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A Place To Call Home

Find us on 

Your Friendly Team

General Manager

Tanesha Harris

Business Office

Tiffany Delay

Resident Care

Kay Holmes, LPN

Maintenance

Chip McKenney

Sales

Open

Dining Services

Rinesa Harrison

Activities

Amy Burdick

Wellness

Cheri Strachan

Positive Thought

"Aging is not lost youth, but a new stage of opportunity and strength."

—Betty Friedan



Screen Cleaning

For safe phone cleaning, experts recommend spraying a microfiber cloth with a solution of 70% isopropyl alcohol and then carefully wiping the phone. Hand sanitizer, household cleaners, paper towels, compressed air and soaps can damage your device.



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.



Sidesplitting Fun

Q. What's a tree's least favorite month?

A. Sep-timber!

BIRTHDAYS

RESIDENTS

17 - Ron Courtney

17 - Lyndal Wynne

23 - Bobbie Garrett

23 - Anita White

24 - Mabrey Castle

STAFF

5 - TANESHA HARRIS

20 - CHIP MCKENNEY



Famous Faces Born in September

Sept. 1, 1950: Phil McGraw

Sept. 5, 1935: Carol Lawrence

Sept. 6, 1964: Rosie Perez

Sept. 13, 1996: Lili Reinhart

Sept. 17, 1971: Nate Berkus

Sept. 19, 1964: Trisha Yearwood

Sept. 23, 1943: Julio Iglesias

Sept. 29, 1980: Zachary Levi

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY GRANDPARENTS DAY	 HAPPY LABOR DAY	NATIONAL WAFFLE DAY 1 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 SEQUENCE (A) 1:00 BOCCE BALL (IL-2) 1:00 MEXICAN TRAIN (A) 2:00 BALANCE CLASS (A) 6:30 HAND & FOOT (4)	2 10:00 MOVEMENT AND MOTION (DR) 10:45 Scavenger Hunt (Front Lobby) 1:00 CORNHOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	3 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 SKYJO (4) 1:00 CROSSWORD CHALLENGE (A) 1:00 THRIFT SMART RIVERGATE (Sign Up) 1:15 POKER GAME (AL-2) 2:00 BOCCE BALL (IL-2)	4 NATIONAL COLLEGE COLORS DAY 10:00 MOVE IT OR LOSE IT (DR) 10:45 ANIMAL TRIVIA (Front Lobby) 1:30 AL & IL BINGO BONANZA (A) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND & FOOT	5 NATIONAL CHEESE PIZZA DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)
6 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 2:00 MOVIE MATINEE (A) 6:30 HAND AND FOOT (4)	7 LABOR DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 1:30 BINGO MANIA / PRIZES (A) 6:30 HAND & FOOT (4)	8 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 YAHTZEE (A) 11:45 THE GIDEONS INTERNATIONAL (DR) 1:00 BOCCE BALL (IL-2) 2:30 CHAIR DANCE (A)	9 NATIONAL FOOTBALL DAY 10:00 MOVEMENT AND MOTION (DR) 10:45 PET VISIT (Front Lobby) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 SEPTEMBER JEOPARDY (A) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	10 GOOD NEWS DAY 10:00 PUBLIX SHOPPING (Sign Up) 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 SKYJO (4) 11:30 BIRTHDAY STEAK AND CAKE (DR) 1:00 CROSSWORD CHALLENGE (A) 1:15 POKER GAME (AL-2) 6:00 POETRY NIGHT (A)	11 10:00 MOVE IT OR LOSE IT (DR) 10:45 JOKE TIME (Front Lobby) 1:30 AL & IL BINGO BONANZA (A) 3:00 CORNHOLE & COCKTAILS (A) 3:00 MUSIC WITH LETA (AL-2)	12 NATIONAL DAY OF ENCOURAGEMENT 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 MUSICAL MEMORIES with RAY (DR)
13 GRANDPARENTS DAY 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4)	14 DECADES DAY 10:00 LET'S GET MOVING (DR) 10:45 UNO LUNO (GARDEN) 1:30 BINGO MANIA / PRIZES (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2) 3:15 CELL PHONE ASSISTANCE CLASS (A)	15 HOLLYWOOD GLAMOUR DAY 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 BALLOON KNOCK (GARDEN) 1:00 BOCCE BALL (IL-2) 1:00 MEXICAN TRAIN (A) 2:00 BALANCE CLASS (A)	16 NEON DAY 10:00 MOVEMENT AND MOTION (DR) 10:45 SPEED BINGO (GARDEN) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 RESIDENTS VS STAFF (GARDEN) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	17 HATS & GLASSES DAY 10:00 VETERANS CAFE (DR) 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 AIR HOCKEY (GARDEN) 10:45 SKYJO (4) 1:00 GRANDPA'S ATTIC (AL-1) 1:00 MARSHALLS & ALDI SHOPPING (Sign Up) 1:15 POKER GAME (AL-2) 2:00 STORY TELLING (A)	18 SPARKLE DAY 10:00 MOVE IT OR LOSE IT (DR) 10:45 FALL TRIVIA (Front Lobby) 1:00 MUSIC & MERRIMENT (DR) 1:30 AL & IL BINGO BONANZA (A) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	19 OKTOBERFEST 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)
20 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4)	21 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 JOURNALING CLUB (A) 1:30 BINGO MANIA / PRIZES (A) 2:30 MOVIE MATINEE (AL-1) 6:30 HAND & FOOT (4)	22 NATIONAL ICE CREAM CONE DAY 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 RIGHT, LEFT, CENTER (A) 1:00 BOCCE BALL (IL-2) 2:00 ICE CREAM SOCIAL (L) 2:30 DEBBI BAILES AND DANCERS (DR) 6:30 HAND & FOOT (4)	23 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 MEET & GREET (A) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 FOOD DEMO (DR) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	24 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 SKYJO (4) 11:00 LUNCH BUNCH (Sign Up) 1:00 CROSSWORD CHALLENGE (A) 1:15 POKER GAME (AL-2) 2:30 JAMMIN' DOWN with RAY (DR) 6:30 HAND AND FOOT (4)	25 10:00 MOVE IT OR LOSE IT (DR) 10:45 CHARADES (Front Lobby) 1:30 AL & IL BINGO BONANZA (A) 2:00 SCENIC DRIVE (Sign Up) 2:30 BOCCE BALL (IL-2) 3:00 MUSIC WITH LETA (AL-2)	26 NATIONAL PANCAKE DAY 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 MUSICAL MEMORIES WITH RAY (DR)
27 NATIONAL MILK CHOCOLATE DAY 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4)	28 10:00 LET'S GET MOVING (DR) 10:45 Pictionary (A) 1:30 BINGO MANIA / PRIZES (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2) 3:15 CELL PHONE ASSISTANCE CLASS (A)	29 NATIONAL COFFEE DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (A) 1:00 BOCCE BALL (IL-2) 1:00 MEXICAN TRAIN (A) 2:30 CHAIR DANCE (A)	30 NATIONAL ORANGE SHIRT DAY 10:00 MOVEMENT AND MOTION (DR) 1:00 CORNHOLE CHALLENGE (AL-2) 2:00 TOWN HALL MEETING (DR) 3:00 WINE DOWN WEDNESDAY (DR) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)		LOCATION OF ACTIVITIES (A) ACTIVITY ROOM (C) CHAPEL (DR) DINING ROOM (G) GARDEN (4) 4TH FLOOR GAME ROOM (IL) INDEPENDENT LIVING	

