

September 2019

THE VICTORIAN

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Daily Schedule

7:00-9:00 am: Breakfast

11:00 am: Exercise (Pub)

11:00 am: Trivia (Lobby)

12:00 pm: Lunch

Afternoon: See Calendar

5:00-6:00 pm: Supper

Celebrating September

Labor Day (U.S.)

September 2

**National Assisted Living
Week**

September 8-14

World Alzheimer's Day

September 21

Farewell Summer, Hello Fall!

And just like that, another beautiful Cape Cod summer has come to a close. Why does it always seem to go by so fast? Although I love summer, fall is one of my favorite times of the year. As H.H. Jackson so perfectly said, "By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer".

I want thank you all for such a warm welcome to The Victorian; I am thrilled to be here and am really enjoying getting to know you all.

The month of September promises to be a exciting and fun month! We will be celebrating National Assisted Living Week from September 8th through the 14th. This year's theme is A Spark of Creativity and it will be packed with creativity! Check out page 4 for the week's activities. We also have some fabulous music lined up for your enjoyment: Ethan Stone, Bill Reidy and Paul Ashley will be here.

September is known here on the Cape to be the locals' summer, so get outside and enjoy the cooler temperatures! We'll be getting out and about on Fridays and I encourage you to join us.

Happy September!

Stefanie

**September is Classical Music Month.
What is one of your favorite classical pieces?**

I love many classical pieces – I used to go to the symphony every Friday afternoon in Boston. – *Jerry*

Beethoven's 5th Symphony. – *Tom*

Tchaikovsky Violin Concerto, played by Joshua Bell! I always wished I had the technical skill to play that piece myself, but unfortunately didn't even come close to it!
– *Carol*

What are your memories of early school days?

I remember starting school in a one-room classroom for several classes. That was a long time ago. – *Rita*

I went to morning kindergarten (not mandatory in those days). I remember that we had small pads to take a "rest" on on the floor. Sometimes we could play on the slide that was in our room near the coat closet. First grade on, the "bathroom" was in the basement of the school. No doors to the stalls! – *Corinne*

Tuesday bank deposits. – *Nick*

I have especially fond memories of elementary school. I loved the teachers, the other children, the studies, the structured atmosphere, the "recesses"...what fun it was to be a child!
– *Carol*

NEW Programs!

We are happy to bring some new programs to the Victorian!

Knitting Group: Our own group of knitters will meet on Tuesday mornings at 10am in the Lobby. Have you always wanted to learn how to knit or crochet? Come learn how!

Book Club: We will meet the last Wednesday of every month at 2 pm in the Library. Book suggestions are always welcome! Please let Stefanie know if you prefer large print books.

If there are any programs you'd like to have, please let Stefanie know.



**September 13th is Miss Manners Day.
Give me one of your rules for good manners.**

With 2 boys 2 years apart, good manners were taught but sometimes not used. We had dinner each night in the dining room. We ate and laughed about things that happened that day. One night, we couldn't find Mark. He was under the table recording what Dad was talking about. Everyone helped clean up and Mom pressed the button and the dishes were washed. – *Bev*

Shake hands. – *Nick*

Thumper said to Bambi – If you don't have anything nice to say, don't say anything at all. – *Betsy*

September 23rd is the first day of Autumn. What do you look forward to in this season?

Colorful foliage. – *Don*

In the early days at the Community of Jesus, we always looked forward to going near Lancaster and picking loads of apples. Here at the Victorian, we look forward to the turning of the leaves and the New England warm weather. – *Tom*

Lighting a fire in the fireplace, wearing sweaters, football games (go, Harvard!) and children going back to school. I really love fall. – *Jerry*

Football, cozy dinners and apple picking with my family! – *Stefanie*



Happy Birthday!

We all wish our September birthdays a very happy birthday!

Corinne

Barbara

Alice

Cliff

Lois

Coming Up Next Month



Prost! We'll be celebrating Oktoberfest with a German-inspired lunch on Friday, October 4th at noon. Dust off those leiderhosen and have some fun!

Church Services



St. Peter's Episcopal Church
Wednesday, September 4 at 11 am

The Congregational Church of Chatham
Wednesday, September 18 at 9:30 am

Catholic Communion
Every Sunday at 1:15pm

National Assisted Living Week



This month, we will celebrate National Assisted Living Week from 9/8-9/14. This year's theme is "A spark of creativity". We have a whole week of fun and creativity planned for you!

We kick off the week on Sunday, Grandparents' Day!

On Monday, we'll be making handmade cards for our afternoon craft.

On Tuesday, learn a new craft: knitting! If you've always wanted to learn, now is your chance. In the afternoon, we'll play a creative game of You be the Judge.

Wednesday we will be learning how to write our own memoirs. Memoirs are wonderful memories and thoughts of your life you can pass on to your children and grandchildren.

On Thursday, join Stefanie for a paint and sip! Learn to paint a lovely autumn scene on canvas, and she'll walk you through it step by step, no prior experience required. Drinks and fun will be provided!

Friday we wrap up the week with a Margaritaville-themed luncheon! We welcome musical newcomer and Chatham resident Mike DeAngelis to play some great tunes for us.

(See Calendar for times)

Quiz

August's Quiz Winners

Bravo! We had lots of winners for August's Sun Quiz.

Joan
Fran & Claudia
Gene
Pem
Maryanne
Corinne
Liz
Bev
Cindy
Rita
Edie

September is Apple Month!



September 23rd: Our afternoon craft will be apple chalkboards, perfect décor for your apartment doors!

September 26th: We'll be making fresh apple crisp in the kitchen at the cottage. Later on in the day at Bingo we will serve it up.

"An apple a day will keep anyone away if you throw it hard enough"