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The Difference Between Living and Living Well

150 S. Grand Ave. • West Covina, CA 91791 • (626) 332-3344

Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do.
 Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

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 2023

Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower.

Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of *Día de los Muertos*, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.







Memories Are Timeless Treasures of the Heart.





Come stop by our Activity room anytime and work on a puzzle.

Everyone is welcome!







Make sure to check your calendar for our baking class.
Come share your recipes or join in the mixing fun!









Labor Day Celebration

Join us for a Labor Day Celebration with a BBQ lunch buffet and live music entertainment with Mark Mayville.

Monday, September 4, 2023 Lunch Buffet 11:00-1:00pm (Multipurpose Room)



09/02 Denise De L. 09/04 Sadako O. 09/15 Vilma B. 09/28 Beverly D. 09/26 Maria F.

May you be gifted with life's biggest joys and never-ending bliss. After all, you, yourself, are a gift to earth, so you deserve the best.

Happy birthday.





Timeless Melodies: Music Program

Join us for the Timeless Melodies' presentation on Sammy Davis, Jr., singer dancer, gun twirler, and imitator. Our music historian, Larry, will trace his career from Vaudeville to movie star.

Saturday, September 16, 2023 10:00-11:00am Multipurpose Room



Friendly Reminder: Guests' Meal Tickets

If your guests are planning to dine with you in our main dining room, please make sure to get a meal ticket slip at our front desk. Meal tickets can be paid in cash or charged to the room. Thank you.















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