

THE INTERMISSIONS INFORMER

Charlestown Retirement Community

Coming in September

September 2019

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Daily Activities

(Except where noted on the calendar)

9:30- Coffee Chat

10:00- Historical Events of the Day.

10:45 - Easy Exercise

12:00- Lunch

Intermissions is held in Caton Ridge 302

Monday-Friday
9:30am- 2:30pm

The weather has been absolutely gorgeous and we've enjoyed our time sitting out on the gallery patio, watching the clouds float by, listening to the birds sing and feeling the warm sun on our skin. We have had some wonderful conversations and time to reminisce. We hate having to say goodbye to summer, but look forward to the changing season that Autumn brings.

With the arrival of September, Labor Day is upon us and is the unofficial end of summer for many people. Many children will be returning back to school and families adjusting to their new schedule. Labor Day itself celebrates all those individuals who make up the work force in America. We will recognize Labor day by watching an informative slideshow about the changing roles of men & women. Later in the month we will play a game of "Hats" bingo where we will match the appropriate hat to the correct occupation.

September is Yoga month! We have scheduled Sylvia (from our fitness center) to demonstrate some chair yoga to us and look forward to her presentation!



Intermissions Program Staff:
Linda Armstrong - Program Coor.
Maureen Potter - Intermission Assoc.
Alyssa Murphy - Intermissions Assoc.



Thank You!

Our most heartfelt thanks go out to the following volunteers, who shared their gifts with us last month. We are truly grateful!

Residents:

Dr. Bev Hall
Ken Kidd
Tim Medicus
Mike Koontz

Staff:

Erin Morris
Rose Sands
Stephanie Knowles
Lillian Ossorio
Aisha Ayoub
Lisa Roeder

September is:

German Heritage Month

Service Dog Month

Football Month

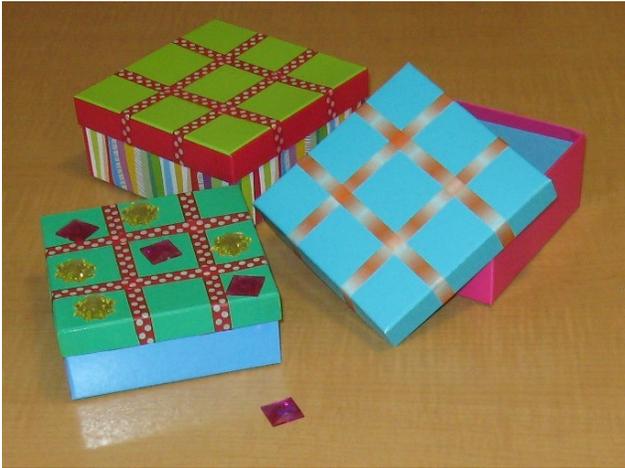
Yoga Month

Housekeepers' Month



For more information about enrolling or volunteering, contact Linda Armstrong, Intermissions Program Coordinator, at #443-297-3500

August Intermissions Moments



Top: We enjoyed the fun craft the Community Resource staff presented us! We created a “travel” tic-tac-toe board with space in the pretty boxes to store the dazzling game pieces!

Bottom: We learned interesting information about these big beautiful flowers and how tall they grow. Then we enjoyed looking at photographs Linda had taken of the field of sunflowers growing near Jarrettsville Pike in Harford county. We discussed the size of the flower, ways the butterflies and bees pollinate the plants and then sampled several varieties of Sunflower seeds!



Say it with Sunflowers



Brain Game Word Challenge

Someone Famous:

Another activity we do from time to time is to come up with a famous person for a name listed. As in the case of our “last letter word game” from the previous page, we came up with 51 men's names. Listed below are some men's names, try to list 2 famous people that share that name. It can be a first name or last name.

Example: John– John Adams, Elton John

1. Edward: _____
2. Richard: _____
3. Jimmy: _____
4. Thomas: _____
5. Douglas: _____
6. Glenn: _____
7. Michael: _____
8. Robert: _____
9. Charles: _____
10. Walter: _____



“We make a living by what we get, but we make a life by what we give.”

~ Sir Winston Churchill



Maureen's Moment



I find myself feeling that long ago, but unforgettable angst over the impending end of summer. I'm not ready for it to be over. On the calendar, September 23rd says “fall”. I propose a new season called fall defiance which should commence when? Hmm, that's the tricky part. For now, I will not concern myself with the end date of fall defiance. Instead, I intend to squeeze out every last drop of summer. I am going to enjoy being outdoors, remembering that sunblock is still a must. I will feast on locally grown produce and Maryland steamed crabs. Fall defiance is also a great time of year to take a day trip. The beaches in and near Maryland are less crowded and the weather is still beach friendly. While I don't see any travel in my future, I will be enjoying lovely evenings on my deck soaking in as much summer as I can. Even if you are not a “summer” person, I hope that you leave your worries behind, even if only for a short time and find something that makes you feel happy.

INTERMISSIONS SEPTEMBER 2019 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY HOLIDAY NO INTERMISSIONS	11:00- - slide show: "Changing Roles Men & Woman" 1:30- Lady Bug Bingo	11:00- Packing for a Long Weekend Trip 1:30- Qwirkle	11:00- Guitar Sing-along w/ Dr. Bev 1:30- Uno Card Game	10:30- BRAIN FOOD CAFÉ CTS Classrm. 1:30- Grandparent's Day Word Search
9	10	11	12	13
10:00 - Music Memories with Yogi 1:45- Chair Yoga Demonstration	11:00- Time with Tim! 1:30- Trivia Game	11:00- Slide Show: "September 11" 1:30- Lady Bug Bingo	11:00- Guitar Sing-along w/ Dr. Bev 1:30- Right, Left, Center	11:00- DVD: Classic TV from the 1960's 1:30- Dominoes
16	17	18	19	20
11:00 – Piano Sing-along w/ Ken Kidd 1:30- Monopoly	10:00- DVD: Sentimental Reflections #14 1:30- Bocce Ball	11:00- Time with Tim! 1:30- Up words Game	11:00- Guitar Sing-along w/ Dr. Bev 1:30- Hat Bingo	11:00- Color by Number 1:30- Category Game
23	24	25	26	27
11:00- Fall Begins Activity 1:30- Trivia Game	10:00- Craft w/ Community Resources 1:30- What's in the bag?	11:00- Lucky Letters 1:30- Slide Show: "Name that Dog Breed 2"	11:00- Slide Show: "Renaissance Festival" 1:30- Group Crossword	10:00- Movie Day 
30				
11:00- Slide show: "Hats Off" 1:30- Hat Bingo				DAILY ACTIVITIES: 9:30 Morning Chat 10:00 Historical Events of the Day 10:45 Easy Exercise 12N Lunch

**** ACTIVITIES ARE SUBJECT TO CHANGED BASED ON THE NEEDS OF THE GROUP! ****