

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2017

Gardens and Hearthsides

| | | | | | | |
|---|--|--|---|--|---|---|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| <p>Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p> |  <small>Labor Day</small> | <p>AM Doctor Appointments 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 1:30 Music with Chris Anderson (Fairfield Fitness Room) 3:00 Whammo (Activity Room 2)</p> | <p>9:30 Washington State Museum in Tacoma* T\$ 11:00 School Bus Races (Activity Room 2) 1:00 Stretch (Activity Room 2) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 1:45 Round Table (Juice Bar) 3:00 Bingo (Activity Room 2)</p> | <p>9:00 Walking at Rogner Park *T 10:30 Art Class (Activity Room 2) PM Doctor Appointments 1:30 Chicken Soup Stories (Activity Room 2) 2:00 Presentation: Tyler Kane with the Talking Books and Braille Library (Juice Bar) 2:00 Wine and Cheese Social (Dining Room) 3:00 Whammo (Activity Room 2)</p> | <p>9:00 Traveling Library (Hearthsides Lobby) 9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 2:00 Jeopardy (Activity Room 2)</p> | <p>11:00 Square Dance Presentation and Social (Fairfield Fitness Room) 3:00 Bingo with Darlene (Activity Room 2)</p> |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| <p>Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p> <p style="text-align: center;"><small>Grandparents Day</small></p> | <p>9:30 Shopping *T 10:30 Pet Visit with Lilly 1:00 Chair Yoga (Activity Room 2) 1:00 Music with Primo Kim (Juice Bar) 3:00 Bingo (Activity Room 2)</p> | <p>AM Doctor Appointments 9:30 Art History *\$ (Fairfield Meeting Rm) 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Rm 2) 1:30 Music with Ron Herring (Juice Bar) 1:30 The Home Front in 1942: Washington State in Wartime With John Jensen (Fairfield Fit Rm) 3:00 Whammo (Activity Room 2) 4:00 Happy Hour Twin Lakes Country Club *T \$</p> | <p>8:30 Men's Breakfast *T \$ 11:00 Create It (Activity Room 2) 1:00 Fitness (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)</p> | <p>9:00 Walking at Bradley Park *T 10:30 Art Class (Activity Room 2) PM Doctor Appointments 12:30 Book Club (Fairfield Fitness Room) 1:30 Chicken Soup Stories (Activity Room 2) 3:00 Whammo (Activity Room 2)</p> | <p>9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 2:00 Seahawk Jeopardy (Activity Room 2)</p> | <p>3:00 Bingo with Darlene (Activity Room 2)</p> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| <p>Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p> | <p>9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:30 Balloon Volleyball (Juice Bar) 3:00 Bingo (Activity Room 2)</p> | <p>AM Doctor Appointments 9:30 Art History *\$ (Fairfield Meeting Room) 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 11:30 Sing-a-long with Tom Lyons (Juice Bar) 1:30 Memory Games (Activity Room 2) 2:00 Shopping: Goodwill *T 3:00 Whammo (Activity Room 2) 3:30 AARP (Fairfield Meeting Room)</p> | <p>10:00 Washington State Fair *T\$ 11:00 School Bus Races (Activity Room 2) 1:00 Stretch (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)</p> | <p>9:00 Walking at Milton Trail *T 10:30 Art Class (Activity Room 2) PM Doctor Appointments 1:30 Chicken Soup Stories (Activity Room 2) 2:00 Dice Roll (Juice Bar) 3:00 Whammo (Activity Room 2)</p> <p style="text-align: center;"><small>Rosh Hashanah</small></p> | <p>9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:00 Caregivers Support Group (Fairfield Meeting Room) 2:00 Reminisce with Charisse (Activity Room 2)</p> <p style="text-align: center;"><small>Autumn Begins</small></p> | <p>3:00 Bingo with Darlene (Activity Room 2)</p> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| <p>Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T</p> | <p>9:30 Shopping *T 10:30 Pet Visit with Lilly 1:00 Chair Yoga (Activity Room 2) 2:00 Birthday Celebrations & Music with Dan Roberts (Juice Bar) 3:00 Bingo (Activity Room 2)</p> | <p>AM Doctor Appointments 9:30 Art History *\$ (Fairfield Meeting Room) 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 1:30 Memory Games (Activity Room 2) 3:00 Whammo (Activity Room 2) 4:00 Sunset Dinner at Harbor Lights on Ruston Way *T\$</p> | <p>11:00 Create It (Activity Room 2) 12:30 Ladies Lunch at the Sumner Café *T\$ 1:00 Stretch (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)</p> | <p>9:00 Walking at Des Moines Creek *T 10:30 Art Class (Activity Room 2) PM Doctor Appointments 1:30 Chicken Soup Stories (Activity Room 2) 2:00 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2)</p> | <p>9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 2:00 Jeopardy (Activity Room 2)</p> | <p>3:00 Bingo with Darlene (Activity Room 2)</p> <p style="text-align: center;"><small>Yom Kippur</small></p> |

