

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2023

## Assisted Living



<p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>3</b></p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>2:00 Word Mining &amp; Board Games with Joy, LR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>4</b></p> <p style="text-align: center;">Labor Day</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:00 Novari Primary Care</b> 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>5</b></p>	<p>10:00 Strength Exercise, DR <b>10:30 Shopping-QFC, L</b> 1:00 Walking Group, DR <b>2:00 Bingo, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>6</b></p>	<p style="text-align: center;"><b>Medical Transportation**</b></p> <p>10:00 Catholic Services, LE <b>1:00 Novari Primary Care</b> 1:00 Food Committee, DR 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>7</b></p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L <b>2:30 Happy Hour with Primo Kim, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>8</b></p>	<p>10:00 Morning Exercise, DR 1:30 Activity Committee, DR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>9</b></p>
<p>9:00 Morning Musical Movie, LR 10:00 Nail Time, LE 1:00 Ring Toss, LR <b>1:25 Seahawk Sunday, LR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>10</b></p> <p style="text-align: center;">Grandparents Day</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:30 Scenic Drive, L**</b> 5:30 Evening Movie, LR <b>6:00 Hospice 101- Answering All Your Questions With John Grieco</b></p> <p style="text-align: right;"><b>11</b></p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>12:00 Swing Dance-North Bellevue Senior Center, L</b> <b>1:00 Novari Primary Care</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>12</b></p>	<p>10:00 Strength Exercise, DR <b>10:30 Shopping-Bartell's</b> 1:00 Walking Group, DR <b>2:00 Crafty Creations, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>13</b></p>	<p style="text-align: center;"><b>Medical Transportation**</b></p> <p>10:00 Catholic Services, LE <b>1:00 Novari Primary Care</b> 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>14</b></p>	<p>10:00 Morning Exercise, DR <b>11:00 Lunch Outing-Best Wok, L</b> 1:00 Walking Group, L <b>2:30 Happy Hour Social, LR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>15</b></p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>16</b></p> <p style="text-align: center;">Oktoberfest Begins</p>
<p>9:00 Morning Musical Movie, LR <b>10:00 Seahawk Sunday, LR</b> 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>17</b></p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:30 Scenic Drive, L**</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>18</b></p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:00 Novari Primary Care</b> 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>19</b></p>	<p>9:30 Strength Exercise, DR <b>10:30 Shopping-Fred Meyers, L</b> 1:00 Walking Group, DR <b>2:00 Bingo, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>20</b></p>	<p style="text-align: center;"><b>Medical Transportation**</b></p> <p>10:00 Catholic Services, LE <b>1:00 Novari Primary Care</b> 1:00 Social Connection, LR 3:00 Afternoon Exercise, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>21</b></p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L <b>2:30 Happy Hour with David &amp; Lynn, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>22</b></p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>23</b></p> <p style="text-align: center;">Autumn Begins</p>
<p>9:00 Morning Musical Movie, LR 10:00 Nail Time, LE 1:00 Ring Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>24</b></p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:30 Resident Meeting-Come Share your Ideas, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>25</b></p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR <b>1:00 Novari Primary Care</b> 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>26</b></p>	<p>10:00 Strength Exercise, DR <b>10:30 Shopping-Bartell's, L</b> <b>11:00 Traveling Library, L</b> 1:00 Walking Group, DR <b>2:00 Bingo Bash, DR</b> 5:30 Evening Movie, LR <b>6:00 Dementia Support Group, L</b></p> <p style="text-align: right;"><b>27</b></p>	<p style="text-align: center;"><b>Medical Transportation**</b></p> <p>10:00 Catholic Services, LE <b>1:00 Novari Primary Care</b> <b>1:00 Foot Care with Dr. Gorey, AR</b> 2:00 Music Lovers, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p style="text-align: right;"><b>28</b></p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L <b>2:30 Happy Hour with Jim &amp; Beth, DR</b> 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>29</b></p> <p style="text-align: center;">Sukkot Begins</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;"><b>30</b></p>



September 2023  
**THE MONTHLY GAZETTE**

*"Happily, we bask in this warm September sun,  
 which illuminates all creatures..."*

~ Henry David Thoreau



**Bird of the Month – Hawk**

Hawks are a variety of majestic, small-to-medium-sized birds of prey, or raptors, including true hawks, goshawks, and sparrow hawks. These fast-flying, carnivorous birds are expert hunters and eat small mammals, like mice, reptiles, insects, and smaller birds.



