

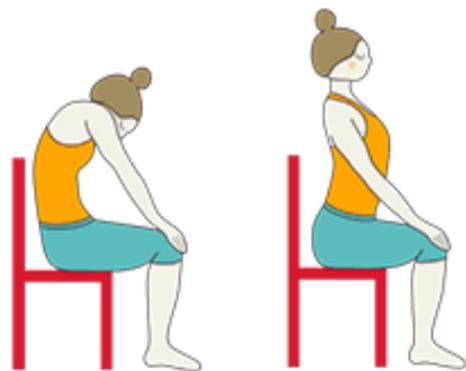
Announcements

Please ensure you continue to wash your hands, cover your coughs, wear your masks, and drink plenty of water!



Chair Yoga

This month we will be trying out chair yoga! Yoga is a relaxing, deep stretch. The lights will be low and soft music will be playing. It will be on Tuesday the 7th and 28th!



Restorative Hours:

Mondays: 5:30 am- 6:45 am

8:00 am- 9:30 am

Closed for Fitness Fun

10:45 am- 11:30 am

12:30 pm- 1:30 pm

Tuesdays: 5:30 am- 6:45 am

8:00 am- 11:30 am

12:30 pm- 1:30 pm

Wednesdays: 5:30 am- 6:45 am

8:00 am- 9:30 am

Closed for Fitness Fun

10:45 am- 11:00 am

12:30 pm- 1:30 pm

Thursday: 5:30 am- 6:45 am

8:00 am- 11:30 am

12:30 pm- 1:30 pm

Friday: 5:30 am- 6:45 am

8:30 am- 10:00 am

Closed for Fitness Fun

11:00 am- 11:30 am

12:30 pm- 1:30 pm



September

2021



Story County
Medical
CENTER
An Affiliate of UnityPoint Health



Important Dates:

Fitness fun is Mondays, Wednesdays, and Fridays!

Manicures are every Monday afternoon!

Come chat with us is every Wednesday afternoon!



Labor Day is September 6th!

Patriot Day is September 11!

Autumn begins September 22nd!

September Activities

September 1st: Methodist Communion

September 2nd: We will be playing Switch Sports in the morning, and Kona Ice will be coming in the afternoon with some Sno Cones!

September 3rd: Join us for the September birthday party with Dave Gray!

September 7th: We will be watching "True Grit!"

September 9th: Willy and Susie will be here for Men's Coffee and Ladies' Tea!

September 10th: In the afternoon we will be having beer and bowling!

September 14th: In the morning we will be playing Wheel of Fortune and Jeopardy on the switch!

September 15th: We will be discussing Clint Eastwood during Come Chat With Us!

September 16th: In the morning we will be having Lutheran Communion with Word Power following after. In the afternoon we will be doing some "Water Gun Painting!"

September 17th: Look in the hallway for the sign up sheet for the 2nd floor Bus Trip to see the Maxwell/Cambridge area!

September 20th: In the afternoon we will be having Resident Council and then the Hymn Sing with Jim!

September 21st: In the morning we will be having Trivia and Treats!

September 22nd: In the afternoon 1st floor will be having their Bus Trip to checkout Maxwell/Cambridge area!

September 23th: Willy and Susie are back for Men's Coffee and Ladies' Tea!

September 24th: In the afternoon we will be hosting our very own Senior Olympics!

September 28th: The Wierson's will be here in the afternoon to perform for us!

September 30th: In the morning we will be having Crosswords and Coffee, then in the afternoon we will cuddle up with some pups!

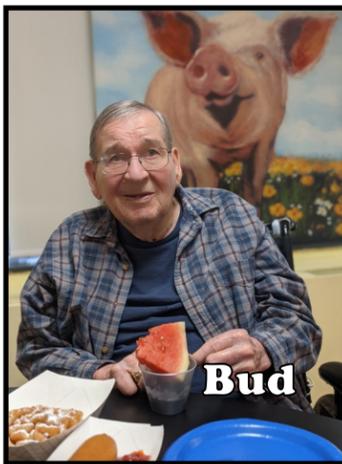


We love watching everyone's crafty side sneak out during Wine and Painting! We painted canvas' and ceramics! Next month we will be doing water gun painting outside, weather pending!

Bus Trips!



We sure enjoyed taking a trip last month to go check out the city of Ames while enjoying cookies from Cookies etc. Next month we'll be going on over to the Maxwell/Cambridge area! If you'd like to join us, look for the sign up sheet in the hallway for September 17th & 22nd!



Games!



Food!



Memories!



Bud Wilson
September 7th

Doris Samson
September 17th

Sharon Counsell
September 17th

Ruth Yocom
September 19th

Jean Johnson
September 23rd

ST. CROIX
—HOSPICE

Our monthly birthday party will be on Friday, September 3rd! Everyone is invited to come sing a long, enjoy a treat, and help celebrate our five birthdays! Special thanks to St. Croix Hospice for supplying birthday balloons and the cooking club for making the cakes!

**Music
Programs for
September:**

September 3rd:
Dave Gray

September 20th:
Jim Mead

September 28th:
The Wiersons

It's always fun to learn about celebrities, cars, places, etc. during Come Chat With Us! Check out the program for September:

September 15th:
Clint Eastwood

Beer & Bowling

Nothing better than a cold drink and some fun entertainment! Not much of a drinker? No big deal! We also offer several flavors of soda! Join us for some bowling on September 10th!

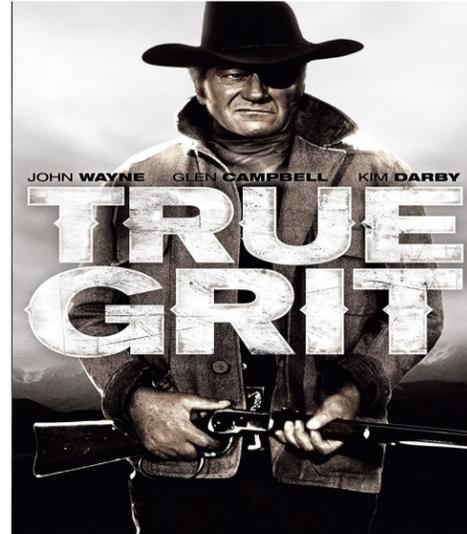


Fitness Fun

We have fitness every Monday, Wednesday, and Friday morning! Restorative (the bike) will be "closed" during fitness fun, so come on out, get a good stretch, and have some fun with friends! On Mondays we will do poles, Wednesdays we will do bands, and Fridays will be weights!



We love watching a movie once a month while enjoying a snack! This month we will be watching "True Grit!" Join us on September 7th at 2:30 pm!



Movie/Snack

We look forward to our two wonderful friends, Willy and Susie, coming to visit with us twice a month! Willy chats it up with the men in the first floor dining room and brings home made cookies from his wife! And Susie hangs out with the women upstairs and brings various treats for them to enjoy!



Men's Coffee & Ladies Tea

Pet Visits!



Jean



Guy

September 30th is when our furry friends will be coming around room to room in the afternoon to give cuddles and kisses!

Resident Council

Once a month we have a "meeting of the minds" to discuss what is going well, not so well, and any suggestions you may have! Join us this month on Monday, September 20th, at 2:30 pm in the second floor dining room!



Come sing a long with our friend Jim during our monthly Hymn Sing! It will be on Monday, September 20, at 3:30 pm in the 1st floor dining room.



Hymn Sing