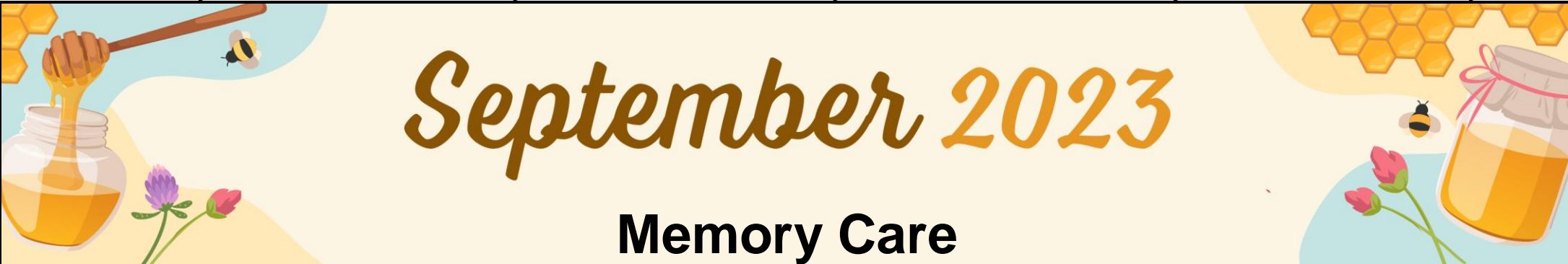


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>September 2023</h1> <h2>Memory Care</h2>						<div>1</div> <div>8:30 Meet n' Greet, DR</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Active Games, DR</div> <div>1:30 Snack Break</div> <div>2:30 Musical Entertainment, LDR</div> <div>5:00 Evening Movie</div>
<div>3</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Nail Spa, C</div> <div>10:30 Bingo, DR</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>4</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Active Game, DR</div> <div>1:30 Music with Larissa</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div> <div>Labor Day</div>	<div>5</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Bingo, DR</div> <div>12:30 Color my World, DR</div> <div>1:00 Novari Primary Care</div> <div>1:30 Scenic Drive</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>6</div> <div>9:00 ~ 1:30 Hair Salon</div> <div>9:00 Aromatherapy, DR</div> <div>10:00 Art Fun, DR</div> <div>1:00 Afternoon Exercise</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>7</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Catholic Prayers</div> <div>1:00 Novari Primary Care</div> <div>1:00 Strike Up the Band</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>8</div> <div>8:30 Meet n' Greet, DR</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Active Games, DR</div> <div>1:30 Snack Break</div> <div>2:30 Musical Entertainment, LDR</div> <div>5:00 Evening Movie</div>	<div>9</div> <div>9:00 Morning Exercise, DR</div> <div>1:00 Balloon Volley Ball</div> <div>1:30 Snack Break</div> <div>2:00 Documentary</div> <div>5:00 Evening Movie</div>
<div>10</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Table Top Games</div> <div>10:30 Bingo, DR</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div> <div>Grandparents Day</div>	<div>11</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Active Game, DR</div> <div>1:00 Color my World</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>12</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Bingo, DR</div> <div>12:30 Color my World, DR</div> <div>1:00 Novari Primary Care</div> <div>1:30 Music with Randy</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>13</div> <div>9:00 ~ 1:30 Hair Salon</div> <div>9:00 Aromatherapy, DR</div> <div>10:00 Art Fun, DR</div> <div>1:00 Afternoon Exercise</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>14</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Catholic Prayers</div> <div>1:00 Novari Primary Care</div> <div>1:00 Strike Up the Band</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>15</div> <div>8:30 Meet n' Greet, DR</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Active Games, DR</div> <div>1:30 Snack Break</div> <div>2:30 Musical Entertainment, LDR</div> <div>5:00 Evening Movie</div> <div>Rosh Hashanah Begins</div>	<div>16</div> <div>9:00 Morning Exercise, DR</div> <div>1:00 Balloon Volley Ball</div> <div>1:30 Snack Break</div> <div>2:00 Documentary</div> <div>5:00 Evening Movie</div> <div>Oktoberfest Begins</div>
<div>17</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Nail Spa, C</div> <div>10:30 Bingo, DR</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>18</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Active Game, DR</div> <div>1:30 Music with Larissa</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>19</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Bingo, DR</div> <div>12:30 Color my World, DR</div> <div>1:00 Novari Primary Care</div> <div>1:30 Scenic Drive</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>20</div> <div>9:00 ~ 1:30 Hair Salon</div> <div>9:00 Aromatherapy, DR</div> <div>10:00 Art Fun, DR</div> <div>1:00 Afternoon Exercise</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>21</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Catholic Prayers</div> <div>1:00 Novari Primary Care</div> <div>1:00 Strike Up the Band</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>22</div> <div>8:30 Meet n' Greet, DR</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Active Games, DR</div> <div>1:30 Snack Break</div> <div>2:30 Musical Entertainment, LDR</div> <div>5:00 Evening Movie</div>	<div>23</div> <div>9:00 Morning Exercise, DR</div> <div>1:00 Balloon Volley Ball</div> <div>1:30 Snack Break</div> <div>2:00 Documentary</div> <div>5:00 Evening Movie</div> <div>Autumn Begins</div>
<div>24</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Table Top Games</div> <div>10:30 Bingo, DR</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div> <div>Yom Kippur Begins</div>	<div>25</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Active Game, DR</div> <div>1:00 Color my World</div> <div>1:00 Music with Nik</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>26</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Bingo, DR</div> <div>12:30 Color my World, DR</div> <div>1:00 Novari Primary Care</div> <div>1:30 Music with Randy</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>27</div> <div>9:00 ~ 1:30 Hair Salon</div> <div>9:00 Aromatherapy, DR</div> <div>10:00 Art Fun, DR</div> <div>1:00 Afternoon Exercise</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>28</div> <div>9:00 Music and Movement, DR</div> <div>10:00 Catholic Prayers</div> <div>1:00 Novari Primary Care</div> <div>1:00 Strike Up the Band</div> <div>1:30 Snack Break</div> <div>5:00 Evening Movie</div>	<div>29</div> <div>8:30 Meet n' Greet, DR</div> <div>9:00 Morning Exercise, DR</div> <div>10:00 Active Games, DR</div> <div>1:30 Snack Break</div> <div>2:30 Musical Entertainment, LDR</div> <div>5:00 Evening Movie</div> <div>Sukkot Begins</div>	<div>30</div> <div>9:00 Morning Exercise, DR</div> <div>1:00 Balloon Volley Ball</div> <div>1:30 Snack Break</div> <div>2:00 Documentary</div> <div>5:00 Evening Movie</div>

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.



Memory Care

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:

Carol H 9/23

Sandra H 9/30

Special Activities:

Music with Larissa ~ September 4th @ 1:00 PM

Scenic Drive ~ September 5th @ 1:30 PM

Strike up the Band ~ September 7th @ 1:00 PM

Music with Randy ~ September 12th @ 1:30 PM

Art Fun ~ September 13th @ 10:00 PM

Music with Larissa ~ September 18th @ 1:30 PM

Scenic Drive ~ September 19th @ 1:30 PM

Music with Nik ~ September 25th @ 1:30 PM

Music with Randy Rogers ~ September 26th @ 1:30 PM

Strike Up the Band ~ September 28th @ 1:00 PM