

800 EAST RATLIFF ROAD
RED OAK, IA 51566



ARLINGTONPLACERETIREMENT.COM
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ARLINGTON PLACE GAZETTE

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JOIN US FOR A WEEKLY EVENT:

- Sunday, Music Time on Piano at 2:30 p.m.
- Wednesday & Fridays Virtual Music Therapy at 9:30 a.m.
- Wednesday & Fridays One on One w/LEC 10:00 a.m.
- Tuesdays, & Thursdays, Live 2B Healthy 10:00 am.
- Monday–Friday Mani-cures/hand massages

Main September 2021 Events

Wednesday, September 1st :

Burnt Ends Brisket Day

Saturday, September 4th:

Macadamia Nut Day! Bingo at 1:00 p.m.

Thursday, September 9th:

It's National Teddy Bear Day!

Wednesday, September 15th:

It's Cheese Toast Day and let's play Bingo!

Thursday, September 16th:

Cinnamon Raisin Bread Day!

Monday, September 20th:

It's Pepperoni Pizza Day! Let's Play some Yahtzee!

Friday, September 24th

Cherries Jubilee Day!

Thursday, September 30th:

Oh Boy! It's National Mulled Cider Day!

It's National Better Breakfast Month! Can you make a better breakfast? Protein, dairy, fat and carbs are what we need first thing in the morning.

Have a Happy Fall, Ya'll!

NATIONAL SEPTEMBER MONTHLY, POTATO MONTH, SUICIDE PREVENTION, BETTER BREAKFAST, ITALIAN CHEESE MONTH, HONEY MONTH, RICE, WHOLE GRAINS MONTH AND PIANO MONTH

1st Burnt Ends Brisket Day	15th Linguine Day
3rd College Colors Day	16th Cinnamon Raisin Bread
4th Macadamia Nut Day	17th Apple Dumpling Day
6th Read A Book Day	18th Cheeseburger Day
7th Acorn Squash Day	20th Pepperoni Pizza Day
9th National Teddy Bear Day	22nd 1st Day of Autumn!
12th Grandparents Day	23rd Great American Pot Pie
National Assisted Living Week Starts!	26th Pancake Day
13th Peanut Day	27th Corned Beef Hash
14th Hoagie Day	28th Strawberry Cream Pie



Friendship

A friend is someone you
can be alone with and have nothing
to do and not be able to think of anything to say
and be comfortable
in the silence.
- Sheryl Condie



FROM OUR DIRECTOR

Comfort & Convenience

Uniquely Yours

Arlington Place of Red Oak provides top-quality care in a beautiful, welcoming location that feels like home, are close to family members and make it easy to meet new friends. We offer unique amenities and services tailored to our Residents' specific needs, so they can lead a life of dignity, independence and security.

Feel free to contact me anytime at (712)623-1999

arlingtonplaceretirement.com

Di Smith, Director.



From Our Culinary Department

September brings more fun with National Assisted Living Week! This is when we get to have lots of fun with food to match our fun-filled days!

We will have Pizza, Hoagies, Chocolate milk shakes, Peanut Butter Pie and so much more!

Stay healthy and safe. Have a happy Labor Day!

Pam Ehlers, Culinary Coordinator



HEALTH CARE COORDINATOR

Hello everyone!

September is Healthy Aging month – follow these tips to stay at your peak!

1. Get moving Exercise regularly to maintain a healthy body and brain.
2. Stay social Take a class, volunteer, play games, see old friends, and make new ones.
3. Bulk up Eat beans and other high-fiber foods for digestive and heart health.
4. Add some spice

Welcome Fall!

Kristy Eitzen, RN, Health Care Coordinator



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Culinary Coordinator:

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RESIDENT BIRTHDAYS

Maurine 17th Arlene 25th



EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.

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managed by

