

ARLINGTONPLACERETIREMENT.COM
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ARLINGTON PLACE GAZETTE

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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!

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 Manicures/hand massages

NATIONAL SEPTEMBER MONTHLY, POTATO MONTH, SUICIDE PREVENTI Italian Cheese Month, Honey Month, Rice, whole grains

1st Burnt Ends Brisket Day

3rd College Colors Day

4th Macadamia Nut Day

6th Read A Book Day

7th Acorn Squash Day

9th National Teddy Bear Day

12th Grandparents Day National Assisted Living Week

Starts!

13th Peanut Day

14th Hoagie Day

15th Linguine Day

16th Cinnamon Raisin Bread

17th Apple Dumpling Day

18th Cheeseburger Day

20th Pepperoni Pizza Day

22nd 1st Day of Autumn!

23rd Great American Pot Pie

26th Pancake Day

27th Corned Beef Hash

28th Strawberry Cream Pie





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 meepers 102

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.



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

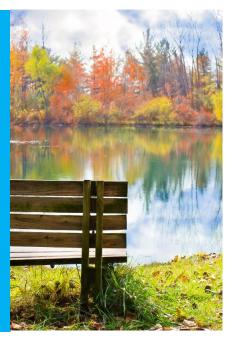
Welcome Fall!

Kristy Eitzen, RN, Health Care Coordinator









RESIDENT BIRTHDAYS

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CONTACT INFORMATION

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