Full of Hot Air

A sheep, a chicken and a duck got in a hot air balloon. This is no joke. On Sept. 19, 1783, the Montgolfier brothers — French inventors — chose the unlikely trio to take flight in the first hot air balloon demonstration, witnessed by King Louis XVI, Marie Antoinette and other nobility. The farm animals all landed safely, much to the relief of the French court.



Furry, Feathered and Ferocious: America's Live Mascots

Not all mascots wear suits. Today's list of U.S. college mascots includes horses, dogs, birds and even a 700-pound bison, continuing a tradition dating back to the 19th century. In the late 1800s, Yale's Handsome Dan the bulldog would bark with rage when told to "Speak to Harvard."

Like a Moth to a Firewall

On Sept. 9, 1947, Harvard computer scientists found a bug in their Harvard Mark II Computer — an unlucky moth had gotten wedged inside the 4,000-square foot machine. Often cited as the origin of the idea of "debugging," a bug being a defect actually came about much earlier: in the late 1800s.



Health & Wellness

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

Hearing Aid Cleaning

Audiologists recommend that hearing aid users do regular daily cleanings, weekly deep cleanings and biannual or annual professional cleanings on their hearing aids. Also, wax guards should be replaced monthly. Visit audiologists.org for instructions.



Brain Games



Brainteaser

Q. Where do you find roads without vehicles, forests without trees, and cities without houses?

A. On a map.

A Nickel for Your Thoughts

Which of these has been featured on the back of a nickel?

- A) A ship
- B) A bison
- C) The ocean
- D) Monticello

(Answer: All of the above!)

Around the World: Nations' Nicknames

Uncle Sam isn't the only national nickname. Check out these lands' alternative monikers.

The Emerald Isle. Ireland's rich green landscape also inspired the ancient nickname *Ivernia*, Greek for "fertile country."

The Boot. Italy's shoe-shaped borders earned its famous moniker, or *Lo Stivale* in Italian.

Land of the Rising Sun. The native name of Japan, *Nihon*, translates to "sun's origin," and the Pacific archipelago is one of the most eastern Asian countries.

Gift of the Nile. Egypt got its longtime nickname from ancient Greek historian Herodotus, because ancient Egypt relied on the Nile's yearly flooding for fertile soil, as well as doubling as the world's largest moat, protecting the kingdom from foreign conquest.



Watch the (Atomic) Clock

Chances are, your clock is off, whether it's on your wrist or phone. The beats that measure seconds in human-made clocks drift. On the other hand (pun intended), atomic clocks rely on atoms absorbing light frequency to create accurate, unwavering beats. Visit time.gov to check your time against the atomic-powered Coordinated Universal Time.