



Notable Quotable

“There is more treasure in books than in all the pirate’s loot on Treasure Island.”

~ Walt Disney, animator



September Horoscopes and Birthdays

In astrology, those born from September 1–22 are Virgo’s virgins. Often symbolized by the goddess of agriculture, Virgos are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects that create balanced environments.

Lily Tomlin – Sept. 1, 1939
Salma Hayek – Sept. 2, 1966
Beyoncé – Sept. 4, 1981
Idris Elba – Sept. 6, 1972
Misty Copeland – Sept. 10, 1982
Harry Connick Jr. – Sept. 11, 1967
Tyler Perry – Sept. 13, 1969
B. B. King – Sept. 16, 1925
Dorothy Vaughan – Sept. 20, 1910
Bruce Springsteen – Sept. 23, 1949
Jack LaLanne – Sept. 26, 1914
Ed Sullivan – Sept. 28, 1901
Martina Hingis – Sept. 30, 1980

Happy September Birthdays!

09/01 – Gloria Laube

09/02 – Gene Beverly

09/07 – Mary Venable

09/17 – Dorothy Johnson



Skimming the Surface

Easdale Island off of Scotland’s west coast is home to just 60 residents, but this tiny island hosts a very big event each September: the World Stone Skimming Championships. Hundreds of visitors from all around the world arrive to a party atmosphere all for the sake of tossing some stones.

Easdale was once the center of Scotland’s slate mining industry. Everyone in town knows of Easdale’s “still pools,” the former quarries and venue for the event.

Some of these pools extend as deep as 300 feet below sea level. Skimmers, of course, must use authentic Easdale slate for their skimming stones.

With two feet on the skimming platform, contestants must bounce stones at least two times for a throw to be valid. Skims are measured to where they sink. The real feat is reaching the back wall of the still pool 70 meters away, which is not impossible but still a demanding throw for even the most skilled skimmers.

Arbor Hills Grapevine

September 2022

**Arbor Hills Independent Living
Residence**
4145 Lakeland Hills Blvd
Lakeland, FL 33805



Baby Mine: Update on Ramon & Diana’s Baby David!



**Yee Haw!
World’s
Cutest
Cowboy!**



Resources

Mary Gaudet
Executive Director

Sarah Marshall
*Resident Relations
Coordinator*

Luis Casiano
*Food Service
Director*

Ramon Miranda
*Maintenance
Director*

Kaitlyn Askey
Activities Director

Anne Shumaker
*Business Office
Manager*

**Physician
Transport
with Julio**
*Monday (south
side), Wednesday
and Friday*

**Beauty/Barber
with Tonya**
Thursdays 9-3

September Activities Highlights

Wii Bowling is back! Every Tuesday and Thursday at 10am in the Community Center (excluding Town Hall dates).

09/12 – Second Chance Boutique will be here with clothing bargains at 1:30pm in the Community Center! May also include a special visit by a Mary Kay makeup sales associate.

09/13 – Town Hall is at 10am. Please come and share how we are doing and how we can make our community a better place to live.

09/14 – Let's talk turkey! Speak with Luis, Kitchen Director, about the food choices and how the dining room is functioning. In the private dining room at 1:00pm.

09/15 – Come to the Activities Committee at 1:00pm in the Community Center. We discuss new activities and future outings!

09/16 – Let's dress to the nines! It's Classical Music Month and we are celebrating with a formal concert & cocktail hour. 3:00pm in the Community Center. Dressing up formal is recommended, not required.

09/19 – Can't beat getting goodies for the low low price of 20 beans or less! Come to the Lima Bean Auction at 3:00pm in the Community Center.

09/20 – More bargains to be found! We are taking a trip to the Salvation Army Store on South Florida Ave. We will leave at 1:00pm.

09/26 – I know most of you have more Bingo Bucks than you know what to do with, so now its time to spend them! Bingo store at 3:00pm in the Community Center.

Labor Day: Saying Hello and Goodbye to Jobs

As we observe Labor Day, we reflect upon the changes that have come to the labor markets in an age of new technologies, geopolitical policies, and a global marketplace. New capabilities and priorities have created both need and appetite for products and services that were not yet conceived 50 years ago, and that impacts jobs. In this month's discussion, we'll examine jobs that have disappeared in recent decades and some of the new jobs that have emerged.

Jobs of a Bygone Era

Lector: This job, common in Cuban cigar factories in the mid-19th century, came to the United States where it was practiced primarily in Florida and New York City early in the 20th century. The lector was paid by the workers to read aloud material of their choosing and keep boredom at bay as they assembled cigars.

