



September  
2021

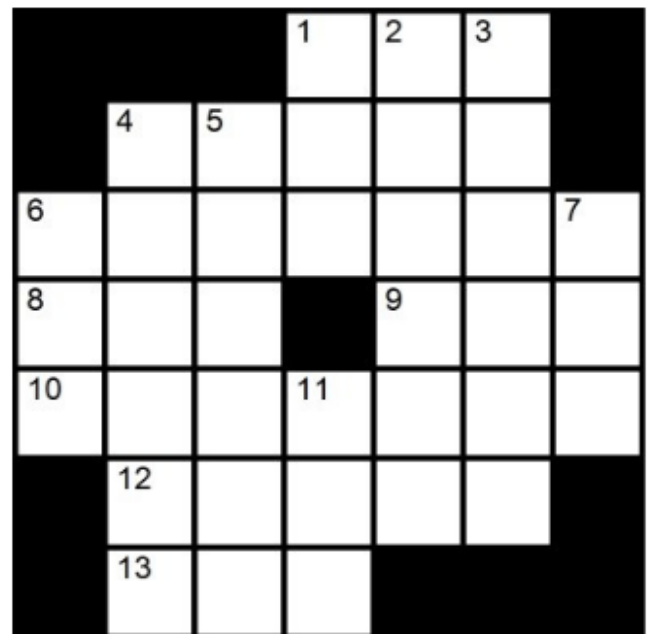
## Holden at Southcenter

112 Andover Park East  
Tukwila, WA 98188

### Summer Trivia



1. What year is known as “the year without summer”?
2. The dog days of summer refer to what?
3. According to botanists, is Watermelon a fruit or vegetable?
4. The frisbee was originally invented for what purpose?
5. July is the national month of what fruit?



#### Across >

- 1 Wharton product
- 4 Goes to sea
- 6 Gloss
- 8 Contains Jets and Texans
- 9 The very end of a golf club
- 10 Get the drift
- 12 Become edible
- 13 Ward for serious cases

#### Down v

- 1 Short for the least
- 2 Light-hearted
- 3 Come --- as you can
- 4 Adventurous expedition
- 5 Cold and bleak
- 6 Carpet cleaner (Abbr.)
- 7 Female fowl
- 11 Computer brain

## Summer Trivia Answers

1. 1816 (due to a 1815 eruption of Mount Tambora that caused a volcanic winter)
2. Hottest days of Summer  
July 3- August 11
3. Fruit
4. As a pie plate
5. Blueberries



Sunday September 12th is  
Grandparents Day!!



## 10 Positive Affirmations to Boost Your Happiness

Positive affirmations are phrases or mantras that you say to yourself to encourage, affirm, or promote self-love and personal progress. Even if you don't feel like all of the affirmations are true today, by repeating them over and over, the positive thoughts penetrate your subconscious and impact how you see yourself and how you feel. We are starting you off with 10 simple phrases you can use today to start feeling the effects of positive thinking.

*I am worthy.*

*I am cared for.*

*I belong.*

*I have unique talents.*

*I am strong in mind and body.*

*Everything will work out.*

*I am courageous.*

*I am a great friend.*

*I am confident.*

*I am happy.*

## Featured Events

Sep 1 - Activity Committee Meeting

Sep 8 - Out to Lunch Bunch

Sep 15 - Food Forum

Sep 18 - House Warming Party

Sep 22 - Resident Council

Sep 29 - Resident Birthday Celebration