

Sunday

Monday






Tuesday

Wednesday

Thursday

Friday

Saturday

<p>“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.” <i>Franklin D. Roosevelt</i></p> 	<p>10:00am Bible Basics - L 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:45pm Movie - MR 2:00pm Candy Bingo - PR & CL 3:00pm Skip Bo PR & CL</p>	<p>2  10:00am Tai Chi w/ Sally CL 10:30am Rummikub - CL 1:30pm Bible Basics 2 2:00pm 65 card game - CL 3:30pm Cocktails & Conversation-CL & PR</p>	<p>3 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:30 Bible Study - L 1:30pm Bridge - AG 1:45pm Movie _MR 2:00pm Candy Bingo - PR & CL 3:00pm 9-Hole - CL & PR</p>	<p>4 10:30am Fun Fit with LED Gals 1:30pm Mexican Train CL 1:30pm Rummikub PR 2:30pm Fun Fit with LED Gals 3:30pm Cocktails & Conversation-CL & PR</p> 	<p>5 SWEET TREAT SATURDAYS 10:00AM Sweet Treat Bingo, CL 10:45AM Brain Games CL & PR 1:30PM Skip-Bo PR & CL 2:00PM Super Saturday Movie, MR 2:45PM 65 card game CL & PR</p>	
<p>6 10:00AM online Church Services – Valley Christian Fellowship - Cedar Lounge 2:00PM Documentary Movie</p>	<p>7 9:30am Ted Talks – MR 10:30am Zoom Live Fun Fit with LED Gals - AG & CL 1PM Scrabble -PR 2:30pm Zoom Live Fun Fit with LED Gals –AG & CL 3:00pm 9-Hole CL 3:15PM Ted Talks - MR</p> <p>Labor Day</p>	<p>8 10:00am Bible Basics - L 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:45pm Movie - MR 2:00pm Candy Bingo - PR & CL 3:00pm Skip Bo PR & CL</p>	<p>9 10:00am Tai Chi w/ Sally CL 10:30am Rummikub - CL 1:30pm Bible Basics 2 2:00pm 65 card game - CL 3:30pm Cocktails & Conversation-CL & PR</p>	<p>10 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:30 Bible Study - L 1:30pm Bridge - AG 1:45pm Movie _MR 2:00pm Candy Bingo - PR & CL 3:00pm 9-Hole - CL & PR</p>	<p>11 9:15am Donut Social 10:30am Fun Fit with LED Gals 1:30pm Mexican Train CL 1:30pm Rummikub PR 2:30pm Fun Fit with LED Gals 3:30pm Cocktails & Conversation-CL & PR</p>	<p>12 SWEET TREAT SATURDAY 10:00AM Sweet Treat Bingo, CL 10:45AM Brain Games CL & PR 1:30PM Skip-Bo PR & CL 2:00PM Super Saturday Movie, MR 2:45PM 65 card game CL & PR</p>
<p>13 9:30AM Special Outdoor Sunday Service with Jimmy & Linda Allen Lodge-Courtyard 2:00PM Documentary Movie</p> <p>Grandparents Day</p>	<p>14 9:30am Ted Talks – MR 10:30am Zoom Live Fun Fit with LED Gals - AG & CL 1PM Scrabble -PR 2:30pm Zoom Live Fun Fit with LED Gals –AG & CL 3:00pm 9-Hole CL 3:15PM Ted Talks - MR</p>	<p>15 10:00am Bible Basics - L 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:45pm Movie - MR 2:00pm Candy Bingo - PR & CL 3:00pm Skip Bo PR & CL</p>	<p>16 10:00am Tai Chi w/ Sally CL 10:30am Rummikub - CL 1:30pm Bible Basics 2 2:00pm 65 card game - CL 3:30pm Cocktails & Conversation-CL & PR</p> 	<p>17 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:30 Bible Study - L 1:30pm Bridge - AG 1:45pm Movie _MR 2:00pm Candy Bingo - PR & CL 3:00pm 9-Hole - CL & PR</p>	<p>18 10:30am Fun Fit with LED Gals 1:30pm Mexican Train CL 1:30pm Rummikub PR 2:30pm Fun Fit with LED Gals 3:30pm Cocktails & Conversation-CL & PR</p> <p>Rosh Hashanah Begins</p>	<p>19 SWEET TREAT SATURDAY 10:00AM Sweet Treat Bingo, CL 10:45AM Brain Games CL & PR 1:30PM Skip-Bo PR & CL 2:00PM Super Saturday Movie, MR 2:45PM 65 card game CL & PR</p> <p>Oktoberfest Begins</p>
