

## Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending “just because” cards by mail. With technology such as email, text messaging, video calls and social media websites, it’s even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you’re apart.

You’ve probably heard the saying “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying “I love you” are all simple yet shining ways of being a great grandparent.



## An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You’re sure to fall for one of these common varieties:

**Gala** — Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

**Red Delicious** — Until recent years, the Red Delicious was the country’s most popular apple. This variety is known for its crimson skin and mild flavor.

**Granny Smith** — Bright green and tart, Granny Smith apples are prized for their versatility. They’re often featured in pies and baked goods.

**Fuji** — Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

**Honeycrisp** — The name of this apple says it all — it’s sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

**Braeburn** — Bite into a Braeburn, and you’ll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety’s colors range from yellow to orange to deep red.



## Dear Residents, Family and Friends

As another summer comes to an end, I know that we will all be looking forward to the cooler temperatures that September and the fall season will bring! We had a lot of fun celebrating summer this year with Take Me to the Ball Park, Watermelon and Ice Cream Socials, and so much more!

This September, we look forward to kicking off our Walking Warriors program, outings that will include lunch at Panera and Cristina’s, making autumn wreaths and of course, we will be Strolling Down the Strip on Sept. 10 (Main Event). Be sure to check your calendar for other great activities throughout the month. Don’t forget to invite your family and friends to our Social Hours and other events!

Thanks,  
Erin Montgomery  
Executive Director



## Reasons To Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

**Boosts brain power** — Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

**Promotes sleep** — A bedtime routine that includes reading with dimmed lights sends a signal to the body that it’s time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

**Reduces stress** — A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.





ASSISTED LIVING  
AL#010063

## SEPTEMBER 2019

### Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

### Birthdays

- Ashley Holloway, 10th (Employee)
- Yulliza Moya, 16th (Employee)
- Dorothy Bradburry, 23rd
- Jean Moore, 24th

### Transportation

#### Schedule

- Monday, 10 a.m.**  
Grocery Stores
- Tuesday, 10 a.m.**  
Walmart
- Wednesday, 10 a.m.**  
Post Office/Bank
- Thursday, 10 a.m.**  
Walmart
- Friday, TBA**  
Field Trips/Outing

“An investment in knowledge pays the best interest.”

