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SEPTEMBER 2024

The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed. A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Since sunflowers mirror features of the sun, they are thought to symbolize adoration, loyalty and longevity. Their sunny charm is often seen adorning home décor items and fashion designs, and they have long been a celebrated subject in art. Vincent Van Gogh and Diego Rivera are just a few of the artists who famously depicted sunflowers in their works.

Because they are easy to grow and attract bees, butterflies and birds, sunflowers are a popular choice for home gardens small and large.

Scientific Snicker

Never trust an atom. They make up everything.



SEPTEMBER 2024

BIRTHDAYS

Shawnique- 09/03
Tina- 09/10

Famous Faces Born in September

Sept. 2, 1964: Keanu Reeves
Sept. 6, 1985: Lauren Lapkus
Sept. 11, 1977: Ludacris
Sept. 14, 1969: Bong Joon-ho
Sept. 18, 1975: Jason Sudeikis
Sept. 22, 1958: Joan Jett
Sept. 23, 1978: Anthony Mackie
Sept. 25, 2003: Bella Ramsey

The Arrival of Fall

The word "fall" comes from the phrase "fall of the leaf," an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.

'Sharp' Is One

How many words can you come up with using the letters in "sapphire"?

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."
—Barbara de Angelis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles</p>	<p>2 Labor Day</p> <p>10:00 Nature Walk 10:30 Pick a Year! 1:30 Health Education 2:30 Blueberry Popsicle 6:00 Fidget Jigsaw Puzzle</p>	<p>3</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:30 Cinema Day 6:00 Train of Thought</p>	<p>4</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>5</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 1:30 Health Education 2:30 Cheese Pizza Day 6:00 4 in a Row</p>	<p>6</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Ice Cream 3:00 Salt Crystal leaves 6:00 Wooden Puzzle</p>	<p>7</p> <p>10:00 Morning Coffee 2:00 Williamsburg Church of Christ 3:00 Corn Hole 6:00 Movie Night</p>
<p>8</p> <p>10:00 Morning Coffee 11:00 Sunday Worship! 12:00 Grandparents Day! 2:00 Powerhouse of Praise Church 6:00 Puzzles</p>	<p>9</p> <p>10:00 Nature Walk 10:30 Pick a Year! 1:30 Health Education 2:30 Resident Council 6:00 Fidget Jigsaw Puzzle</p>	<p>10</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Dance party! 3:00 Bingo! 6:00 Train of Thought</p>	<p>11</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>12</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 1:30 Health Education 2:00 Birthday social! 6:00 4 in a Row</p>	<p>13</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Ice Cream 3:00 Seasonal tree! 6:00 Wooden Puzzle</p>	<p>14</p> <p>10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night</p>
<p>15</p> <p>10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles</p>	<p>16</p> <p>10:00 Nature Walk 10:30 Pick a Year! 1:30 Health Education 2:30 Guacamole making! 6:00 Fidget Jigsaw Puzzle</p>	<p>17</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Facials! 3:00 Bingo! 6:00 Train of Thought</p>	<p>18</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 2:00 Mini Basketball! 3:00 Hymn Singing</p>	<p>19</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 1:30 Health Education 5:00 Family night</p>	<p>20</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Ice Cream 3:00 Salt Painting! 6:00 Wooden Puzzle</p>	<p>21</p> <p>10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night</p>
<p>22</p> <p>10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Liberty Live Church! 6:00 Puzzles</p>	<p>23</p> <p>10:00 Nature Walk 10:30 Pick a Year! 1:30 Health Education 2:30 Fall wreaths! 6:00 Fidget Jigsaw Puzzle</p>	<p>24</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Dance party! 3:00 Bingo! 6:00 Train of Thought</p>	<p>25</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>26</p> <p>10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 1:30 Health Education 2:30 Movie and Popcorn! 6:00 4 in a Row</p>	<p>27</p> <p>10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Ice Cream 3:00 Bobbing for apples 6:00 Wooden Puzzle</p>	<p>28</p> <p>10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night</p>
<p>29</p> <p>10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles</p>	<p>30</p> <p>10:00 Nature Walk 10:30 Pick a Year! 1:30 Health Education 2:30 Coffee! 6:00 Fidget Jigsaw Puzzle</p>	<p>HAPPY GRAND PARENTS DAY</p>	<p>HAPPY LABOR DAY</p>	<p>HELLO September</p>	<p>All Events Are Subject to Change</p>	<p>HELLO AUTUMN</p>

****Hello September: A Fresh Start for a New Season****

As we welcome the month of September, there's a sense of change in the air. The days are getting a bit shorter, the mornings a little crisper, and there's a soft hint of fall around the corner. September is a time of transition, making it the perfect moment to pause, reflect and embrace the new season ahead.

September is more than just the gateway to autumn; it's a chance to reconnect—with us, with others and with the world around us. Whether it's catching up with an old friend, greeting a new neighbor or simply saying hello to the day as you step outside, these small moments of connection can bring warmth and joy to our lives. A simple "hello" can brighten someone's day, especially in a senior living community where camaraderie and social interaction are so important. It's a way to show that you care that you're present, and that you value the people around you. This September, let's make it a point to reach out with a friendly greeting, whether it's to a fellow resident, a staff member or even a visitor passing through.

As we embrace this new season, I want to take a moment to express my heartfelt thanks to everyone in our community—residents, staff and families alike. Your support, kindness and commitment to one another make this a truly special place to live and work. It's the little things, like a warm smile or a helping hand, that make our community feel like home.

****Tips for Staying Connected****

- ****Morning Walks: **** Take advantage of the cooler September mornings by going for a walk around the community. It's a great opportunity to say hello to those you meet along the way.

- ****Join a Group Activity: **** Whether it's a book club, a crafting session or a game of bingo, joining a group activity is a wonderful way to connect with others and share a smile.

- ****Make Time for a Chat: **** Sometimes, all it takes is a few minutes of your day to have a meaningful conversation. Invite someone for a cup of coffee or tea and enjoy each other's company.

As we move through September, let's embrace the changes this month brings. Let's greet each day with a sense of curiosity and openness, and let's remember that every "hello" has the power to brighten someone's day. Here's to a wonderful month filled with new connections and cherished moments, and to all of you—thank you for making our community such a warm and supportive family.

Robin Pope, Executive Director

Popular Pages: 'One Hundred Years of Solitude'

Gabriel García Márquez's 1967 novel covers a century in the lives of the Buendía family, who live in the village they founded, Macondo, in Colombia. As the book's title suggests, Macondo is mostly disconnected from the rest of the world, relying on a group of nomads to bring new technology to the town. As newcomers eventually arrive and some of the Buendías leave on their own adventures, the village threatens to crumble in a swirl of chaos. The novel is regarded as one of the most important works of the 20th century, cementing Márquez as a leading voice in magical realism, a style of fiction in which elements of fantasy are present in realistic settings.

In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001. Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City's annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city's skyline.

