

September

Newsletter



How is September 2019 already here!? We have an exciting month ahead of us, September 8th-14th is **National Assisted Living Week**. Join us to help celebrate!

Sunday @ 3:00 p.m.:

Grandparents/Grandfriends Social and Craft. Bring your little ones to make a craft with us!

Monday @ 3:00 p.m.: The Meyer Petting Zoo will be here! Bring your kids to see the animals after school!

Tuesday @ 5:00 p.m.: We'll have our Family Meal! RSVP by 9/4 (limit of 2 guests per resident).

Wednesday @ 3:00 p.m.: We have three massage therapists coming to treat us with Chair Massages!

Wednesday @ 6:00 p.m.: Special Bingo in Memory of Don Pingel! Sponsored by the Pingel family.

Thursday @ 2:00 p.m.: Club House Band entertainment and Happy Hour!

Friday @ 1:30 p.m.: Art with Andrea! Come paint a beautiful fall scene!



It's never too late to start exercising

Research has found that starting to exercise at 75 or even 80 can reduce unwanted effects of aging

Funny Bone

I was walking past a farm and a sign said 'Duck, eggs'.

I thought: "That's an unnecessary comma – and then it hit me."



Birthdays:

Delbert M- September 12th

Mary N- September 19th

Recipe of the Month

Blueberry Crumb Cake

Ingredients

½ stick of butter
1 Tbsp (additional) Butter
¾ Cup of Sugar
1 Egg
½ tsp Vanilla Extract
2- ¼ tsp Baking Powder
½ tsp Salt
¾ C. Whole Milk
2 C. Fresh Blueberries

FOR THE TOPPING

¾ stick of butter
½ C Sugar
½ tsp Cinnamon
½ C Flour
¼ tsp Salt

Preheat oven to 350 degrees.

Combine flour, baking powder, and salt. Stir and set aside.

Cream ½ stick plus 1 Tbsp butter with cinnamon and sugar. Add egg and mix until combined. Add vanilla and mix. Add flour mixture and milk alternately until totally incorporated. Do not overbeat. Stir in blueberries until evenly distributed.

Grease 9 x 13 in baking pan. Pour in batter.

In separate bowl, combine topping ingredients and cut together using two knives. Sprinkle over the top of the cake.

Bake cake for 40-45 mins, or until golden brown. Sprinkle with sugar.

What's happening in September:

Can you believe it that Fall is already around the corner!? Here we are heading into September! We have a lot of fun things planned for September; please see the activity calendar for all the details. On Labor Day we'll have manicures and then play a game called What's My Job. Tuesday, September 3, we'll play the Car Race game. We'll watch another episode of "Our Planet" on Wednesday; this one will be on forests. Jim and Connie will be here to lead us in communion on September 5th; all are welcome to come to this interdenominational communion. Then Donna will be here to lead us in Chair Yoga. We have some special activities planned for the second week of September, which is National Assisted Living Week. See the separate column about these fun activities. Our first choir practice went well in August, but we can always use more voices! Join us

September 16th and again September 19th for choir practice. The high school Character Development students will be visiting us again this school year. Come get to know these high school students! For this first time together, we'll get acquainted with some getting-to-know-you questions. We'll have two groups here on the morning of September 17th and another group on the afternoon of September 26th. We'll play the Lucky Dog game on September 17th and the Write Word game on September 18th. Our Hymn Sing will be on the 19th following our short choir practice. We'll play some more games during the fourth week of September, with word games on the 23rd, Left, Right, Center on the 24th, and Yahtzee on the 25th; then we'll play Never Have I Ever on the last day of September. Come join us for these activities and all of the others listed on the September calendar. It'll be fun!