They stealthily follow their prey until they can grab hold using their talons. Hawks are found on every continent except Antarctica. They usually build nests in trees, but some make their homes on the ground or on cliffs. Hawks typically mate for life and return to the same breeding grounds year after year. They lay one to six

brown-spotted eggs at a time. Incubation lasts several weeks, followed by a short childhood. They grow to adult size in a matter of months. Unlike most animal species, female hawks are larger than the males. Hawks are protected by laws that aim to prevent people from catching or killing them.

**Special Days**

**Cherry Popover Day**  
 September 1

**Labor Day**  
 September 4

**Grandparents' Day**  
 September 10

**Rosh Hashanah**  
 September 15–17

**First Day of Autumn**  
 September 23

**Yom Kippur**  
 September 24–25

**Full Harvest Moon**  
 September 29

**Flower – Aster**



The aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise, then, that these blooms take their name from the Greek word for *star*. There are about 180 species of asters throughout North America and Eurasia, with colors ranging from purples and blues to reds, pinks, and whites. This flower's wide variety of shapes and colors makes it an ideal plant for residential gardens. Along with mums, asters are considered a classic autumnal flower.

**Birthstone – Sapphire**



It's fitting that this month's gemstone, the sapphire, is most commonly royal blue. The gem has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring for protection, and Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and fostered courage. Sapphires also symbolize loyalty, respect, and lasting affection. Princess Diana had a gorgeous sapphire engagement ring. The famous blue gem now adorns the hand of Catherine, Princess of Wales.



**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

- |   |  |
|---|--|
| <b>September 1<sup>st</sup> @ 2:30 PM</b>   | <b>Seahawk Birthday Celebration with Sandra Walker</b>           |
| <b>September 8<sup>th</sup> @ 2:30 PM</b>   | <b>Happy Hour with Primo Kim</b>                                 |
| <b>September 11<sup>th</sup> @ 6:00 PM</b>  | <b>Hospice 101-Answering All Your Questions with John Grieco</b> |
| <b>September 12<sup>th</sup> @ 12:00 PM</b> | <b>Swing Dance-Bellevue Senior Center</b>                        |
| <b>September 13<sup>th</sup> @ 2:00 PM</b>  | <b>Crafty Creations</b>  |
| <b>September 15<sup>th</sup> @ 11:00 AM</b> | <b>Lunch Outing-Best Wok</b>                                     |
| <b>September 15<sup>th</sup> @ 2:30 PM</b>  | <b>Happy Hour Social</b>   |
| <b>September 18<sup>th</sup> @ 1:30 PM</b>  | <b>Scenic Drive</b>  |
| <b>September 22<sup>nd</sup> @ 2:30 PM</b>  | <b>Happy Hour with David &amp; Lynn</b>                          |
| <b>September 25<sup>th</sup> @ 1:30 PM</b>  | <b>Resident Meeting-Come Share Your Ideas</b>                    |
| <b>September 27<sup>th</sup> @ 2:00 PM</b>  | <b>Bingo Bash</b>  |
| <b>September 27<sup>th</sup> @ 6:00 PM</b>  | <b>Dementia Support Group</b>                                    |
| <b>September 29<sup>th</sup> @ 2:30 PM</b>  | <b>Happy Hour with Jim &amp; Beth</b>                            |

[Follow us on Facebook](#)