

The Messenger

Sycamore Glen Retirement Community

September 2010



Gary L. Van Nostrand
Executive Director

gary.vannostrand@khnetwork.org

*Welcome Home to Sycamore
Glen Where We Are
Committed to Improving
The Quality of Life of the
People We Serve.*

Did you Know?...

Band-Aids were invented in September

September 24th, 1789 — the US Supreme Court was established.

On September 18, 1851 the infamous New York Times newspaper published its first edition.

September 12th is National Chocolate Milkshake Day

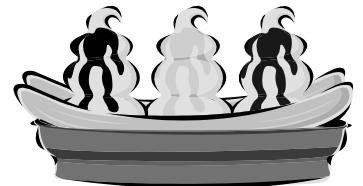
The Great Fire of London happened September 2, 1666.

George Eastman got his patent for the roll-film camera, in September of 1888 and the Eastman-Kodak company soon was off to becoming one of America's major corporations.

On September 5th, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.

Grandparent Day Social

It is our pleasure to invite you to attend the upcoming grandparent day social which is scheduled to take place on September 10, 2010 at 2:30. The Impossibles Band will be here at Sycamore Glen to perform and the activity staff will be serving sundaes of all sorts! There will be door prizes given away during the event and we do encourage you to invite the grandchildren. We hope that you will take advantage of this wonderful opportunity and join us for the festivities!!



Hope to see you there!

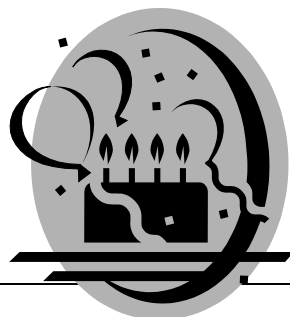
We love suggestions!

Recently due to a resident suggestion, we were able to come up with a new way to celebrate all birthdays here at Sycamore Glen. Each birthday individual will receive two guest meal tickets inside a birthday card to be used at any time other than the birthday meal. We loved the idea and would like to say a special thank you to the person responsible. She wanted to remain anonymous, but... you know who you are!!

Thank you so much.

Happy Birthday

Grace Nichols 9/1
Jack Kemper 9/11
Patricia High 9/17
Pauline Evans 9/20
John Elgin 9/27
Dot Ingram 9/27



The September birthday dinner will be held on Sept. 28 at 4:00 for those who have a birthday this month. Also, please notify the receptionist when you sign up of the number of guests that will be accompanying you. The cost per guest meal is \$12.00 with a limit of 2 guests per resident.

The meal will be prepared by Chef Matt and the dietary staff and is sure to be scrumptious!

Activity Awareness Questions & Answers

One of the main ingredients of a healthy and happy active lifestyle, is to be aware and have a say in the happenings of each day!

We in the activity department of Sycamore Glen want to make sure that each individual living in this beautiful community has an opportunity to offer suggestions or simply ask questions concerning the programs that are offered here.

We are scheduling weekly question and answer time with the activity staff to share ideas and to announce any upcoming programs that are going to be available. This meeting will be taking place each Wednesday at 3:00 in the arts and crafts room.

This is a great way to be notified and stay in touch with the happenings and life of your community. Thank you.

August Special Highlights and Outings

Please refer to the activity calendar for all shopping outings each week.

Sept. 1 at 5:30: Scenic Ride
Sept 2 at 1:15: Hobby Lobby Shopping
Sept. 3 at 11:00: Trip to Pancake House
2:00: Letters to Juliet Move and Popcorn

Sept. 6 at 2:30: Labor Day Social with Music featuring Mic and Gloria Murphy

Sept. 7 at 6:00: Sundaes with Diane
Sept. 9 at 2:30: Jewelry Shopping
Sept. 10 at 2:30: Grandparent Day Social featuring The Impossibles Band.

Sept. 15 at 2:00: The music of Jim Herrman
Sept 17 at 2:00: The English Language Historian Jack Lightcap

Sept. 23 at 2:00: No wick candle making
Sept. 24 at 6:30: Fellowship Hour
Sept. 28 at 6:00: Birthday Celebration!