—American proverb

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>LABOR DAY</b> <b>9:30 Exercise w/Legacy, AR</b> <b>10:00 Dollar Tree, O</b> 10:00 "The Prize Is Right" and Snack Social, L <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> <b>2:30 Star Kids' Musical, L</b> 4:00 Adult Coloring Club, AR	<b>9:30 Senior Fitness, AR</b> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:00 Movie & Snack, L 2:00 Fancy Nails and Hand Massage, AR 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b> 4:00 Trivia, L	<b>9:30 Chair Exercise, L</b> <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> <b>1:00 Memories and Music, L</b> <b>2:30 Art Expression, AR</b> 4:00 Rowdy Ring Toss, L	<b>National Popcorn Days</b> <b>9:30 Senior Fitness, AR</b> 10:30 Wonder Word Search, AR <b>11:00 Out to Panera, O</b> <b>12:45 Bible Study w/Laura</b> <b>2:00 What Is Popping Social Hour, L</b> 4:00 Name Your Game!, AR	<b>National Tailgating Day</b> <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise, L</b> <b>10:30 Wonder Word Search, AR</b> 1:00 Word of the Day! <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
<b>Grandparents Day</b> 7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>2:30 Movie Day w/Grandma and Grandpa, L</b> <b>3:25 Cowboys vs. NY Giants, L</b>	<b>National Assisted Living Week</b> <b>9:30 Exercise w/Legacy, AR</b> <b>10:00 Shopping at Big Lots, O</b> 10:00 "The Prize Is Right" and Snack Social, L <b>11:45 Ribbon Cutting Ceremony w/Cookies &amp; Lemonade, L</b> <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> 4:00 Wonder Word Search, AR	<b>9:30 Senior Fitness, AR</b> <b>9:30 Beauty Salon Is Open</b> <b>9:45 Blood Pressure Clinic w/ the Yellow Rose Hospice, L</b> 10:00 A Spark of Love Goody Bags Delivery, L <b>10:30 Catholic Communion</b> 1:30 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L <b>6:00 Strolling Down the Strip (Main Event), L</b>	<b>PATRIOT DAY</b> <b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/the Yellow Rose Hospice, L</b> <b>1:00 Chicken Foot (Dominoes), AR</b> 1:30 Card Club, AR <b>1:45 Creative Bingo</b> <b>2:00 Snack Attack Bingo, L</b> <b>3:00 Town Hall Meeting, L</b> 4:00 Connect 4, L	<b>9:30 Chair Exercise, L</b> <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> <b>12:45 General Store, L</b> <b>2:30 Art Expression, AR</b> <b>2:30 Painting w/ the Heart, L</b> 3:30 Ring Toss of Fire, L	<b>9:30 Senior Fitness, AR</b> <b>10:00 "Family Feud," L</b> 10:30 Wonder Word Search, AR <b>12:45 Bible Study w/Laura</b> <b>2:00 Friday the 13th Social Hour, L</b> <b>3:00 Closing Ceremony and Recognition, L</b> 4:00 Name Your Game!, AR	<b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise, L</b> <b>10:30 Wonder Word Search, AR</b> 1:00 Word of the Day! <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>12:00 Cowboys vs. Washington, L</b> <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/ Legacy, AR</b> <b>10:00 Dollar Tree, O</b> 10:00 "The Prize Is Right" and Snack Social, L <b>2:00 Sassy Senior Bingo w/the Yellow Rose, AR</b> 4:00 Adult Coloring Club, AR	<b>9:30 Senior Fitness, AR</b> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:00 Movie & Snack, L <b>2:30 Lima Bean Auction, L</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b> 4:00 Trivia, L	<b>9:30 Chair Exercise, L</b> <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> <b>1:00 Memories and Music, L</b> <b>2:30 Art Expression, AR</b> 4:00 Rowdy Ring Toss, L	<b>National Hispanic Heritage Month</b> <b>9:30 Senior Fitness, AR</b> 10:30 Wonder Word Search, AR <b>11:00 Out to Cristina's, O</b> <b>12:45 Bible Study w/Laura</b> <b>2:00 Let's Fiesta Social Hour, L</b> 4:00 Name Your Game!, AR	<b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise, L</b> <b>10:30 Wonder Word Search, AR</b> 1:00 Word of the Day! <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>12:00 Cowboys vs. Miami, L</b> <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>AUTUMN BEGINS</b> <b>9:30 Exercise w/ Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L <b>10:00 Dollar General, O</b> <b>2:00 Sassy Senior Bingo w/the Yellow Rose, AR</b> 4:00 Wonder Word Search, AR	<b>9:30 Senior Fitness, AR</b> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:30 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/the Yellow Rose Hospice, L</b> 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b> <b>4:00 Activity Meeting and Snacks Social w/Sarah, L</b>	<b>9:30 Chair Exercise, L</b> <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> <b>12:45 General Store, L</b> <b>2:30 Art Expression, AR</b> 3:30 Ring Toss of Fire, L	<b>9:30 Senior Fitness, AR</b> <b>10:00 "Family Feud," L</b> 10:30 Wonder Word Search, AR <b>12:45 Bible Study w/Laura</b> <b>2:00 Birthday Bash, L</b> 4:00 Name Your Game!, AR	<b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise, L</b> <b>10:30 Wonder Word Search, AR</b> 1:00 Word of the Day! <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
<b>ROSH HASHANAH BEGINS AT SUNSET</b> 7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b> <b>7:00 Cowboys vs. New Orleans (NBC), L</b>	<b>9:30 Exercise w/ Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L <b>10:00 Dollar Tree, O</b> <b>2:00 Sassy Senior Bingo w/the Yellow Rose, AR</b> 4:00 Adult Coloring, AR					