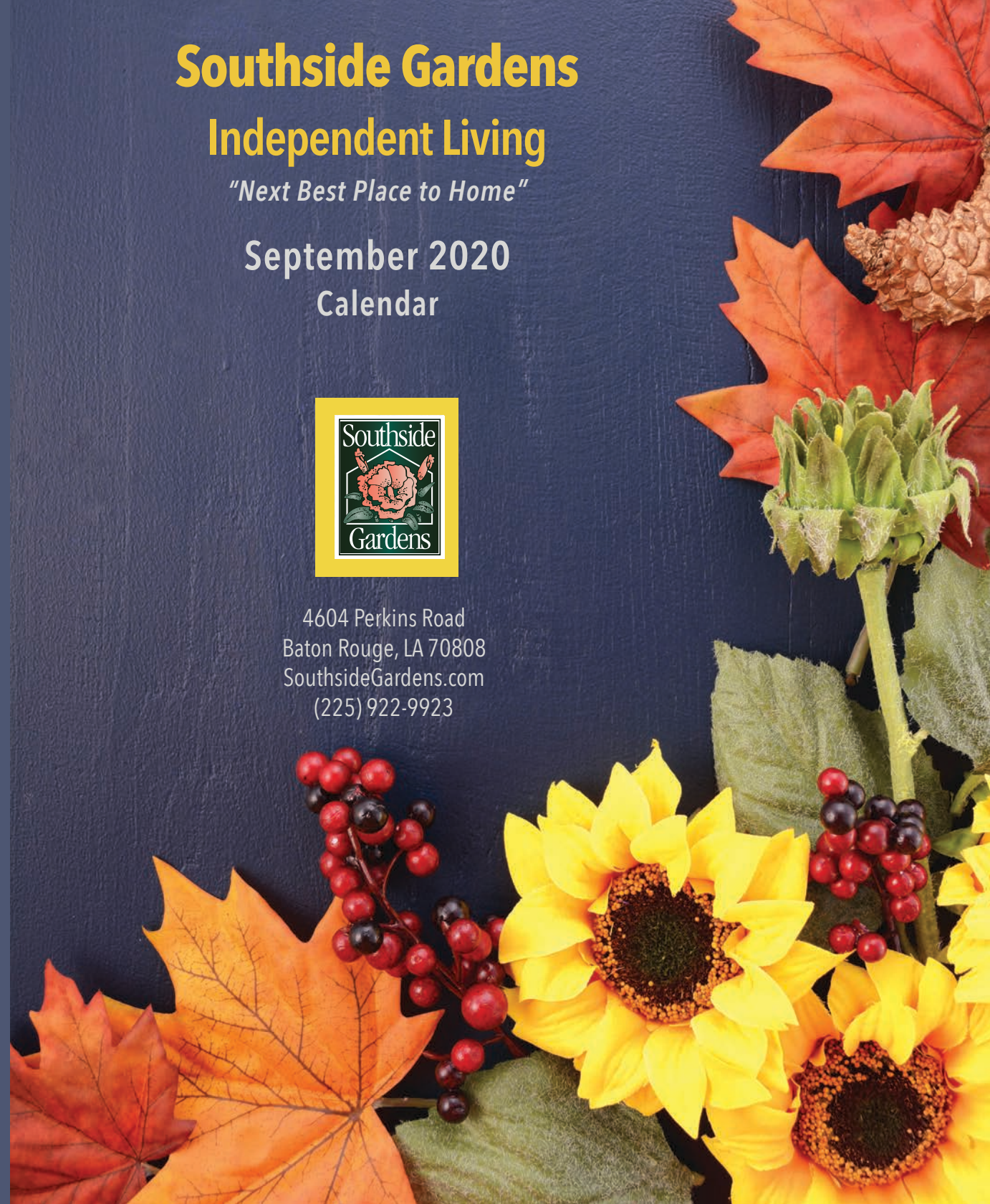
GEESE  
HAY  
PUMPKIN  
PEAR  
SCARECROW  
MAZE  
RED  
CORN  
BROWN  
COLORS  
MAPLE TREE  
SWEATER  
APPLE  
HARVEST  
OCTOBER  
FALL  
RAKE  
ORANGE  
ORCHARD  
WHEAT

### Welcome New Residents!

William Sanders  
Ray Wilson

### Employee Milestones!

Denise Passmore (17yrs)  
Maria Yiannopoulos (3yrs)



# September 2020

| SUNDAY                                       | MONDAY   | TUESDAY  | WEDNESDAY                                  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|--|---|---|--|
|  | <b>SEPTEMBER IS NATIONAL HEALTHY AGING MONTH</b>   | 1<br>1:30pm - Birthday Party                     | 2<br>10:30am - Exercise<br>2:00pm - Bingo  | 3<br>6:00pm - Movie Night   | 4<br>10:30am - Exercise<br>2:00pm - Bingo                             | 5<br>May your day be filled with lots of bright and sunny experiences  |
| 6<br>2:00pm - Bingo                          | <b>7 HAPPY LABOR DAY!!</b><br>Special Labor Day Lunch                                    | 8<br>1:00pm - Pokeno                             | 9<br>10:30am - Exercise<br>2:00pm - Bingo  | 19<br>6:00pm - Movie Night  | 11 <b>PATRIOT DAY</b><br>10:30am - Exercise<br>2:00pm - Bingo         | 12<br>Your smile makes our hearts flutter  |
| 13 <b>GRANDPARENTS DAY</b><br>2:00pm - Bingo | 14<br>10:30am - Exercise<br>1:00pm - Trip to Walmart                                     | 15<br>1:30pm - Resident Social                   | 16<br>10:30am - Exercise<br>2:00pm - Bingo | 17 <b>US CONSTITUTION DAY</b><br>6:00pm - Movie Night   | 18<br>10:30am - Exercise<br>2:00pm - Bingo                            | 19 <b>ROSH HASHANAH</b><br>Jewish New Year Day<br><i>Wishing you good health, happiness, peace and prosperity. Today and all through the year! L'shanah Tovah!</i> |
| 20<br>2:00pm - Bingo                         | 21<br>10:30am - Exercise<br>1:00pm - Trip to Walmar                                      | 22 <b>FALL EQUINOX</b><br>1:00pm - Pokeno        | 23<br>10:30am - Exercise<br>2:00pm - Bingo | 24<br>6:00pm - Movie Night<br><br>*Bug Man Comes Today  | 25 <b>NATIVE AMERICAN DAY</b><br>10:30am - Exercise<br>2:00pm - Bingo | 26<br>Enjoy a beautiful day doing exactly what makes you happy.  |
| 27<br>2:00pm - Bingo                         | 28 <b>YOM KIPPOR</b><br>10:30am - Exercise<br>12:30pm - Trip to Walmart<br>2:00pm - Mass | 29 <b>NATIONAL COFFEE DAY</b><br>1:00pm - Pokeno | 30<br>10:30am - Exercise<br>2:00pm - Bingo | <b>HAPPY BIRTHDAY!</b><br>Rita Major (9/7)<br>Barbara Bowers (9/12)<br>Betty Bozeman (9/19)<br>Michelle Cave (9/20)<br>Martha Williams (9/25)<br>Reeda Terry (9/30) | <b>HAPPY BIRTHDAY STAFF</b><br><br>Robin Carter (9/17)                |  |

