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*Committed to Brevard,
Dedicated to Seniors*

Find us on 

National Assisted Living Week

During the week of September 13-19, we will be celebrating National Assisted Living Week! This year's theme is "Shining Through the Years." It is meant to honor the people who live, work, and volunteer in assisted living — residents, caregivers, staff, and families — and celebrates the wisdom, contributions, and compassion that make assisted living meaningful. Established in 1995 by the National Center for Assisted Living (NCAL), this week is a national observance to advocate for those involved and educate the public about this important part of long-term care.



Brainteaser: Beloved Characters and Their Careers

Can you name the jobs for these famous TV characters?

- Ricky Ricardo, "I Love Lucy"
- Matt Dillon, "Gunsmoke"
- Frankie Bergstein, "Grace and Frankie"
- Cliff Clavin, "Cheers"
- Roz Doyle, "Frasier"
- Mary Richards, "The Mary Tyler Moore Show"

Bonus: What sitcom character had a mile-long resume, including hand model, car parker and sales rep for the Penske file?

Answers:

- Band leader
- U.S. marshal
- Artist
- Postal worker
- Radio producer
- TV news producer

Bonus Answer: George Costanza, "Seinfeld"

Fall Begins

Fall's first day is Sept. 22.

Happy National Apple Dumpling Day!

On September 17th, what better way to ring in the fall season than with some warm and sweet apple dumplings! These delicacies are comprised of apples peeled, cored, and often quartered, then wrapped in pastry dough, baked until golden, and sometimes served with syrup, cream, or ice cream. They have deep roots in the north-eastern Appalachians, but are now enjoyed all throughout the country.

Tailgate Theme Night

Join us September 9th as we officially kick off football season! We will be "tailgating" in the Main Lobby and enjoying some special drinks at 4 pm. Look forward to seeing you!

Your Friendly Team

Pam Slater General Manager
Tonya Cauble Resident Care / RN
Laurie Bohn Business Office
Karen Trafford Dining Services
Kimberly O'Shields Sales
Holly Crowe Housekeeping
Michael Humes Activities
Justin O'Shields Maintenance
Jonlyn Summey Wellness



Positive Thought

"Aging is not lost youth, but a new stage of opportunity and strength." —Betty Friedan

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:00 B Rummikub	2 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 1:00 F Passport: France 2:00 B AAUW Book Club 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays 3:15 A Readers' Theater	3 9:30 C RC Mass 10:00 A Line Dancing 10:30 B Sarah Ruth Circle 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 3:00 F Yzical Physical Therapy Balance Class 5:00 Brew Crew in Private Dining Room 6:00 B Rummikub	4 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 B Book Discussion Group 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo	5 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 D College Football Watch Party 1:00 A Ping-Pong
6 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	7 Labor Day 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 Labor Day Party with Trismen Trio 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	8 9:30 G Shopping at Aldi 10:30 B Hubble Group 11:00 A Tai Chi with Chris 12:00 K Inn Pizza Party 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 A Voter Registration Event 6:00 B Rummikub	9 Tailgate Theme Night 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 I Dog Visits 1:00 F Passport: France 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays 4:00 G Special Drinks in the Main Lobby	10 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Visually Impaired Persons Meeting 5:00 Vino Ladies' Guild in Private Dining Room 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub 6:30 A Musical Performance by Blue Ridge Bakery Band	11 Patriot Day 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo 2:00 D Brevard Hearing 2:00 Wandering Pam's Pub	12 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 D College Football Watch Party 1:00 A Ping-Pong
13 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	14 National Assisted Living Week 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 B Resident Board Meeting 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	15 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 12:00 B Lodge Pizza Party 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:00 A Health Talk 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:00 B Rummikub	16 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 B Recycled Card Group 10:30 G Grocery Shopping 1:00 F Passport: France 2:00 B Archives Committee Meeting 2:00 A Yoga with Lauren 3:00 K Wine Down Wednesdays 6:30 A Musical Performance by The Late Bloomers	17 National Apple Dumpling Day 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 1:30 Apple Dumplings in Both Cafe Areas 2:00 C First Methodist Gathering and Communion 5:00 Vino Ladies' Guild in Private Dining Room 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub 6:30 A Musical Performance by Pyramid Brass	18 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo 2:00 K September Birthday Party	19 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 D College Football Watch Party 1:00 A Ping-Pong 3:00 A Singing at the Piano 7:00 Raising Cane Film Premiere at BRCC Campus Flat Rock
20 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	21 International Day of Peace 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 11:00 B Veterans' Coffee and Conversation 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 3:00 A Resident Association Meeting 4:00 E Monday Mixers	22 Autumn Equinox 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 6:00 B Rummikub	23 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 I Dog Visits 1:00 F Passport: France 1:15 B UU's 2:00 F Inn Resident Forum 2:00 A Yoga with Lauren 3:00 K Wine Down Wednesdays	24 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 12:00 Jeter Mountain Apple Farm U-Pick 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub	25 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo 2:00 Wandering Pam's Pub 6:30 A Movie Night	26 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 D College Football Watch Party 1:00 A Ping-Pong 2:00 A Celebration of Life: Susan Petersen
27 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 4:00 E Vespers Committee Meeting	28 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 L Library Committee Meeting 10:50 A Chair Yoga DVD 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	29 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 I Susie and The Hitlist 6:00 B Rummikub	30 Sock Hop Theme Day 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 Classic Car Show 11:00 I Dog Visits 1:00 F Passport: France 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays			

Riddle Me This!

When day and night stand equal, I arrive; in the North, I bring autumn alive. What am I?

(Answer is below)

Full of Hot Air

A sheep, a chicken and a duck got in a hot air balloon. This is no joke. On Sept. 19, 1783, the Montgolfier brothers — French inventors — chose the unlikely trio to take flight in the first hot air balloon demonstration, witnessed by King Louis XVI, Marie Antoinette and other nobility. The farm animals all landed safely, much to the relief of the French court.



Answer to the riddle: The Equinox



Health & Wellness

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

International Day of Peace

We definitely don't need a special day to remember this, but let's spread a little extra love on Monday, September 21st! This is the International Day of Peace, so let's give those around us extra high fives, hugs, and smiles!



September Birthdays

3 Carver Farrar
5 Marion Eikeland
6 Betsy Robinson
7 Elma Hughes
11 Elizabeth Creech
13 Saretta Prescott
17 Rick Taylor
20 Joan Keirstead
20 Warren Redwing
27 Sue Barrett
28 Carole Regan



September Anniversaries

6 Robert and Charlotte Farrand
8 Robert and Martha Bulen
10 Jim and Betty Schenfield