



Notable Quotable

"Anywoman can foolamanif she wantstoand if he'sinlove withher."

~ Agatha Christie, mystery writer, bornSept. 15, 1890



September Horoscopes and Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats.

Barbara S. - September 8th

Julie J. - September 9th

Dee K. - September 13th

Helga M. - September 19th

Vic N. - September 22nd

Roland S. - September 22nd

Exercise Schedule

Exercise is held every day at 10:30 am in the activity room! There are always extra exercise schedules available at the front desk.

On Mondays we have Marshal, a fitness instructor; come in and do seated, slower tempo exercises.

Tuesdays & Thursdays are a Zumba class with Claudia, who is very high energy and includes high tempo music to go along with every exercise.

We also include meditation, Thai chi, yoga, stretching and deep breathing exercises throughout the week.

The Curious Case of &

September 8 is the day to acknowledge & appreciate & celebrate the amazing ampersand. This shorthand glyph for the word **and** was once the 27th letter of the alphabet. But before it was known as an ampersand, it was simply the symbol **&**, which stems from Latin. In ancient Rome, the word for **and** was **et**. Roman scribes, looking for a shortcut, combined the two letters in cursive script, which looked like **&**.

The word **ampersand** evolved by accident many years later when

the symbol **&** was made part of the alphabet. In the early 1800s, schoolchildren reciting the alphabet would say "X, Y, Z, and per se and," meaning "and, by itself, **and**." Over time, the repeated phrase "and per se **and**" gradually blended together in speech, evolving into the single word **ampersand**.

The ampersand wasn't the only letter to be dropped from the alphabet. In Old English, the letter **thorn** represented the **th** sound, and the letter **wynn** evolved into the letter **W**.

Arbor Village

September 2026

Celebrating September

Special Resident Dinner
September 2nd

Guitar Gil
September 7th

Baking & Cook's Corner with Kaera
September 8th

Seahawks Tailgate Party
September 9th

Old Hollywood Party
September 11th

Grandparents Day
September 13th

Sports Day
September 14th

Comfy Cozy Day
September 15th

Fiesta Day
September 16th

Decade Dud Day
September 17th

Diner Night
September 22nd

Pizza Movie Night
September 25th



Arbor Village Senior Living |
24121 116th Ave SE Kent WA
98030 | 253-856-1600

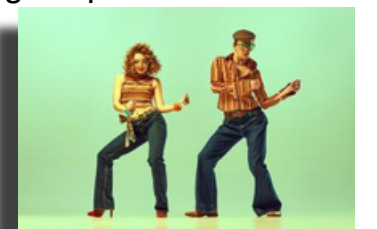
Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of daily conversation.

The 1970s are often remembered as a golden age of TV sitcoms. Programs such as **All in the Family**, **The Mary Tyler Moore Show**, and **Happy Days** reflected changing social attitudes while providing plenty of humor. Their

characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances.



Switchboard Switch Out

Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on callers, and often used crude language. Alexander Graham Bell himself came up with the solution to hire young women, and he started by hiring Emma Nutt.

Needless to say, Nutt's cool, soothing voice transformed the booming new industry. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would operate the telephone lines for almost the next 100 years.

Village Directors

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Los del Río sparked a worldwide dance craze with their one-hit wonder “Macarena.”

One and Done

There is no surer path to celebrity and then back to obscurity than the one-hit wonder. September 25 is One-Hit Wonder Day, a day for us to remember all those musicians who wrote one hit song that dominated the charts and then were forgotten. Perhaps one of the best-known one-hit wonders is “Earth Angel,” that 1954 doo-wop classic by the Penguins. Every decade has had its share of one-hit wonders: 1963’s “Wipeout” by the Surfaris,

1977’s “You Light Up My Life” by Debby Boone, 1983’s “Puttin’ on the Ritz” by Taco, 1991’s “Walking in Memphis” by Marc Cohn, and the 2005 hit “Listen to Your Heart” by D.H.T. If you don’t recall any of these songs, you’re not alone, but that doesn’t bother Steven Greenberg, who in 1980 wrote the song “Funkytown.” When asked about his sole hit, Greenberg says, “I call it ‘one-hit wonderful.’”

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

T	S	C	T	C	O	S	L	K	K	A	H	G	S	A
S	K	O	H	A	U	G	B	A	S	J	R	Z	C	R
E	H	L	B	N	H	H	R	T	B	A	W	W	A	H
F	U	O	E	N	M	H	E	I	N	O	S	C	L	E
R	A	R	B	I	L	R	F	D	V	C	R	L	E	T
E	B	F	M	N	E	P	P	V	H	M	E	D	S	J
B	W	U	T	G	S	A	P	O	I	T	H	H	A	Z
O	R	L	B	C	R	S	O	F	M	R	N	L	L	Y
T	D	L	B	E	R	L	B	N	I	G	R	I	V	Z
K	E	C	N	E	D	N	E	P	E	D	N	I	N	U
O	P	T	M	H	A	R	V	E	S	T	M	O	O	N
T	S	R	C	K	O	Y	O	M	K	I	P	P	U	R
H	A	N	A	H	S	A	H	H	S	O	R	Z	N	N
F	S	A	P	P	H	I	R	E	K	C	P	L	M	F
F	R	A	C	Q	Z	Z	C	X	F	Q	E	F	A	N



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|--------------------|---------------|----------------|
| ASTER | INDEPENDENCE | SAPPHIRE |
| CANNING | (Day, Mexico) | SCALES (Libra) |
| COLORFUL | LABOR DAY | SCHOOL |
| FARMERS | LIBRA | VIRGIN (Virgo) |
| GRANDPARENTS (Day) | NINTH | VIRGO |
| HARVEST MOON | OKTOBERFEST | YOM KIPPUR |
| | ROSH HASHANAH | |