

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September 2022



Assisted Living

<p>9:00 Morning Musical Movie, LR 2:00 Walking Group, L 6:00 Evening Movie, LR</p> <p style="text-align: right;">4</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 2:00 Word Mining & Board Games, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">5</p> <p style="text-align: center;">Labor Day</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">6</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping- Bartels, L 1:00 Walking Group, L 2:00 Bingo, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">7</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Novari Primary Care 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">1</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 1:30 Pet Visit with Freyja, LR 2:30 Birthday Celebration With Sandra Walker, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">2</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Board Games 6:00 Evening Movie, LR</p> <p style="text-align: right;">3</p>
<p>9:00 Morning Musical Movie, LR 2:00 Walking Group, L 6:00 Evening Movie, LR</p> <p style="text-align: right;">11</p> <p style="text-align: center;">Grandparents Day</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 2:00 Scenic Drive 5:00 Monday Night Football: Seahawks, LR</p> <p style="text-align: right;">12</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">13</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, L 2:00 Red Hats, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">14</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Novari Primary Care 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">8</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Hank Blumenthal, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">9</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:00 Entertainment with Ken Sabalza, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">10</p> <p style="text-align: center;">Oktoberfest Begins</p>
<p>9:00 Morning Musical Movie, LR 1:00 Seahawk Sunday, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">18</p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR</p> <p style="text-align: right;">19</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">20</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-Rite Aid, L 1:00 Walking Group, L 2:00 Bingo, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">21</p> <p style="text-align: center;">Autumn Begins</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, AR 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">15</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Jon Pressman, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">16</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Board Games, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">17</p>
<p>9:00 Morning Musical Movie, LR 2:00 Walking Group, L 6:00 Evening Movie, LR</p> <p style="text-align: right;">25</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Wii Bowling, IC 2:00 Resident Meeting, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">26</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">27</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, L 2:00 Bingo, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">28</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Novari Primary Care 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">22</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Red Shirt Cowboys, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">23</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Board Games, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">24</p>
<p>9:00 Morning Musical Movie, LR 2:00 Walking Group, L 6:00 Evening Movie, LR</p> <p style="text-align: right;">25</p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Wii Bowling, IC 2:00 Resident Meeting, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">26</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: right;">27</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, L 2:00 Bingo, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">28</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Novari Primary Care 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">29</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Noel Sisters, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">Assisted Living</p>

September 2022 THE MONTHLY GAZETTE

"Golden in the garden,
Golden in the glen,
Golden, golden, golden
September's here again!"
~ Annette Wynne



Dog of the Month – Shih Tzu

The shih tzu is an adorable, charming breed of Asian toy dog. They have been popular pets for centuries. Originally from Tibet, these affectionate, tiny pups were bred to be companions for nobility. The ultimate lap dogs, shih tzus don't need a ton of activity outside of short daily walks. These sweet pets are very happy spending their days snuggling on the couch and living a life of leisure. But, while their ancestors might have lounged in royal palaces, shih tzus also do very well in smaller living spaces. They typically weigh between nine and 16 pounds and stand



under a foot tall. Their lovely, flowing coats need daily brushing to maintain, and they come in a variety of color combinations, including white, black, gold, red, and silver. To avoid hair getting in their eyes, it's common to either trim the hair on the top of their heads or pull it into a bun or ponytail. *Shih tzu* means "little lion" in Mandarin.

Special Days

Labor Day
September 5

Grandparents' Day
September 11

**Patriot Day &
National Day of
Remembrance**
September 11

Constitution Day
September 17

Fall Equinox
September 22

Rosh Hashanah
September 25–27

Flower – Aster



The aster is a flower with brightly colored petals that unfold in the shape of a star. It is no surprise, then, that these blooms take their name from the Greek word for *star*. There are about 180 species of aster throughout North America and Eurasia, with colors ranging from purples and blues to reds and pinks. They are an ideal plant for showcasing in gardens, particularly as they symbolize love and patience. Along with chrysanthemums, asters are considered a classic autumn flower.

Birthstone – Sapphire



September's birthstone is the sapphire. The sapphire has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself. Russia's Ivan the Terrible adorned himself with sapphires for strength and courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it symbolizes loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine, Duchess of Cambridge.



Assisted Living

A Great Place to Call Home

Hair Salon
Wednesdays
9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Happy Birthday:
Jim U 9/03 Millie R 9/22

Welcome:
John & Pauline Velton Penny G

Special Activities

- | | |
|-------------------------------------|--|
| September 2 nd @2:30 PM | Birthday Celebration with Sandra Walker |
| September 9 th @2:30 PM | Happy Hour Hank Blumenthal |
| September 10 th @2:00 PM | Entertainment with Ken Sabalza |
| September 11 th @2:00 PM | Grandparent's Day Celebration With David Irish |
| September 14 th @2:00 PM | Red Hats |
| September 16 th @2:30 PM | Happy Hour with Jon Pressman |
| September 23 rd @2:30 PM | Happy Hour with Red Shirt Cowboys |
| September 26 th @2:00 PM | Resident Meeting |

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