

September 2021

The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



Celebrating September

Intergeneration Month

Hispanic Heritage Month

Sewing Month

World Beard Day

September 4

Labor Day (U.S.)

September 6

Wonderful Weirdos Day

September 9

Patriot Day

September 11

Yom Kippur

September 15

(Begins at sundown)

International Country

Music Day

September 17

One-Hit Wonder Day

September 25

Fall Foliage Week

September 26–October 2

Ancestor Appreciation Day

September 27

How Does Your Garden Grow?

Members of our Gardening Club will be happy to know that our plants are THRIVING! Some of you may have noticed that a sneaky little squirrel stole many of the plants that were in the garden bed. We still have a tomato plant, Mexican marigolds, purple amaranths, a field pumpkin, and SUNFLOWERS that seemed to spring over night!



Our field pumpkin's vine is so long it falls over the edge of the garden bed. It has also begun to flower

These large plants seemed to appear out of nowhere! Upon further inspection it was determined that they were common sunflowers. The perfect flower for the coming fall



Let's Get Physical!

Want to work on your physical health but not sure how to do it?

We have begun offering simple seated workouts. These activities are so gentle and simple that even those who are bed-bound can still participate and get some physical exercise.



Seated Yoga takes place Monday mornings at 10:30 AM in the back of the Main Dining Room followed by a meditation group to work on our mental health as well.

Seated Tai Chi is our newest addition to the exercise groups available. We meet on Friday mornings at 10:30 AM. Tai Chi is all about slow, purposeful movements that help you tap into that universal life energy, known as Chi. Meditation also takes place after this class to keep your mind sharp.



We also offer a variety of other exercise classes including Stretch and Strengthening, Dance Exercise, and Qi Gong. All of these classes are done in a seated position to make it easy for athletes of all abilities.

If you would like to pursue more physical activities, please let a member of the Life Enrichment Team know.

New Activity Alert!

Here at the Normandy, we want to make sure that everything we offer is here because you, the residents, asked for it. In the month of September, we will be introducing a knitting and crochet group on Tuesday September 21, 2021 at 3:15 PM. Currently, the goal of the group is for people who love yarn crafts to have a dedicated time to work on them with like-minded people. We want to make this activity a success, so please come check it out!



Knitters Nook: Yarn Crafts
Tuesday September 21, 2021
3:15 PM in the Main Dining Room

Bring Your Own Supplies – Some yarn and tools available upon request

Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

Resident Council – A place to discuss your care here at the Normandy. Nursing, Caregivers, Maintenance, Housekeeping, Laundry, Activities.

Food Committee – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

Thursday September 9, 2021
2:00 PM – Main Dining Room

This is a closed event, for residents only, if a staff member would like to be present, they must be unanimously voted in by the resident council.

Jewelry Crafts

Wednesday afternoons the Life Enrichment Department hosts jewelry crafts in the Main Dining Room. Run by Samantha, this group is the direct result of interest expressed by residents! This month we've got some old and new ideas to keep you fashionable in the fall. The last Wednesday of the month is dedicated to re-creating any of your favorite jewelry crafts we've done for the month!

Wednesday September 15

2:00 PM MDR

Ombre Paint Chip Earrings



Wednesday September 1

2:00 PM MDR

Leather Cat Ear Headband



Wednesday September 8

2:00 PM MDR

Stamped Bar Leather Bracelet



Wednesday September 8

2:00 PM MDR

Autumn Memory Wire Bracelet



Baking Club

One of our most highly attended activities is our Baking Club! We meet every Tuesday, now starting at 2 PM, in the Main Dining Room. This is a combined activity, so that means our friends from Arthur's Place are able to join us to make some sweet treats and some sweet memories!



Tuesday September 7

2 PM MDR

Sunflower Seed
Cookies

Tuesday September 14

2 PM MDR

Give Me Some Sugar
Pecan Butterballs



Tuesday September 21

2 PM MDR

Fried Green Tomatoes



Tuesday September 28

2 PM MDR

Easy Peasy Peach
Cobbler



Recipe _____

If there is a dish you would like us to make, please let someone from the Life Enrichment Department know, and we will do our best to make it in a future baking club!

