

September Word Search

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

Y L B C F U O J E F N C S K T
 K A P G A B Y Z B A I Z B J X
 Q T D E L N F P C P N A O Z A
 T F V S L U N O A P T G Z V R
 G L N Z T V R I J P H F M E B
 Y A D E C N E D N E P E D N I
 J U N W S J E C R G O L Q O L
 S K L A T S N R O C C Q E W U
 S A P P H I R E A L K O G S F
 P X B Q C E E H V P G A C P R
 L A B O R D A Y I R D M A Y O
 M A Z V A M P C I K V N W J L
 C V X E Y B A V A Q I M A C O
 T S E F R E B O T K O N W R C
 H A R V E S T M O O N A G U G

- ACORNS
- APPLES
- CANNING
- COLORFUL
- CORNSTALK
- FALL
- GRAND-PARENTS' DAY
- HARVEST MOON
- HIKING
- LABOR DAY
- LIBRA
- NINTH
- SAPPHIRE
- VIRGO

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Voice of the Village

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Celebrating September

International Self-Awareness Month

World Alzheimer's Month

Happy Birthday, Effie B!
September 1

World Letter Writing Day
September 1

Day of Charity
September 5

Happy Birthday, Barbara S.!
September 8

Wonderful Weirdos Day
September 9

Bald Is Beautiful Day
September 13

International Country Music Day
September 17

White Chocolate Day
September 22

Love Note Day
September 26

Good Neighbor Day
September 28

Grandparent's Day

Grandparent's Day is a day to honor and recognize the important role that grandparents play in our lives. Grandparents provide wisdom, love, and support across generations, often serving as a link to family history and traditions. They offer a unique perspective and unconditional love that enriches the lives of their grandchildren.

Grandparents Day, celebrated in many countries around the world, is also an opportunity to strengthen family bonds and create lasting memories. It's a time to express gratitude for the guidance and care grandparents give, and to acknowledge their contributions to the family and community.

Moreover, this special day encourages younger generations to spend quality time with their elders, listen to their stories, and learn from their experiences. It fosters intergenerational understanding and respect, which are vital for a cohesive and compassionate society.

Please join us for a celebration filled with laughter, delicious food, and engaging activities that everyone will love. We will have a magician that will amaze and entertain with his tricks, while the BBQ will offer a delightful feast for all ages. Don't forget to stop by the photo booth to snap a few photos with your loved ones!

Thank you for being a part of our community. Let's make this Grandparents Day a memorable and heartwarming celebration!

Your participation and presence will undoubtedly add to the joy and warmth of the occasion. We are committed to making this event a success and ensuring that every family member feels included and appreciated. We can't wait to create wonderful memories together. See you soon!

Grandparents Day Celebration
Sunday, September 8th
11:00 am – 1:00 pm
The Village Dining Room

Labor Day BBQ

Come celebrate Labor Day with us at our BBQ! There will be plenty of delicious food, refreshing drinks, and fun activities for everyone. We'll fire up the grill with mouth-watering burgers, hot dogs, and veggie options, and don't forget to save room for dessert! It's the perfect way to celebrate the end of summer with great company and good times. We look forward to seeing you there!

Here are some intriguing tidbits about this celebrated holiday:

Origins: Labor Day was first celebrated on September 5, 1882, in New York City, organized by the Central Labor Union. It became a federal holiday in 1894, signed into law by President Grover Cleveland.

Purpose: The holiday honors the American labor movement and the contributions of workers to the strength, prosperity, and well-being of the country.

Fashion Rule: An old tradition associated with Labor Day is that it marks the end of wearing white clothes, particularly white shoes, a custom that has faded over time but still sparks conversation.

End of Summer: For many, Labor Day symbolizes the unofficial end of summer. Many schools start their academic year soon after, and it's often the last chance for families to enjoy a summer getaway.

Cookouts and BBQs: A quintessential part of Labor Day celebrations is the backyard barbecue, where families and friends gather to enjoy grilled favorites and savor the last tastes of summer.



With its rich history and varied traditions, Labor Day remains an important and enjoyable holiday for

many Americans, offering a time to relax, reflect, and appreciate the hard work that drives the nation forward.

