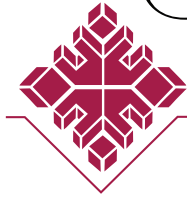


The Gateway Gardens



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

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September 2021



Change Is in the Air




For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

September's Starry Flower

As potted mums hit stores this month, containers of daisy-like asters are often seen displayed with them. September's birth flower, the aster blooms in late summer through autumn, bringing hues of blue, purple, pink and white to the garden. Aster is the Greek word for star, describing the shape of the flower's fanned petals.

Boost Your Mood With Good Posture

Sit up for a lift. Studies show that good posture may put you in a good mood. Scientists say there's a brain-body link called embodied cognition, and the way you carry yourself connects to your mindset.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please Note: Activities Are Subject to Change.</p> <p>HAPPY Grandparents DAY</p>	<p><i>Happy Rosh Hashanah</i></p> 	<p>LABOR DAY</p> 	<p>Dr. Appointments: 8am - 3pm 1</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>2</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>3</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Exercise Workout/Exercise</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Entertainment Happy Hour - Dave: NEW!!</p> <p>1:00 Shopping Shopping by Choice</p> <p>3:00 Arts & Crafts Crafts - Judy</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>4</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Games Bingo</p> <p>3:00 Games Card Games (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>
<p>5</p> <p>9:30 Games Rummikub (AR)</p> <p>10:00 Church Church Service</p> <p>12:00 Games Wii Bowling</p> <p>3:00 Games Skip-Bo / Rummikub (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Labor Day 6</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Just Words</p> <p>6:30 Movie Movie Night Surprise (B)</p> <p>6:30 Rosh Hashanah begins at Sundown</p>	<p>7</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Skip's Presentation</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 8</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>9</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Entertainment Educational Show</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>10</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Entertainment Views and News</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Shopping Shopping by Choice</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Arts & Crafts Crafts - Judy</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Patriot Day 11</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Games Bingo</p> <p>3:00 Games Card Games (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>
<p>National Grandparents Day 12</p> <p>9:30 Games Rummikub (AR)</p> <p>10:00 Church Church Service</p> <p>1:30 Entertainment Summer Luau Dancing and drinks</p> <p>3:00 Games Skip-Bo / Rummikub (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 13</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Religious Discussion - Pat</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>14</p> <p>9:30 Games Rummikub (AR)</p> <p>10:00 Flu Clinic - TBD</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Entertainment Gary the History Guy</p> <p>2:30 Exercise Workout/Exercise</p> <p>3:15 Entertainment Show & Tell</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 15</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Entertainment America's Great Road Trips (B)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p> <p>6:30 Yom Kippur begins at Sundown</p>	<p>16</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Arts & Crafts Rock Painting</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>17</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Exercise Workout/Exercise</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Entertainment Happy Hour - Peter</p> <p>1:00 Shopping Shopping by Choice</p> <p>3:00 Arts & Crafts Crafts - Judy</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>18</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Games Bingo</p> <p>3:00 Games Card Games (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>
<p>19</p> <p>9:30 Games Rummikub (AR)</p> <p>10:00 Church Church Service</p> <p>12:00 Games Wii Bowling</p> <p>3:00 Games Skip-Bo / Rummikub (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 20</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Just Words</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>21</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment A Trip Down Memory Lane</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 22</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>23</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Entertainment Educational Show</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>24</p> <p>9:30 Games Rummikub (AR)</p> <p>11:00 Exercise Workout/Exercise</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Shopping Shopping by Choice</p> <p>1:30 Entertainment Happy Hour - Vincent</p> <p>3:00 Arts & Crafts Crafts - Judy</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>25</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:00 Games Bingo</p> <p>3:00 Games Card Games (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>
<p>26</p> <p>9:30 Games Rummikub (AR)</p> <p>10:00 Church Church Service</p> <p>12:00 Games Wii Bowling</p> <p>3:00 Games Skip-Bo / Rummikub (B)</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 27</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Show & Tell</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>28</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>3:00 Entertainment Current Events</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Dr. Appointments: 8am - 3pm 29</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>30</p> <p>9:30 Games Rummikub (AR)</p> <p>12:00 Games Wii Bowling</p> <p>1:45 Exercise Workout/Exercise</p> <p>2:30 Games Bingo</p> <p>6:30 Movie Movie Night Surprise (B)</p>	<p>Important Message</p> <p>All activities comply with CDC protocols:</p> <ul style="list-style-type: none"> -Wearing a face covering -Washing / Sanitizing hands 	



September 11 is one of those days ... a day that we remember where we were. What we were doing. How we felt before we heard. And how we felt after we learned that hijackers had flown airplanes into the World Trade Center, killing over 2,900 people and injuring almost 6,000 more.

The sadness we felt for every person who lost their lives and the families they left behind was utterly unbearable.

We grew as a nation in the aftermath of that tragedy. We huddled tight and helped where and how we could. But as the years passed, 9/11 grew further and further from our consciousness as other tragedies filled our newsfeeds and our lives moved on.

But September 11 remains a very real, ever-present tragedy for those who were affected by it. We need not to forget that. People still need help. And there are organizations that are helping them that still need our support.

Here are some worthy organizations:

Tuesday's Children - Their programs include youth mentoring, career guidance and mental health services for first responders and victims' children and spouses.

The Families of Freedom Scholarship Fund has provided more than \$150 million in scholarships to dependents of those killed or otherwise affected in the 9/11 attacks and subsequent rescue efforts.

In honor of the tens of thousands of first responders who bravely worked to rescue and treat 9/11 victims, giving to **the New York City Police Foundation** or **the FDNY Foundation** is a worthy exercise. Both nonprofit charities serve to support the men and women who serve and protect New York City.

On the 20th anniversary of the September 11 tragedies, we must not forget.