

ASSISTED LIVING NEWSLETTER



September 2026

"All the months are crude experiments out of which the perfect September is made."

~ Virginia Woolf



Department Heads

Executive Director – Angela Tuttle

Wellness Director– Sheri Selin–Ascariz, LPN

Registered Nurse– Paula Jean– Baker

Resident Care Manager– Liana Li Lum Ho Gerdes

Business Manager– Stephanie Coleman

Life Enrichment Director–Jennifer Padilla

Plant Ops Director– Jeffrey Jasikiewicz

Receptionist– Penny Newton

Letter from the Executive Director

Welcome to Our First
Monthly Newsletter!

We are thrilled to introduce our first monthly newsletter—a place to share what's happening in our community and keep our residents, families, and friends informed about upcoming events, important updates, and exciting changes.

July brought an exciting new chapter to our community as we welcomed a new management group. We are excited about the opportunities ahead and look forward to working together to create positive changes and continued growth within our

community.

As we get to know the CLG way, we are committed to building strong relationships, supporting our residents and associates, and creating a community where everyone feels valued, respected, and at home.

We look forward to sharing all the wonderful things happening at our community each month. Thank you for being part of our community—we are excited for what's ahead!

Sincerely,
Angela Tuttle
Executive Director

Special Days

Labor Day
September 7

Patriot Day
September 11

Grandparents Day
September 13

National Guacamole Day
September 16

Yom Kippur
Begins at Sundown
September 20

Autumnal Equinox
September 22



September is Healthy Aging Month

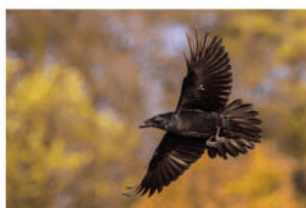
September is Healthy Aging Month

Here are a few healthy aging tips:

1. Share simple ways to stay active, eat more seasonal produce like squash and apples, and schedule an annual physical exam.
2. Keep your mind active as well as your body. Play brain games like word search puzzles, participate in weekly brain games with Jen, and learn a new digital skill.
3. Fall Safety Checks- Make sure your apartment is free from tripping hazards. If you need help to move something, please ask a caregiver.

Animal of the Month – Raven

Ravens are extremely intelligent, playful birds, known for acrobatic flying skills such as flying upside down, diving, and somersaults. While similar in appearance to crows, ravens sport thicker beaks and shaggier throat feathers, and are significantly larger, with a wingspan of about 45 inches. They symbolize prophecy, transformation, cunning, and magic. Some of their abilities include using tools, complex problem-solving, trickery, remembering faces, and planning. They can also make a wide variety of sounds, including mimicking human speech, car engines, and other



animals. Ravens live in a variety of habitats including forests, coastal cliffs, rural areas, and cities. These often territorial hunters are known to pursue prey in groups, known as cooperative hunting. Ravens eat a diverse range of foods, scavenging carcasses and garbage and hunting small mammals, reptiles, birds, and insects.



RESIDENT BIRTHDAYS

Birthstone Sapphire

Marjorie R. - 4th
Mary C. - 5th
James H. - 6th
Sharlene M. - 6th
Linda L. - 7th
Rebecca "Becky" J. - 7th

Patricia "Pat" F. - 9th
Jeanne E. - 11th
Karyn T. - 12th
Carl J. - 20th
Joyce S. - 25th
Matthew M. - 25th

Special Events

Tues, Sept 1 1:00-2:00pm
Food for Thought Meeting
Bistro

Wed, Sept 2 1:30 pm-2:30pm
Telescope Guy Presentation
Theater

Tues, Sept 15 1:30-2:30pm
Residents Meeting
Theater

Thursdays 3:00-4:00 pm
Happy Hour with Live Music
Check calendar for performers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026 Mt Bachelor Assisted Living		1 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:00am Tuesday Trivia (Bstr) 1:00pm Food for Thought Meeting (Bstr) 1:30pm Manicures (Bstr) 3:00pm Drum to Music (Fit)	2 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Bible Study (Thtr) 11:00am Brain Games (Bstr) 1:00pm Shopping 1:30pm Telescope Guy (Thtr) 3:00pm Seated Yoga (Fit)	3 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Prize Bingo (Thtr) 1:30pm Brain Games (Bstr) 3:00pm Happy Hour Live Music- Tracie Violinst (Bstr)	4 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:30am Lunch Outing 2:00pm Mexican Train-Resident Led (Game)	5 1:00pm Game of Bridge-resident led (Game) 2:00pm Rummikub- resident led (Game) 3:30pm Creative Your Own ... (Craf)
6 10:00am Church service livestream (Thtr) 1:30pm Strength Training (Fit) 2:30pm Movie & Popcorn (Thtr)	7 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 11:00am Cornhole or Bocce Ball (Crty) 1:30pm Men's Lounge with Cory 2:00pm Mexican Train (Game) 3:00pm One-on- one connection	8 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:00am Tuesday Trivia (Bstr) 1:30pm Manicures (Bstr) 3:00pm Drum to Music (Fit)	9 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Bible Study (Thtr) 11:00am Brain Games (Bstr) 1:00pm Shopping 3:00pm Seated Yoga (Fit)	10 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Prize Bingo (Thtr) 1:30pm Brain Games (Bstr) 3:00pm Happy Hour with Live Music- Paul Eddy (Bstr)	11 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:30am Lunch Outing 2:00pm Mexican Train-Resident Led (Game)	12 1:00pm Game of Bridge-resident led (Game) 2:00pm Rummikub- resident led (Game) 3:30pm Creative Your Own ... (Craf)
13 10:00am Church service livestream (Thtr) 1:30pm Strength Training (Fit) 2:30pm Movie & Popcorn (Thtr)	14 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 11:00am Cornhole or Bocce Ball (Crty) 1:30pm Wine Social 2:00pm Mexican Train (Game) 3:00pm One-on- one connection	15 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:00am Tuesday Trivia (Bstr) 1:30pm Manicures (Bstr) 1:30pm Residents Meeting (Thtr) 3:00pm Drum to Music (Fit)	16 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Bible Study (Thtr) 11:00am Brain Games (Bstr) 1:00pm Shopping 3:00pm Seated Yoga (Fit)	17 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Del (Fit) 10:30am Prize Bingo (Thtr) 1:30pm Brain Games (Bstr) 3:00pm Happy Hour with Live Music- Terry Ranstad (Bstr)	18 8:30am Coffee & Conversations (DinR) 10:00am Strength Training with Select PT (Fit) 11:30am Lunch Outing 2:00pm Mexican Train-Resident Led (Game)	19 1:00pm Game of Bridge-resident led (Game) 2:00pm Rummikub- resident led (Game) 3:30pm Creative Your Own ... (Craf)
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