

Facts About September

September’s name is really quite inaccurate these days. It was originally the seventh month of the ancient Roman calendar, and as such it was named Septem, which translates into “the seventh month”. It wasn’t until 451 BC that the months of January and February were added to the calendar, making September the ninth month.

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

September heralds the beginning of Fall in the northern hemisphere, with it officially commencing on the September equinox, which is usually between the 21st and the 23rd of the month. In the southern hemisphere, it’s the opposite of course, with spring starting on the September equinox.

September 17th is an incredibly important day for the US, as it was on this day in 1787 that the US Constitution was adopted. If it weren’t for the Constitution the US could be an incredibly different country today, with far fewer civil liberties!

September is graced with having two different birth flowers. The two flowers are the vibrant aster and the beautiful yet resilient morning glory. The significance of both flowers is actually very similar, with the aster being said to represent love, while the morning glory represents affection.

September only has one birthstone. The stone is the majestically vivid sapphire. With its deep blue tones, this precious stone is said to represent the wisdom of the gods, purity, and trust. Sapphires were once worn to protect the wearer from both poisoning and other evils.

The first newspaper to ever be put into print in the US was published on September 25, 1690. The paper was called Publick Occurrences Both Foreign and Domestick and was published in Boston. The newspaper was to be rather short-lived, as the British were displeased with its contents and put a stop to it straight away.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
Saturday & Sunday 9:00am-5:00pm
Office 916-929-3966 Fax 916-929-3627
Tonya/Activities Office 916-929-6003
Van/Transportation Cell 916-468-3091
After Hours Cell 916-468-3092
Dining Room 916-921-5998
Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-429-2744
Yellow Cab 916-444-2222
Beauty Salon Jane Ma 916-223-9658
Wednesday-Friday
Clean Touch Dry Cleaning 916-366-6666
Pick-up & drop-off Monday & Thursday

Facts About September continued...

September 11, 2001, changed the shape of the world forever. It was on this fateful day that the worst terrorist attack on US soil happened when four commercial airliners were hijacked. Two of the planes were flown straight into the Twin Towers and the World Trade Center, and another was crashed into the Pentagon. The fourth plane crash-landed into a field in Pennsylvania after the passengers of the flight attempted to regain control of the plane from the terrorists. This marks the 20-year anniversary of 9/11!



CAMPUS COMMONS

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Kitchen: 916-921-5998
Comcast: 1-800-266-2278
AT&T: 1-800-310-2355

Christine’s Comments

What is Labor Day and why do Americans celebrate it? Labor Day is a national holiday created to honor U.S. workers and their contribution to the economy. Many Americans use the day to celebrate the end of summer and would be surprised to know the day has its roots in the labor movement of the late 1800s. So Happy Labor Day on Monday, September 6th.

I’m so happy to announce that Richard Beyerl is back as our Chef and General Manager. Richard returned on August 23rd and has already been perusing the dining room meeting and greeting all of you. Richard will be conducting an Oktoberfest food demo on Thursday, September 30th at 2:30pm and will then serve a scrumptious Oktoberfest feast for dinner that evening. I’m sure you will all enjoy his delicious spätzle, schnitzel, and German potato salad!

Richard will be revising the vegetarian options starting this month. There will no longer be a daily vegetarian dish as we found there was a lot of waste. Always ask the waitstaff if an entrée can be adjusted to your needs.

The gate to the golf course will finally be fixed soon! I’m sorry it’s taken so long, but that’s what happens when we work with outside vendors. And I just heard late last month that the golf course will be closing for good! I do not have details on that, but I’m sorry to see it close at it’s been around for decades!



Election Update

Official Election Day is September 14, but every registered voter should have received a mail-in ballot and there are multiple opportunities for early voting. If you registered and did not receive a ballot, call 800-762-8019 for information. If you received your ballot and want to mail it, you can safely fit it in the drop box at the mailboxes in the main lobby or new wing mailboxes here. If you are uncertain about the postal service, you can go across the street to Raley’s where there is an official secure ballot drop box inside the main entrance. In either case, be sure you complete and sign the information on the outside of the ballot envelope.

If you did not register by August 30, you can still register and vote. There is an official Vote Center open every day from September 4 through Election Day, located at the R.T. Conzelmann Community Center in Howe Community Park at 2201 Cottage Way. You can go there to register, receive a ballot, and vote. Completed ballots can also be turned in there.

We have not received information about the location of the polling place for this precinct that will be open on Election Day, but we will post that information when we do receive it.