<p>20 10:00AM online Church Services – Christ Lutheran Cedar Lounge 2:00PM Documentary Movie</p>	<p>21 9:30am Ted Talks – MR 10:30am Zoom Live Fun Fit with LED Gals - AG & CL 1PM Scrabble -PR 2:30pm Zoom Live Fun Fit with LED Gals –AG & CL 3:00pm 9-Hole CL 3:15PM Ted Talks - MR</p>	<p>22 10:00am Bible Basics - L 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:45pm Movie - MR 2:00pm Candy Bingo - PR & CL 3:00pm Skip Bo PR & CL</p> <p>Autumn Begins</p>	<p>23 10:00am Tai Chi w/ Sally CL 10:30am Rummikub - CL 1:30pm Bible Basics 2 2:00pm 65 card game - CL 3:30pm Cocktails & Conversation-CL & PR</p>	<p>24 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:30 Bible Study - L 1:30pm Bridge - AG 1:45pm Movie _MR 2:00pm Candy Bingo - PR & CL 3:00pm 9-Hole - CL & PR</p>	<p>25 9:15am Donut Social 10:30am Fun Fit with LED Gals 1:30pm Mexican Train CL 1:30pm Rummikub PR 2:30pm Fun Fit with LED Gals 3:30pm Cocktails & Conversation-CL & PR 6:30 Old Fashion Movie in the Park – Lodge Courtyard</p>	<p>26 SWEET TREAT SATURDAY 10:00AM Sweet Treat Bingo, CL 10:45AM Brain Games CL & PR 1:30PM Skip-Bo PR & CL 2:00PM Super Saturday Movie, MR 2:45PM 65 card game CL & PR</p>
<p>27 9:30AM Special Outdoor Sunday Service with Jimmy & Linda Allen Lodge-Courtyard 2:00PM Documentary Movie</p> <p>Yom Kippur Begins</p>	<p>28 9:30am Ted Talks – MR 10:30am Zoom Live Fun Fit with LED Gals - AG & CL 1PM Scrabble -PR 2:30pm Zoom Live Fun Fit with LED Gals –AG & CL 3:00pm 9-Hole CL 3:15PM Ted Talks - MR</p>	<p>29 10:00am Bible Basics - L 10:00am Movie - MR 10:30am Candy Bingo - PR & CL 1:45pm Movie - MR 2:00pm Candy Bingo - PR & CL 3:00pm Skip Bo PR & CL</p>	<p>30 10:00am Tai Chi w/ Sally CL 10:30am Auction - CL 1:30pm Bible Basics 2 2:00pm 65 card game - CL 3:30pm Cocktails & Conversation-CL & PR</p>	 <h1>September 2020</h1> <p>Quail Park on Cypress Lodge ~ Life Engagement Calendar</p>		

Key- Enhanced Assisted Living (EAL), Café (C), Dining Room (DR), Living Room (LR), Library (L), Cedar Lounge (CL), Pine Room (PR), Putting Green (PG), Oak Club Dining Room (OC), Art Gallery (AG), Movie Theater (MT), Media Room (MR), Private Dining Room (PDR), Wellness Center (WC), Parking Lot (PL). Check your Feathers from the Active Nest for the most current information, Dates and times are subject to change.



Leaf-Peepers Delight

By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.



New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.



QUAIL PARK ON CYPRESS

There is a village within these walls. A village of laughter, friendships, activities, and continued learning. COVID may have isolated other seniors in their homes, but here they thrive safely, socially, and beautifully. At Quail Park, the current of life flows on!