Sandman: This is not the same sandman as the one in the song being summoned to "send me a dream." This was a real job in the times that sand was used to dry wet ink on hand-penned letters. It was applied in dustings to diminish blotting and offer faster drying. This was a special fine sand that was sold door-to-door by a person known as a sandman.

Elevator Operator: Before the days of push-button operation in elevators, a person called an operator manually controlled them using levers to accurately land the elevator cab on the intended floor.

Human Computer: Today, a smartphone or laptop computer are among common household devices that can be used for the purposes of computing. But you may recall a time when this was accomplished with nothing more than the human mind. Human computers were used to perform complex mathematical equations during World War II and by NASA into the mid-1900s.

Manual Part Loading: This was a job on car assembly lines before robotic arms came along. Each car part was loaded manually by a designated loader.

Recently Created Jobs

Virtual Assistant: In the age of online business, this is a job that is on the rise. Just as in the world of brick and mortar, virtual assistants perform tasks ranging from answering correspondence (emails) and phone calls, to managing personal schedules and bookkeeping. The only real difference is it is done remotely and online.

Uber/Lyft Driver: Using phone apps, companies such as Uber and Lyft offer ride sharing through contracted employees who use their own vehicles to transport consumers from one place to another. This service is in high demand for people going to the airport or wanting safe transportation after a night on the town.

Sustainable Builder: Here is another job that is the product of increased global interest in preserving the environment. Known as green construction, this involves focus on construction that is in sound locations, is energy efficient, produces low emissions, and minimizes water waste. These builders may specialize in design, construction, or a specific trade, such as green electricity.

Drone Operator: Small, robotic aircraft called drones are used commercially to perform tasks that are not feasible for humans to do, such as obtaining images from impossible heights or conducting difficult surveillance. Specially trained operators are in demand for this function.

App Designer: With the introduction of smartphones, a recent technology known as application software has taken root. Mobile apps, as they are called, provide access to a wide range of services, from mapping a road trip route to finding a good restaurant or getting the latest sports scores. Apple's App Store allows users to download any they might find useful. App designers develop these apps and sell them to the App Store.

Are you familiar with any of the jobs mentioned above through reading or hearing stories about them? Do you have children or grandchildren who perform any of these new jobs? Regardless of your profession, thank you for all your hard work and have a Happy Labor Day!



**Famous
September
Birthdays**

**Word
Search**

(Solution)

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------------|-------------------------------|
| 1. Director/screenwriter – K | 7. American politician – J |
| 2. Radio newscaster – C | 8. Golfer – H |
| 3. <i>Three's Company</i> actor – I | 9. Mystery writer – A |
| 4. American folk artist – F | 10. Missouri outlaw – D |
| 5. Boxer – E | 11. Singer/actor/composer – B |
| 6. 27th U.S. president – L | 12. Singer/actress – G |



The Lake Crago Outdoor Recreation Complex is a multiuse facility in Lake Crago Park. Located very close to Arbor Hills Residence. They have some upcoming classes some of you may be interested in. Details are below, call the number below or visit the website provided for more information.

**525 Lake Crago Dr, Lakeland, FL
33805 | 863.834.2215
LakeCrago@Lakelandgov.net**

Recreation Facility Hours of Operation

Monday - Friday
8 am - 5 pm
Some programs and activities may occur outside of normal operational hours

Fitness Classes

\$5 per person per class unless noted otherwise. Most fitness classes are Silver Sneakers/Healthy Contributions applicable.

STRONG NATION™ NEW CLASS

Beginning September 12
Strong Nation™ combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.
Instructor: Mary Garrabrant
Mondays: 5:30 PM – 6:30 PM

BODY, MIND & SOUL FOR SENIORS

Total body workout for seniors. Use of chair, ball, weights and elastic. This class is great for enhancing balance, stability and coordination.
Instructor: Cynthia Beyer
Wednesdays: 11:00 AM - 12:00 PM
Thursdays: 9:30 AM – 10:30 AM

EXERCISE WITH JOY

A low-impact aerobic class designed to increase muscular strength, range of motion, and improve activities for daily living. This is a total body conditioning class utilizing a chair, hand weights, elastic tubing with handles, and a small ball.
Instructor: Joy Poteet
Tuesdays: 9:30 AM – 10:30 AM

SENIOR FITNESS

Focuses on senior stability, fall prevention, and strength.
Instructor: Chrissy Plunkett
Mondays & Thursdays: 11:00 AM – 12:00 PM

TAI-CHI (BEGINNERS)

Tai-Chi is gentle, focusing on fluid, circular movements that are relaxed and slow in tempo. Breathing is deep and slow, aiding mental concentration, relaxing the body and reducing stress. Tai-Chi reduces the risk of falls, improves balance, increase muscular strength and flexibility, and overall fitness. Tai-Chi can be practiced almost anywhere and by almost anyone.
Instructor: Karl Olexa
Mondays & Wednesday: 9:30 AM - 10:30 AM

