



Upcoming Event >>>

Tue 1: 10:30 Hymns/ 10:45 Church/ 1:30 Bingo/ 6:00 Puzzles

Wed 2: 10:30 Fitness Fun/ 11:00 Name 5/ 1:00 Bible study/ 6:00 Crosswords

Thu 3: 10:00 Joy Visits/ 1:30 Bingo/ 3:00 Music TV/ 6:00 Crosswords

Fri 4: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Tea Party & Harp Music/ 6:00 Nature Video

Sat 5: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 6: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 7: 10:30 Music TV/ 1:30 Puzzles/ 6:00 Word Search

Tue 8: 10:15 Hymns/ 10:45 Church/ 1:30 Bingo/ 6:00 Puzzles

Wed 9: 10:30 Fitness Fun/ 11:00 Trivia/ 1:00 Bible study/ 6:00 Crosswords

Thu 10: 10:00 Joy Visits/ 1:30 Bingo/ 3:00 Music TV/ 6:00 Crossword

Fri 11: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Karaoke & Make your own mini pizza/ 6:00 Nature Video

Sat 12: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 13: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 14: 10:00 Joy Visits/ 10:30 Sing Along/ 1:30 Card games/ 6:00 Word Search

Tue 15: 10:15 Hymns/ 10:45 Church/ 1:30 Crafts/ 6:00 Family Bingo Night

Wed 16: 10:30 Coffee Time/ 12:30 Resident Council (RCAC) / 1:00 Bible Study/ 2:15 Resident Council (SNF)

Thu 17: 10:00 Joy Visits/ 1:30 Bingo/ 3:00 Music TV / 6:00 Crosswords

Fri 18: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Movie & popcorn/ 6:00 Nature Video

Sat 19: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 20: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 21: 10:00 Joy Visits/ 10:30 Let's Bake/ 1:30 Dice Game/ 6:00 Word Search

Tue 22: 10:15 Hymns/ 10:45 Church/ 1:30 Bingo/ 6:00 Puzzles

Wed 23: 10:30 Adult Coloring/ 1:00 Bible study/ 3:00 Music TV/ 6:00 Crosswords

Thu 24: 10:00 Activity Kits/ 1:30 Puzzles/ 3:00 Music TV/ 6:00 Crosswords

Fri 25: 10:30 Adult Coloring/ 1:30 Movie Time/ 3:00 Music TV/ 6:00 Nature Video

Sat 26: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 27: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 28: 10:00 Joy Visits/ 10:30 Finish the Phrase/ 1:30 Boardgames / 6:00 Word Search

Tue 29: 10:30 Hymns/ 10:45 Church/ 1:30 Bingo/ 6:00 Puzzles

Wed 30: 10:30 Fitness Fun/ 11:00 Word Games/ 1:00 Bible study/ 6:00 Crosswords

*Activities are subject to change.

*Mail Pass daily.

* Hair Salon by appointment. Schedule with the Activity Director

Newsletter

Caring for Vision and Hearing as We Age



Our vision and hearing play an important role in helping us stay safe, independent, and connected with the world around us. As we age, it is common to experience changes in eyesight and hearing that can sometimes make everyday activities more challenging.

Changes may happen gradually, making them easy to overlook. Difficulty reading

small print, seeing clearly in low light, following conversations, or understanding speech in noisy environments may be signs that it is time for an eye or hearing check.

Why It Matters

Good vision and hearing help older adults stay engaged in daily activities, communicate with others, and maintain their independence. When vision or hearing changes go unnoticed, they may lead to frustration, misunderstandings, social isolation, or an increased risk of falls.

Residents and families should notify a healthcare provider about changes such as blurred or double vision, difficulty recognizing faces, frequent headaches, sudden hearing changes, ringing in the ears, or increasing difficulty following conversations.

Tips for Healthy Vision

- Schedule regular eye exams and report any sudden changes in vision.
- Keep eyeglasses clean and make sure prescriptions are up to date.
- Use good lighting when reading, walking, or participating in activities.
- Keep walkways clear of clutter to help prevent trips and falls.
- Wear sunglasses outdoors to help protect your eyes.

Tips for Healthy Hearing

- Have your hearing checked regularly.
- Keep hearing aids clean, charged, and in good working condition.
- Reduce background noise when having conversations.
- Face the person you are speaking with and speak clearly.
- Let a healthcare provider know about sudden hearing changes, ringing in the ears, or difficulty understanding conversations.

Small steps can make a big difference. By caring for our vision and hearing, we can stay safer, communicate more easily, and remain connected to the people and activities we enjoy.

Let's play! Word Scramble: Cookout



1. LAOHCRCA _____
2. BQB IGLRL _____
3. CNPCII _____
4. HKOMCMSA _____
5. KECA _____
6. LEOTRWEMNA _____
7. EBAKD BASNE _____
8. ETA _____
9. PATOOT ALSDA _____
10. MRNCOAAI SAALD _____
11. THO GDSO _____
12. MUHEAGRBR _____
13. IPOLSH GASSSAUE _____
14. SOMERS _____
15. LUPCAENTOA _____



Employee Birthdays

Kiara L., Sep 03
Caroline L., Sep 14
Jessica L., Sep 17
Jacqueline S., Sep 23
Emma W., Sep 28
Mary T., Sep 30



2026 Fun & National Holidays!

- ▶ Sep 3 World Beard Day
- ▶ Sep 3 Skyscraper Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 4 College Color Day
- ▶ Sep 5 Be Late for Something Day
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 5 Intl. Day of Charity
- ▶ Sep 6 Fight Procrastination Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 7 Labor Day
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Pardon Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 10 Swap Ideas Day
- ▶ Sep 11 Patriot Day
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 Grandparents Day
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 13 Boss Day
- ▶ Sep 16 Cinnamon Brad Day
- ▶ Sep 16 World Guacamole Day
- ▶ Sep 17 Intl. Country Music Day
- ▶ Sep 18 Rice Krispie Treat Day
- ▶ Sep 19 National CleanUp Day
- ▶ Sep 19 Intl. Talk Like a Pirate Day
- ▶ Sep 20 Punch Day
- ▶ Sep 21 Pecan Cookie Day
- ▶ Sep 22 Hobbit Day
- ▶ Sep 23 Checkers Day
- ▶ Sep 23 Native American Day
- ▶ Sep 25 Comic Book Day
- ▶ Sep 27 Crush a Can Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Coffee Day
- ▶ Sep 30 Health & wellness Day

Also, September is...

Hispanic Heritage Month
National Assisted Living Week, Sep 13-19
Healthcare Environmental Services &
Housekeeping Week Sep 13-19

Meet our Team >>>

Hometown: Stillwater, MN

Tell us about your family.

I have a 14-year-old daughter named Riley May who loves the arts! I have a 12-year-old son named Dain who loves wrestling and football. I have almost 4-year-old daughter named Athena who runs the house and never stops running. I have a two-year-old daughter named Every; she's our honeybee and loves everything her big sister is doing.

What are your outside Interests?

I have Clayton Archery founded and run NASP school team for grades 4-12th and coach and coordinate November-March. My family all run the program!

Something not everyone may know about you.

I swam backstroke and freestyle during my schooling years and am obsessed with being in or around water.

Favorite sport team

Well Clayton Archery ;) but also my son's tackle football team! Vikings or Packers, but really, I just show up for the food!

**Katie R.
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