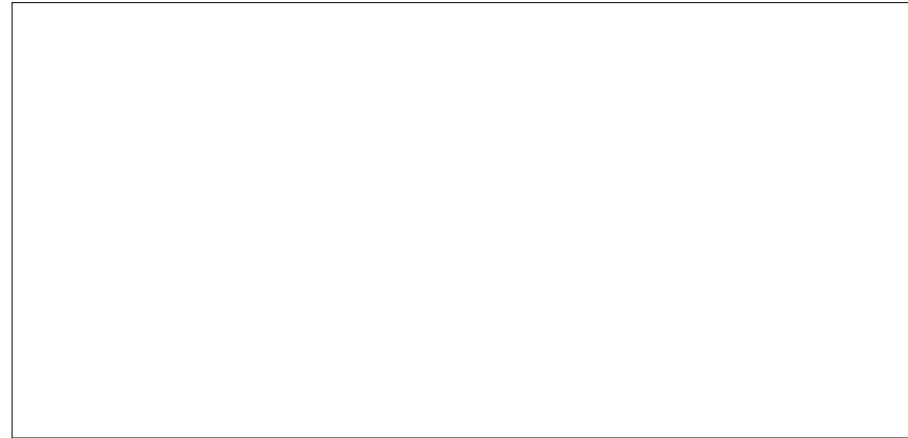




2730 Bailey Lane
Eugene, OR 97401

Stamp



Administrative Team:

Jill Maher: Executive Director
Carey Gross: Community Relations Dir.
Celene Brummund: Business Office Dir.
Theresa Curcio RN: Wellness Nurse
Matt Hackett LPN: Wellness Nurse
Barbara Schmidt: Wellness Director
Mia Reeser: Resident Care Coord.
Brian Thompson: Maintenance Director
Crystal Lehnherr: Dining Service Director
Kirsten Silva: Life Enrichment Director

Connect:

541-344-7902

info-eugene@farmingtonsquare.com
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**Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.**



The Farmington Square Times

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!

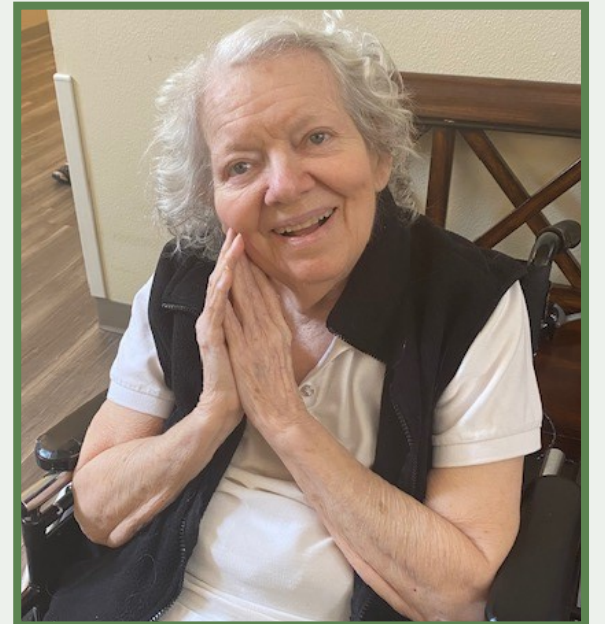


Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



Resident Birthdays:
Janice: Sept. 23rd

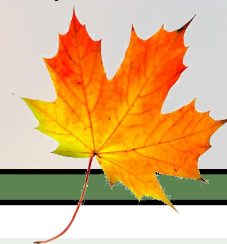
Employee Birthdays:
Kelley: Sept. 2nd
Brianne: Sept. 3rd
Ellie: Sept. 5th
Alex: Sept. 7th
Liz: Sept. 12th
Ashlee: Sept. 16th
Nick: Sept. 19th
Johnetta: Sept. 20th
Carey: Sept. 29th

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Our Autumn Favorites:

“Football!” - Don

“My birthday” - Darlene

“The turning of the leaves, they’re beautiful” - Liz

“College football” - Jack

“The smells, the leaves, and apple pie” -
Jim



RESIDENT SPOTLIGHT:

Dorris

Dorris is from a small town in Washington called Steptoe. She has also lived in Dayton, WA; Enterprise, OR; Salem, OR; and Eugene, OR. She worked as a timber sales officer at the Willamette National Forest and was a federal employee for over 30 years.

She has always enjoyed horses, going to the Eugene Symphony and volkswalks – England, Oregon Trail, Panama, Canada, as well as local Oregon volkswalks. She loves singing, listening to classical music, watching sport events and Judge Judy, and reading the newspaper and magazines. She enjoys exercise class, playing bingo, gardening, good coffee, popcorn, ice cream, and any lemon-flavored treats. She is described as adorable, stubborn at times, sweet, and has a great sense of humor whether positive or sarcastic, always loves to be in charge, and has a great singing voice.

