



September's birth flower symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers.



September is National Healthy Aging Month

September is Healthy Aging Month, which was designated to focus national attention on the positive aspects of growing older. The **"Healthy Aging Campaign"** was established 15 years ago, and since then, individuals become aware of their physical and mental health, diet, social skills and even financial situations; all factors that contribute to successful aging.

Meet Iris...

*"I just don't see any thing wrong with wrinkles.
It's kinda like a band of courage." ~ Iris Apfel*



Iris Apfel is 98 years young. She's an American business woman and fashion icon from New York. From 1950 to 1992, Iris took part in several design restoration projects, including work at the White House for nine presidents: Truman, Eisenhower, Kennedy, Johnson, Nixon, Ford, Carter, Reagan, and Clinton. She is active and loves fashion. The brighter the clothes, the happier she is! We've included her in this issue as she has become known for promoting healthy aging.



Grandparents Day serves to honor and recognize the contributions of grandparents in our lives. Their wisdom and love are recognized every year on the first Saturday after Labor Day in September. This year it's on 9/13.

Happy Birthday!

Resident

Daniel B. (9/25)

Staff

Cheyenne Harvin (9/9)

Nicole Haynes (9/16)

Jalacyia Miles (9/21)






Southside Gardens Assisted Living

"Next Best Place to Home"
September 2020
Calendar & News



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SEPTEMBER 2020 * Assisted Living Calendar *

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30am - Exercise 11:00am- Throw Ball 11:00am - Trivia Fun 2:00pm - Pretty Nails	2 10:00am - Exercise 10:30am - Mind Joggers 11:00am - Net Toss Game 2:15pm - Bingo 4:00pm - DVD Sing a Long	3 10:00am - Exercise 10:30am - Conversation Ball 11:00am - Ring Toss 2:00pm - Movie Time 4:00pm - TV Game Show	4 10:00am - Exercise 10:30am - Floor Games 11:00am - Trivia Fun 2:15pm - Bingo w/ Chips and Dip 4:00pm - Creative Coloring	5  <i>International Day of Charity</i>
6 <i>"You have to be interested. If you're not interested, then you're not interesting."</i> ~Iris Apfel	7 HAPPY LABOR DAY 	8 10:00am - Exercise 10:30am - Word Express 11:00am - Ring Toss 2:00pm - Pretty Nails 4:00pm - TV Show	10 10:00am - Exercise 10:30am - Word Board Scramble 11:00am - Net Toss Game 2:15pm - Bingo 4:00pm - DVD Sing a Long	10 10:00am - Exercise 10:30am - Trivia Fun 11:00am - Floor Basketball 2:00pm - Movie Time 4:00pm - TV Show	11 10:00am - Exercise 10:30am - Catch Ball 11:00am - Mind Joggers 2:15 pm - Bingo with Ice Cream Sandwiches	12 <i>"One kind word can change someone's entire day"</i> ~The Golden Rule
13  <i>Grandparents Day</i>	14 10:00am - Exercise 10:30am - Trivia Fun 11:00am - Ring Tossing 2:15pm - Bingo 4:00pm - DVD Sing a Long	15 10:00am - Exercise 10:30am - Cheese Toss 11:00am - Short Story 2:00pm - Pretty Nails 4:00pm - TV Show	16 10:00am - Exercise 10:30am - Mind Joggers 11:00am - Floor Basketball 2:15pm - Bingo 4:00pm - TV Game Show	17 US CONSTITUTION DAY 10:00am - Exercise 10:30am - Trivia Fun 11:00am - Word Express 2:00pm - Movie Time 4:00pm - TV Show	18 10:00am - Exercise 10:30am - Catch Ball 11:00am - Senior Talk 2:15pm - Bingo w/ Apple Pie 4:00pm - DVD Sing a Long	19  Rosh Hashana Jewish New Year!
20 <i>"Laughter is timeless, imagination has no age, dreams are forever."</i> ~Walt Disney	21 10:00am - Exercise 10:30am - Trivia Fun 11:00am - Pin Ball Toss 2:15 pm - Bingo 4:00pm - TV Show	22 FIRST DAY OF FALL 10:00am - Exercise 10:30am - Cheese Toss 11:00am - Brown Bag Discussion 2:00pm - Pretty Nails 4:00pm - DVD Sing a Long	23 10:00am - Exercise 10:30am - Net Toss 11:00am - Senior Talk 2:15pm - Bingo 4:00pm - DVD Sing a Long	24 10:00am - Exercise 10:30am - Trivia Fun 11:00am - Catch Ball 2:00pm - Auction w/ Play Money 4:00pm - TV Game Show	25 10:00am - Exercise 10:30am -Mind Joggers 11:00am - Ring Toss 2:15 pm - Bingo Birthday Bash 4:00pm - TV Show	26 <i>"Age is an issue of mind over matter. If you don't mind, it doesn't matter."</i> ~Mark Twain
27 YOM KIPPUR Jewish Day of Atonement 	28 10:00am - Exercise 10:30am - Word Board Search 11:00am - Net Toss 2:15pm - Bingo 4:00pm - TV Show	29 10:00am - Exercise 10:30am - Ring Toss 11:00am - Mind Joggers 2:00pm - Pretty Nails 4:00pm - DVD Sing a Long	30 10:00am - Exercise 10:30am - Resident Council Meeting 11:00am - Catch Ball 2:15pm - Bingo 4:00pm - TV Show	31 10:00am - Exercise 10:30am - Word Express 11:00am - Cheese Toss Game 2:00pm - Crafts & Bird House Painting		