Bookworms Update

At their last meeting, the Bookworms had a very spirited discussion about the August selection. The Island of Sea Women. It was like three separate novels, plus a history WW II morphing into the Korean War. The culture of the island of Jeju and the lives of the free diving women who go to remarkable depths in freezing waters was fascinating. Everyone agreed it was a very difficult read, and worth every minute. However, the group decided to change the book schedule and adopt a lighter topic for **September**, which will now be Clara and Mr. Tiffany by Susan Vreeland. This is the story of a woman who worked in his studios during the turn of the 20th Century. In connection with that book, the group

September Birthdays

In astrology, those born from September 1–22 are Virgo’s Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

- Renee Davis, September 5th
- Doris Forward, September 9th
- Yvonne Van Luven, September 10th
- Frank Palmer, September 14th
- Dusty Rhodes, September 14th
- Ellie Mahoney, September 15th
- Arlie Veis, September 16th
- Nathaniel Elam, September 30th

September Anniversaries

- Violet Dillion – 8 years
- Joe Woelflen – 6 years
- Mel Holland – 5 years
- Rick & Claudia Trnka – 4 years
- Yolanda Wright – 4 years
- Paul Skreden – 3 years
- Nathaniel Elam – 1 year
- Yvonne Van Luven – 1 year

September Move-Ins

Nell F. #348

Bookworms continued...

is organizing a visit to the Tiffany Exhibit now on display at the Crocker Art Museum. The new book schedule is:

- October** – Finding My Voice by Valerie Jarret
- November** – The Timekeeper by Mitch Alborn

The next meeting is Wednesday, September 15th at 7pm in the Library/Theater. All are welcome but sign-up to hold a seat.

Tonya’s Activity News

September is a time for falling leaves and a Western Hoedown on Friday, September 10th. Come down and take a fun western picture of you or a few friends at 10:30am in the Activity Center. The Hoedown BBQ starts at 11:00am – 1:00pm on the outdoor patio or dining room. Bucking Bronco Races (horseracing) will be in the backyard at 1pm. Please be sure to arrive a little before the races start to place your bets. There are raffle drawings throughout the races to win prizes. Lastly, you all need to saddle up your horses and trail down to the “Saloon” (Cabaret Lounge) for a “Yee-Haw Time” with Western Band Lincoln Highway performing at 2:30pm. Doors open at 2:15pm to get a drink, seat, and a catered snack. If you would like to purchase a bandana and cowboy/cowgirl hat for this day’s event the price is \$5.00 for the combo deal or \$3 for just a hat and \$2 for just a bandana. Please sign up at the sign-up table by the Activity Center and drop your money off at the Front Office. You can pick up your hat and bandana in the Activity Center on the day of event at 10:30am when you take your western picture.

Those that enjoy or would like to learn how to play Mexican Train on Sundays are encouraged to come down at 1pm in Activity Center.

Every 2nd Wednesday of the month we celebrate our resident’s birthdays in the Cabaret Lounge at its new time 11:00am.

Thursdays Misc. Musicals has a name change and now it is Theatre Thursdays. You will still have musicals and classic movies to enjoy.

Chair Volley (Beach) Ball is back and will be played in the backyard the 2nd & 4th Tuesday and the 1st & 3rd Thursdays of the month. Come and serve-up some fun.

We will continue with Happy Hours every Friday but until further notice, masks are always required except when to drink or eat. Please pull them back up for the duration of the happy hour.

We are thankful for the entertainer’s willingness and participation upon wearing a mask during their performance. Starting the month off with “Live” performance is Mike Ely on the 3rd, Lincoln Highway on the 10th and Happy Trails Duo on the 17th. They practiced new song choices and say the residents will be dancing the hour away. Closing the month will be a Resident Playlist. Residents were asked to write down their favorite songs at the sign-up table. Our last Resident Playlist Happy Hour on August 20th was fun and a pretty good turn-out. It was great to see everybody socializing, dancing, and having a great time.

A special note to the Music in Motion exercise group... I called Rowena about her knee surgery, and she said she misses all of you and she is doing GREAT! Rowena stated that her left knee surgery was a success, she is doing Physical Therapy and recovering fast so she can be back very soon.

Have a wonderful and fabulous September!

Natasha’s Marketing Minutes

And just like that, summer falls into September! Mark your calendars for September 16th at 2:30pm in the Cabaret Lounge for an informational presentation with Aaron Duncan from Caption Call. Caption Call is a no-cost program for those with hearing loss that can help improve your phone conversations. A captioning service lets you hear and read what someone is saying.

Help us welcome Chef Richard back by joining us in the Cabaret Lounge at 2:30pm on September 30th for a delicious Oktoberfest food demo!