Dorris, you have an amazing sense of humor and you are a delight to be around. We are so happy to have you here at Farmington Square!



STAFF SPOTLIGHT:

TJ

TJ is a Med-Tech here at Farmington Square in Eugene and has been a part of our Radiant team for a little over a year. TJ is from Springfield, Oregon and she has also lived in Vale and Junction City. She likes reading, watching cartoons, swimming, going to the beach, mochi ice cream, Lily flowers, camping, Pepsi, collecting buttons, and sleeping. She is described as hard-working, independent, reliable, smart, bubbly, kind, quiet, compassionate, funny, and strong-willed.

TJ, the residents enjoy your company and really appreciate all the work that you do. Your coworkers enjoy working with you and they can always rely on you to do your job to the best of your ability. Thank you for all that you do and for being one of our Radiant team members!

Note: This photo was provided by TJ.

SEPTEMBER 2020

Farmington Square Eugene • 2730 Bailey Lane, Eugene, OR 97401

• 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	 	<p>1</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Music Night* (B)</p>	<p>2</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: August Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Outdoor Games (All) 2:00 Creative Arts: Adult Coloring* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</p> 	<p>3</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Museums* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Funny Animals* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Penny Ante (B)</p>	<p>4</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: September Trivia* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: National College Colors Day* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)</p> 	<p>5</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee (B)</p>
<p>6</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: National Read a Book Day* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 00 Recorded Live Music: Katie Sontag* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)</p> 	<p>7</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Travel to Netherlands* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 B-I-N-G-O* (C) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Labor Day Trivia* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</p>	<p>8</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Music Night* (B)</p> 	<p>9</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Common Sayings Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Outdoor Games (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</p>	<p>10</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Classic TV* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Funny Babies* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Penny Ante (B)</p> 	<p>11</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Virtual Pet Visits* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Get to know me* (All) 3:30 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)</p>	<p>12</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Transitions Trivia* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Natl. Chocolate Milkshake Day* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee (B)</p> 
<p>13</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Animal Kingdom* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (A,B) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)</p>	<p>14</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: National Virginia Day* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 B-I-N-G-O* (C) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Word Games* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</p> 	<p>15</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Natl. Online Learning Day* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Music Night* (B)</p>	<p>16</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: August Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Outdoor Games (All) 2:30 Resident Council (C) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</p> 	<p>17</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Virtual Museums* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Funny Animals* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Penny Ante (B)</p>	<p>18</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Farms & Gardens Trivia* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: National Cheeseburger Day* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)</p> 	<p>19</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: National Dance Day* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee (B)</p>
<p>20</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Music & Art* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Recorded Live Music: Robert Meade* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)</p> 	<p>21</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Travel to Washington D.C.* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 B-I-N-G-O* (C) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: National New York Day* (All) 3:30 Family Feud* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</p>	<p>22</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Music Night* (B)</p> 	<p>23</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Common Sayings Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Outdoor Games (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</p>	<p>24</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Movies* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Funny Babies* (A,B) 2:00 Exercise Fun: Sit & Be Fit* (C) 3:00 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Penny Ante (B)</p> 	<p>25</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Virtual Pet Visits* (A,B) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: National Comic Book Day* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)</p> 	<p>26</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Words & Phrases Trivia* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Word Games* (All) 3:00 Creative Arts: Watercolor Painting* (All) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee (B)</p>
<p>27</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Animal Kingdom* (A,B) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: National Chocolate Milk Day* (All) 2:00 Card Games* (All) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Life Stories (B)</p>	<p>28</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Travel to Austria* (A,B) 12:30 Yahtzee (B) 1:00 (A) 12:30 B-I-N-G-O* (C) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: National Family Day* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</p> 	<p>29</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Card Games* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Balloon Ball (C) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Music Night* (B)</p>	<p>30</p> <p>9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: August Trivia* (A,B) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Short Stories* (A) 2:00 Snacktivity: Birthday Cupcakes (All) 2:00 Creative Arts: Adult Coloring* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</p> 	 	 	<p>September Highlights</p> <p>Sep. 4th— National College Colors Day Sep. 6th— National Read a Book Day Sep. 6th— Recorded Live Music: Katie Sontag Sep. 11th & 25th— Virtual Pet Visits Sep. 12th— National Chocolate Milkshake Day Sep. 14th— National Virginia Day Sep. 15th— National Online Learning Day Sep. 16th— Resident Council Sep. 18th— National Cheeseburger Day Sep. 19th— National Dance Day Sep. 20th— Recorded Live Music: Katie Sontag Sep. 21st— National New York Day Sep. 25th— National Comic Book Day Sep. National Chocolate Milk Day Sep. 28th— National Family Day Sep. 30th— Birthday Cupcakes</p>