



Westminster Village Kentuckiana

Celebrating in September

September is the most common birth month in the U.S., according to government statistics from the past 20 years. The most common birthdate? Sept. 9.

Happiness Helper: Lend a Hand

"Start where you are. Use what you have. Do what you can." Those words from tennis legend Arthur Ashe have often been used to inspire people to share their time and talent. And when you help others, it can make you happy, too. No matter how you choose to make a difference, the engagement and sense of purpose that come from volunteering have been shown to benefit both happiness and health.

Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.

A Figure of Speech

Phrase: Old school

Meaning: Traditional or nostalgic

Origin: The description "old school" is often used to express respect for people, things and styles from an earlier time. It frequently conveys an air of nostalgia when referring to something from days gone by, such as old-school music. The term likely evolved from the longer phrase "of the old school," which has been in use since the mid-1700s.

September 2019



Apples of Our Eye

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

Remember When: Card Catalogs

Searching for a book in a library once involved pulling out a long, narrow drawer of a card catalog. Using the Dewey Decimal System, each book was categorized by subject, title, author and other information, which was printed on index cards and filed in cabinets with rows of small drawers. In large libraries, card catalogs could fill an entire room.

NFL's Centennial Season

Are you ready for some football? The NFL kicks off its 100th season Sept. 5 with one of the sport's most storied rivalries as the Chicago Bears face the Green Bay Packers. The league will commemorate its anniversary with special events throughout the season.

September Birthdays

9/4 Paul Chandler
 9/4 Terry Means
 9/5 Mary Ann Hasselback
 9/7 Katherine Faust
 9/11 Judy Vannoy
 9/14 Doris Burg
 9/14 Pat Thompson
 9/18 Bonnie Schraer
 9/18 Maxine Bowling
 9/22 Carroll Long
 9/23 James Embry
 9/28 Cleta Platt



70 Years of TV's 'Lone Ranger'

On Sept. 15, 1949, "The Lone Ranger" rode into the world of television with its debut episode. The popular Western lives on in reruns, fan clubs, collectibles and cultural references, including the show's legendary line, "Hi-yo, Silver! Away!"

A Rhapsody of Rewards

During Classical Music Month in September, make time to enjoy a sonata by Mozart, a symphony by Beethoven, or a film score by John Williams. Numerous studies show that listening to classical music can have resounding health effects, such as lowering stress, boosting productivity, improving memory and helping relieve pain.

Sidesplitting Fun

Q: What's a tree's least favorite month?

A: Sep-timber!

Sunday	Monday	Tuesday
1	Labor Day 2	3
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	Labor Day Offices Closed and No Transportation! Enjoy Your Day Off!!! 2p Labor Day Bingo W/Sharon MRLL	9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
8	9	10
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 10:30a Welcome Wagon AL 12:30p Purdue Nutrition SC 2p Harmonics SC 3:15p Exercise SC 6:30p Al Hilbert Music SC	9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
15	16	17
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 11a Mathies B/P SC 11:30a Picnic in the Park Outing 1p Veterans Council RR 3p Exercise SC 6:30p Tari Martin SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
22	23	24
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL 6:30p Angel Wings Children's Choir SC	9a Coffee Social AL 10a Wellness Exercise AL 12:30p Purdue Nutrition SC 1p Resident Council RR 1p AL Dietary Mtg AL 2p Movie Matinee AL 2p Chess & Checkers SC 3p Exercise SC 6:30p Sue Loy Music SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 12a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
29	30	
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 12:30p Purdue Nutrition SC 1p \$1 Bingo MRLL 2:30p AL Resident Council AL 3p Spiritual Life W/Joe Bradley RR 7p Holy Name Band SC	

Wednesday	Thursday	Friday	Saturday
4 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30p Non Denom Comm SC 1p Brain Study W/Lisa MRLL 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	5 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p North Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	6 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10a Clifty Falls/Hanover College Outing 3p Exercise SC 6:30p Music W/Rick McDonald SC	7 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30p Music W/John King SC
11 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12p Remembrance of 9/11 "A Moment of Silence" SC 2p Bunco SC 3p Rosary RR 3p Wellness Exercise SC	12 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1p Bldg & Grds Mtgs SC 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	13 9a Coffee Social AL 10a Exercise AL 10:30 New Resident Coffee SC 1p Game Day 3p Exercise SC 6:30p Country Sounds SC	14 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
18 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study W/Lisa DR 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	19 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visits 11a Flu Shots RR 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	20 9a Coffee Social AL 10a Music W/Sue Loy AL 11a Remember When SC 2p Birthday Party W/Lonnie Bryant on the Patio 3p Exercise SC 6:30p Music W/Charlie Hornung SC	21 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
25 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	26 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Bean Snapping DR 1p Military Research W/Lisa King MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	27 9a Coffee Social AL 10a Exercise AL 10a Edwardsville Church Quilt & Crafts/Luncheon Outing 1p Game Day SC 3p Exercise SC 7p Kosair Dance Band SC	28 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
		September	



Wheaties Athletes

Since 1934, “the Breakfast of Champions” has honored outstanding athletes by featuring them on its iconic orange boxes of cereal. See how many names you recognize on this roster of Wheaties athletes.

Year	Athlete	Sport
1934	Lou Gehrig	Baseball
1936	Jesse Owens	Track and field
1959	Esther Williams	Swimming
1984	Mary Lou Retton	Gymnastics
1986	Walter Payton	Football
1988	Michael Jordan	Basketball
1999	Mia Hamm	Soccer
2001	Althea Gibson	Tennis
2010	Lindsey Vonn	Alpine skiing
2017	Jordan Spieth	Golf

“This Month In History” SEPTEMBER

1928: By accident, Scottish scientist Alexander Fleming discovers penicillin, the world’s first antibiotic.

1930: American Bobby Jones becomes the first to achieve the Grand Slam of golf by winning the year’s four major championships.

1955: Little Richard records what will be his first major hit, “Tutti Frutti.” Loud and with a driving beat, the song is hailed as pioneering the rock ‘n’ roll sound.

1970: A groundbreaking sitcom at the time, “The Mary Tyler Moore Show” premieres.

1987: New York City’s Rockefeller Center is declared a National Historic Landmark.

1998: A new federal law mandates that all automobiles sold in the U.S. must be equipped with air bags.

2002: Kelly Clarkson is named the first “American Idol” for the inaugural season of the TV singing competition. Clarkson has gone on to top the music charts and win several Grammy Awards.

2011: After 41 years, the daytime TV soap opera “All My Children” airs its final episode.