TUNED-UP FITNESS

Low Impact aerobic fitness that focuses on muscle endurance. Exercises will consist of cardio and hand-held weights to give you the total body workout you need! This class is great for bone strength and muscle tone.
Instructor: Cynthia Beyer
Tuesdays: 11:00 AM - 12:00 PM

GENTLE YOGA

Ideal for beginners or those seeking a relaxing experience at the end of the day. We work to ease stress through stretching and balancing poses, breathing techniques, music, and meditation.
Instructor: Cristina Braun
Tuesdays: 6:00 PM – 7:00 PM

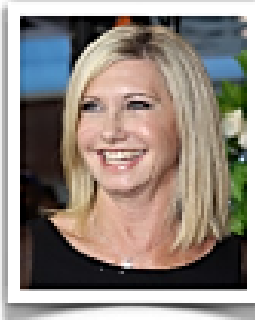
YOGA DANCE

A vibrant way to exercise with music chosen to uplift the soul and harmonize the body and mind. Ideal for those willing to experience joy with the combination of user-friendly dance, yoga, breath work, and meditation. This practice promotes flexibility, endurance, self-confidence, and stress reduction.
Available with Silver Sneakers/Healthy Contributions programs
Thursdays: 4 - 5 PM
Instructor: Cristina Braun

Fun Facts!

Each year 16 million thunderstorms happen around the world, and at any given moment, there are about 2,000 thunderstorms in progress.

German chocolate cake doesn't come from Germany. It was named for a person, Sam German, who created a type of baking chocolate for Baker's in 1852.



Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Agatha **CHRISTIE**
- B. Harry **CONNICK** Jr.
- C. Paul **HARVEY**
- D. Jesse **JAMES**
- E. Rocky **MARCIANO**
- F. Grandma **MOSES**
- G. Olivia **NEWTON-JOHN**
- H. Arnold **PALMER**
- I. John **RITTER**
- J. Bernie **SANDERS**
- K. Oliver **STONE**
- L. William H. **TAFT**

J	Q	H	L	E	M	W	O	S	Z	N	Q
A	D	J	A	O	N	N	A	L	N	W	W
M	G	G	S	R	B	O	B	O	E	J	X
E	E	E	B	K	V	F	T	Q	W	P	D
S	S	Z	Q	W	C	E	M	S	T	H	A
K	T	N	I	J	P	I	Y	X	O	W	A
D	P	G	R	V	N	E	N	K	N	I	T
M	A	R	C	I	A	N	O	N	J	I	F
C	H	R	I	S	T	I	E	J	O	L	A
R	E	M	L	A	P	T	J	G	H	C	T
E	L	I	V	K	S	R	E	D	N	A	S
F	F	F	B	E	I	B	A	R	J	J	E

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------------|---------------------------------|
| 1. Director/screenwriter _____ | 7. American politician _____ |
| 2. Radio newscaster _____ | 8. Golfer _____ |
| 3. <i>Three's Company</i> actor _____ | 9. Mystery writer _____ |
| 4. American folk artist _____ | 10. Missouri outlaw _____ |
| 5. Boxer _____ | 11. Singer/actor/composer _____ |
| 6. 27th U.S. president _____ | 12. Singer/actress _____ |

Arbor Hills Kitchen

We do our best to make sure our residents have a pleasant dining experience. Some days you might not want what is on the Main Menu for the day. That's fine! We have an Alternative Menu with a variety of options and Daily Soup and Salad Bar.

Alternative Menu:

(Available For lunch and dinner daily)

- Grilled All-Beef Hotdog on Bun
- Grilled Fish or Grilled Chicken
- Hamburger or Cheeseburger
- Ham and Cheese Sandwich
- Fried Chicken Strips
- BLT Sandwich
- Grilled Cheese

When ordering sandwiches, please specify:

- Type of Bread
- Grilled, Toasted, or Plain
- Condiments

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Lunch Hour: 12 noon – 1:00pm
Dinner Hour: 5:00pm – 6:00pm

Important Reminder! Items from the Alternative Menu are made fresh. Main Menu orders will be served before Alternative orders, even if you are seated at the same table. Please allow 10-20 minutes to prepare, depending on the volume of Alternative Menu orders.

If you have any comments, questions, or concerns please join us for our Town Hall Meeting, 2nd Tuesday of the month at 10:00am or the Culinary Committee, 2nd Wednesday of the month at 1:00pm in the Private Dining Room. You can also leave any anonymous comments in the suggestion box just outside the library.

Suggestion Request of the Month: Soup!

Write down your favorite soup or a soup you would like to try and submit it to the suggestion box in front of the library.