BINGO!

Wednesday and Saturday mornings at 10:30 AM we have Bingo in the Main Dining Room. All are welcome to attend, and this is a combined activity, so residents from Arthur's Place are welcome to attend. Prizes available, with multiple winners!



Whistle Stop Cafe Party

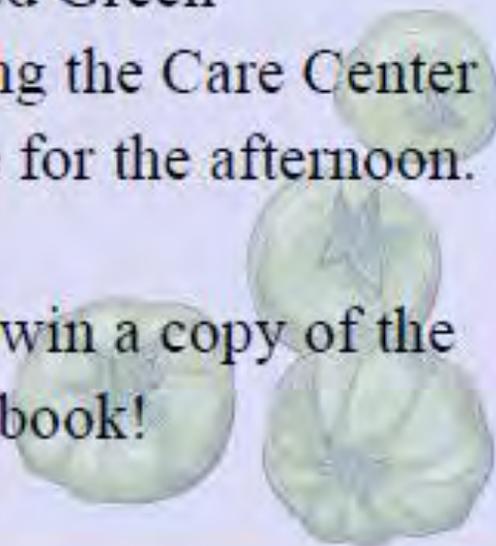
Date: Friday September 24, 2021

Time: Starting at 2:00 PM, Traveling cart beginning at 3:00 PM

Location: Main Dining Room

Come join us for a party in honor of the novel turned movie, Fried Green Tomatoes! We are turning the Care Center in the Whistle Stop Cafe for the afternoon.

One lucky attendee will win a copy of the Whistle Stop Cafe Cookbook!



September Arts & Crafts

Arts & Crafts will be held every Friday at 2:00 PM in the Main Dining Room. For any residents who are unable to attend, we will now be offering a traveling Art Cart Fridays at 3:00 PM. Check out what's in store for September!



Friday September 3, 2021

2:00 PM MDR

Fall Dining Centerpieces

Friday September 10, 2021

2:00 PM MDR

Fall Burlap Wreath



Friday September 17, 2021

2:00 PM MDR

Peachy Keen Decorations



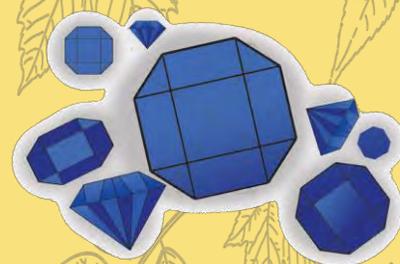
AUTUMN

Autumn, also known as **Fall** in North American English, is one of the four temperate seasons. Outside the tropics, autumn marks the transition from summer to winter, in September (Northern Hemisphere) or March (Southern Hemisphere), when the duration of daylight becomes noticeably shorter and the temperature cools considerably. Day length decreases and night length increases as the season progresses until the Winter Solstice in December (Northern Hemisphere) and June (Southern Hemisphere). One of its main features in temperate climates is the striking change in color for the leaves of deciduous trees as they prepare to shed.

In North America, autumn traditionally starts with the September equinox (21 to 24 September) and ends with the winter solstice (21 or 22 December). Popular culture in the United States associates Labor Day, the first Monday in September, as the end of summer and the start of autumn; certain summer traditions, such as wearing white, are discouraged after that date. As daytime and nighttime temperatures decrease, trees change color and then shed their leaves. In traditional East Asian solar term, autumn starts on or around 8 August and ends on or about 7 November. In Ireland, the autumn months according to the national meteorological service, Met Éireann, are September, October and November. However, according to the Irish Calendar, which is based on ancient Gaelic traditions, autumn lasts throughout the months of August, September and October, or possibly a few days later, depending on tradition. In the Irish language, September is known as *Meán Fómhair* ("middle of autumn") and October as *Deireadh Fómhair* ("end of autumn"). Persians celebrate the beginning of the autumn as Mehregan to honor Mithra (Mehr).

September Birthdays

Paul Cerba – Sept. 5th
Tony Rosado Diaz – Sept. 8th
Irene Cmolik – Sept. 8th
Cookie Muhammad – Sept. 17th
Mary Rue - Sept. 26th
Mary Woznicki– Sept 30th



In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity.



Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