**Monday, September 2nd
at 12:00 pm in the Dining Room**

Wednesday 9/4 Special Dinner: American Food

Wednesday's special dinner is hand selected by our Executive Director, Jennifer. The United States is a country rich in history, culture, and unique trivia. Enjoy some intriguing fun facts:

Diverse Landscapes: The U.S. is home to an incredibly diverse range of landscapes, from the lush forests of the Pacific Northwest to the arid deserts of the Southwest, and from the towering Rocky Mountains to the expansive Great Plains.



Cultural Melting Pot: Often referred to as a "melting pot," the U.S. has a rich tapestry of cultures and ethnicities. This diversity is reflected in its cuisine, festivals, and traditions.

Innovative Spirit: The United States is a hub of innovation and technology. It is the birthplace of the internet, the airplane, and countless other inventions that have shaped the modern world.

National Parks: The U.S. boasts 63 national parks, each offering breathtaking natural beauty and unique experiences. Yellowstone, established in 1872, is the world's first national park.

Family Education and Connections Meeting: Self-Care Strategies for Caregivers

Recognizing and managing stress as a caregiver is imperative to maintaining your well-being. Join us at The Lodge for helpful tips and techniques for coping with caregiver stress. You'll learn how to recognize your limits and ask for help when you're feeling stretched thin. We can help you learn to take care of yourself so you can take better care of those who count on you. This is also a time to connect with other caregivers, socialize, develop friendships, and share stress & management skills and care tips. Refreshments will be provided.

**Presented by John Grieco, LPN,
Clinical Liaison for Continuum Hospice
Thursday, September 26
3:00 p.m.**

Transportation

We provide door-to-door transportation to medical appointments on **Wednesdays**. We travel to appointments in the **Kent, Renton, and Auburn area**. Please note, there is an hourly fee for



residents who need escorts beyond the front doors of the destination. **Please arrange the appointment ahead**

of time, 2 weeks' notice is requested, but more than that will increase the likelihood of availability. *Please contact Allie Jones to schedule rides.*
AllieJ@CascadeLiving.com

Outings

To sign up for outings, please use the "Outing" binder located at the front desk. Please note that outings are subject to change based on resident interests, requests, and weather.

Fred Meyer- Every Friday at 10:00 am

Post Office or Bank - Every Wednesday*

*Reserve your time slot with Allie or Juhu

Value Village- Tuesday 9/3 at 10:00 am

Walmart- Wednesday 9/11 at 10:00 am

Kellys Lattes- Saturday, 9/14 at 9:30 am

Dollar Tree- Monday 9/16 at 10:00 am

TJ Maxx- Monday 9/23 at 10:00 am

Lunch at The New Locale

Restaurante y Bar - Tuesday 9/24 at 11:45 am

HomeGoods- Monday 9/30 at 10:00 am

Live Music

Come and experience the magic of live music as it fills the air with joy and harmony. Whether you're a music enthusiast or simply looking for a delightful experience, this singing performance is sure to leave you mesmerized and inspired. Don't miss out on this extraordinary opportunity to be swept away by the beauty of song. Mark your calendars and prepare to be enchanted by an unforgettable musical experience.

**Friday, September 6th at 2:30 pm
Friday, September 20th at 2:30 pm**

September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Bob Newhart (comedian) – September 5, 1929

Grandma Moses (artist) – September 7, 1860

Patsy Cline (singer) – September 8, 1932

B. B. King (musician) – September 16, 1925

Bruce Springsteen (singer) – September 23, 1949

Jerry Lee Lewis (singer) – September 29, 1935

Good Friends

Make Good Neighbors

We take great pride in knowing how much you are enjoying the many benefits of sharing life here at Arbor Village, and we're glad you have chosen this as your home. Now you can benefit by helping us spread the word about life at Cascade! **That's right: refer a friend or family member to us and get credit toward your rent.**

Here's how it works: When an Arbor Village resident or family member refers a potential new resident to one of our communities and that



person moves in, the referring resident will receive a \$4,000 credit on their base rent. In order to qualify, the names of the person making the referral and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour. After the new resident has resided at one of our communities for 90 days, the credit is given.