September 2017

THE MONTHLY GAZETTE

*"As Summer into Autumn slips
And yet we sooner say
'The Summer' than 'the Autumn,'
lest we turn the sun away."
~ Emily Dickinson*



Flower of the Month – Aster



and Eurasia, with colors ranging from purples and blues to reds and pinks to whites. Their wide variety of shapes and colors makes them an ideal plant for showcasing in residential gardens. Along with chrysanthemums, asters are considered a classic autumn flower.

The aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise, then, that these blooms take their name from the Greek word for *star*.

There are about 180 species of asters throughout North America

All over the world, the aster is considered a symbol of love and patience. It is said to elicit affection from a recipient when given as a gift, so many people give a single aster to their family, friends, and loved ones.

Special Days

Labor Day
September 4

Grandparents Day
September 10

**Rosh Hashanah
Begins at
Sunset**
September 20

Autumnal Equinox
September 22

**Oktoberfest
Begins**
September 16

Yom Kippur
September 30

Birthstone – Sapphire

The birthstone of September is the sapphire. It is appropriate that this month's gemstone, the sapphire, is most commonly royal blue, because it has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself from harm.

Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and lent its wearer courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it is believed to symbolize loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine, Duchess of Cambridge.

Sapphires are the traditional gift for the 45th wedding anniversary. As a gift, they symbolize purity, sincerity, and fidelity. This meaning is derived from the old custom of using a sapphire to determine whether a spouse had been dishonest; the stone paling or darkening was said to indicate deceitfulness.



Gardens and Hearthsides September Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Church pick-up Sunday: 8:45 am, 9:30 am and 10:30 am

Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm

Thursday: 1:00 pm - 4:00 pm

Local Morning Shopping: Monday: 9:30 am (Fred Meyer, WinCo, Post Office and Banks)

Friday: 9:30 am (320th, Safeway, Walmart)

Extras

10:15 am Zumba Gold/Line Dancing: Mon/Wed/Friday: *Fairfield Fitness Room*

12:00 pm Chair Yoga: Monday and Friday: *Fairfield Fitness Room*

Chair Chi: Wednesday: *Fairfield Fitness Room*

Chair Yoga-Monday & Friday at 1:00 pm Activity Room 2

Fitness with Fay- Wednesday at 1:00 pm Activity Room 2

King Co. Traveling Library 1st Friday of each month 9:00 Hearthsides Lobby

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthsides/Gardens Building

Bingo~ Mondays, Wednesdays and Saturdays at 3:00 pm in the **Activity Room 2**

Birthday Party~ Monday, September 25th at 2:00 pm in the **Juice Bar**

Whammo~ Tuesdays and Thursdays at 3 pm in the **Activity Room 2**

Roundtable~ Wednesday~ September 6th at 1:45 pm in the **Juice Bar**

Morning Stretch~ Tuesdays at 11:00 am in the **Activity Room 2**

Jeopardy~ Fridays at 1:30 pm in the **Activity Room 2**

Chicken Soup for the Soul and Conversation~ Thursdays at 1:30 pm in the **Activity Room 2**

Memory Games~ Tuesdays at 1:30 pm in the **Activity Room 2**

By all the lovely tokens September days are here, with summer's best of weather and autumn's best of cheer ~ Helen Hunt Jackson