

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<div>1</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Labor Day</div>	<div>2</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise &amp; Strength</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand &amp; Foot, FL</div> <div>2:00 Music Lovers, C</div> <div>3:00 Scattegories Word Games, LR</div> <div>5:30 Evening Movie, LR</div>	<div>3</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- Bartells</div> <div>12:30 Cocktails &amp; Trivia, C</div> <div>2:00 Bingo, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>4</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise &amp; Strength</div> <div>5:30 Evening Movie, LR</div>	<div>5</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Birthday Celebration David &amp; Lynn, DR</div> <div>5:30 Evening Movie, LR</div>	<div>6</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Balloon Volley Ball LR</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	
	<div>7</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>1:00 Seahawks Sunday, C</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div> <div>Grandparents Day</div>	<div>8</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>9</div> <div>10:00 Exercise &amp; Strength</div> <div>12:00 Swing Dance-North Bellevue Senior Center, L</div> <div>1:00 Novari Primary Care</div> <div>1:30 Hand and Foot, FL</div> <div>3:00 Afternoon Musical, LR</div> <div>5:30 Evening Movie, LR</div>	<div>10</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- QFC</div> <div>12:30 Cocktails &amp; Trivia, C</div> <div>2:00 Crafty Creations With Dianna, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>11</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise &amp; Strength</div> <div>5:30 Evening Movie, LR</div>	<div>12</div> <div>10:00 Morning Exercise, DR</div> <div>11:00 Lunch Outing-Jacks BQ</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with Hank Blumenthal, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>13</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Balloon Volley Ball LR</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>
	<div>14</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>10:00 Seahawk Sunday, C</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div>	<div>15</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>16</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise &amp; Strength</div> <div>1:00 Let's Talk Food With Daniel, DR</div> <div>2:00 Chef Demo with Daniel, DR</div> <div>5:30 Evening Movie, LR</div>	<div>17</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping-Walgreens, L</div> <div>12:30 Cocktails &amp; Trivia, C</div> <div>2:00 Bingo, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>18</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise &amp; Strength</div> <div>5:30 Evening Movie, LR</div>	<div>19</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour Bingo, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>20</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Entertainment with Steve Ryals, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Oktoberfest Begins</div>
	<div>21</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:15 Seahawks Sunday, C</div> <div>5:30 Evening Movie, LR</div>	<div>22</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Rosh Hashanah Begins Autumn Begins</div>	<div>23</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise &amp; Strength</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand &amp; Foot, FL</div> <div>2:00 Who's the Genius+, C</div> <div>3:00 Scattegories Word Games, LR</div> <div>5:30 Evening Movie, LR</div>	<div>24</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- QFC</div> <div>12:30 Cocktails &amp; Trivia, C</div> <div>2:00 Bingo, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>25</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Novari Primary Care</div> <div>1:00 Foot Care with Dr. Gorey, LE</div> <div>1:00 Activity Talk, DR</div> <div>2:00 Strike Up the Band, LR</div> <div>3:00 Exercise &amp; Strength</div>	<div>26</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with Lindi Moo, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>27</div> <div>10:00 Morning Exercise, DR</div> <div>1:30 Sip ~ Paint With Arita, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>
	<div>28</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:15 Seahawk Sunday, C</div> <div>5:30 Evening Movie, LR</div>	<div>29</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Resident Meeting-Come Share your Ideas, DR</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div>	<div>30</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise &amp; Strength</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand &amp; Foot, FL</div> <div>2:00 Music Lovers, C</div> <div>3:00 Scattegories Word Games, LR</div> <div>5:30 Evening Movie, LR</div>	<div><h1>September 2025</h1><h2>Assisted Living</h2></div>			



# THE MONTHLY GAZETTE

September 2025

*"Ah, September! You are the doorway to the season that awakens my soul."*

~ Peggy Toney Horton



## Plant of the Month – Spider Plant

The quick-growing spider plant has been a popular houseplant for decades. It was first introduced to Europe from Africa in the late 18th century and soon became a favorite in Victorian households. Its lovely, graceful, striped leaves give any decor a bright burst of color and style. In addition to their beauty, these hardy, full plants help purify the air. They thrive indoors and out in most conditions, even when neglected. It's also easy to grow new plants from the originals. The spider plant gets its name from the small, white, star-shaped flowers that sprout at the end of its stems, which



then form the mini plantlets called "spiderettes" that can be planted on their own. The plant is nontoxic, so it's safe to have spider plants around pets. Due to their fresh, vibrant appearance and their ability to survive the lack of attentive care, spider plants are associated with good luck, resilience, abundance, new beginnings, and good fortune.

## Special Days

**Labor Day**  
September 1

**International Day of Charity**  
September 5

**Grandparents Day & Full Moon**

September 7

**World Gratitude Day**  
September 21

**The Beginning of Autumn & Rosh Hashanah**  
September 22

## Flower – Aster



A symbol of love and patience, September's flower is the late-flowering aster. In ancient times, these dainty blooms were considered the afterthought of the Roman goddess Flora because they bloom well after most other flowers. These mid- to late-summer stunners are named after the Greek word for "star." Asters come in a beautiful range of colors, including pink, purple, blue, and red, with a yellow or black center.

## Birthstone – Sapphire



The sparkling blue sapphire is made of corundum. Interestingly, when corundum is red, it is called a ruby. The most expensive sapphires are mined in Kashmir and Myanmar, but they are also found in Australia, Africa, and India. Sapphires are very hard and durable, and they symbolize truth and fidelity. Some ancient cultures believed that if the wearer was unfaithful, the stone would not shine. Sapphires were also thought to have powers that healed inflammation, bleeding, and eye and ear problems.



## 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*

**September 5<sup>th</sup> @ 2:00 PM Birthday Celebration with David & Lynn**

**September 9<sup>th</sup> @ 12:00 PM Swing Dance- North Bellevue Senior Center**

**September 10<sup>th</sup> @ 2:00 PM Crafty Creations with Dianna**

**September 12<sup>th</sup> @ 11:00 AM Lunch Outing- Jacks BQ**

**September 12<sup>th</sup> @ 2:00 PM Happy Hour with Hank Blumenthal**

**September 16<sup>th</sup> @ 1:00 PM Let's Talk food with Daniel**

**September 16<sup>th</sup> @ 2:00 PM Chef Demo with Daniel**

**September 19<sup>th</sup> @ 2:00 PM Happy Hour Bingo**

**September 20<sup>th</sup> @ 2:00 PM Entertainment with Steve Ryals**

**September 26<sup>th</sup> @ 2:00 PM Happy Hour with Lindi Moo**

**Enjoy Scenic Drive with Dianna every Monday!**