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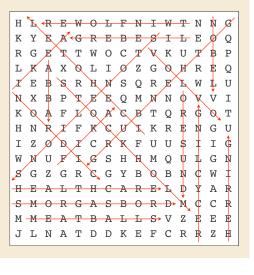
Chef Tara Knowlin Dining Services Business Office



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NEWSLETTER | SEPTEMBER 2025



Message From Your Executive Director



It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in

communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure" reminding us there's no expiration date on joy, curiosity, or a good laugh.

Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living-respect, dignity, a sense of home—goes back much further.

That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living.

they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.

As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the wav.

Sincerely,

Cindy Reinheimer **Executive Director**





Bernie Walsh: Spreading Smiles, Stories, & Sweetness

If you've ever crossed paths with Bernie Walsh, you

know she's the kind of person who lights up a room. She's got a soft spot for Elvis, a quick wit for a good joke, and never says no to a bite of chocolate.

Born near the Jersey Shore in New York on December 3, 1930, Bernie is the eldest of six—a natural caretaker from the start. Even as a child, she made it her mission to look after not just her siblings, but every kid on the block. Bernie always believed that children are the heart of the future, and she made sure every child she knew felt loved and cared for.

Bernie's work ethic and big heart took her far. She earned a full scholarship to Mount St. Ursula, a prestigious private Catholic school, and managed to graduate in just three years—a day she still counts as one of her proudest.

Love found Bernie in the most classic of ways: checking the mailbox. She and Daniel Walsh lived in the same apartment building and, as fate would have it, shared a mailbox. Daniel knew right away that Bernie

was the one, and after a loveat-first-sight moment, the two were married for 63 happy years. Their family grew to four children—Dan, Edward, and Patricia, who visit often, and one beloved son who passed away as an infant—and now includes 29 grandchildren and great-grandchildren that Bernie treasures beyond words.

For more than five decades, Bernie worked at Macy's in the cosmetics department, retiring at age 79. She loved making her customers smile, jotting on their receipts, "If it's not fun, don't go there," and calling after them, "And if you have to go there, make it fun!" Her gift for laughter and kindness made every shopping trip a little brighter.

Bernie's faith and family are her compass. She starts each day with a prayer, dedicating it to the Lord and her loved ones. Her favorite saying is, "If this is it, we will let it be." And if you ever need a laugh, Bernie's your gal—she's even published a book of her favorite jokes, always ready for visitors to enjoy.

Stop by Bernie's apartment, say hello, and you'll leave with a smile—and maybe a new joke to share.

Celebrations £ Milestones

Welcome to our newest residents!

- David Marble
- · Sara Harris
- · Joan Trelease
- · Carole Dover
- Jerome Hufnagel



Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- · Sept. 2: Genevieve Kirk
- · Sept. 13: John Keegan
- · Sept. 24: June Chedester
- · Sept. 24: Angelo Scorzello
- · Sept. 26: Ruth Ellen Coffey
- · Sept. 28: Ellen Hansen

TEAM MEMBER BIRTHDAYS

- · Sept. 4: David Vogelman
- · Sept. 7: Tiffanie Jefferson
- · Sept. 23: Tara Knowlin
- · Sept. 23: Latrichi Manning
- · Sept. 26: Joanne King



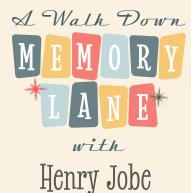
RESIDENT ANNIVERSARIES

- · Clarence Wingo 2 years
- · Judy Sheenan 1 year

TEAM ANNIVERSARIES

- · Robert Small 6 years
- · Kushana Palmer 4 years
- · Elandra Cohens 2 years
- · Areca Mazyck 2 years
- · Emani Collins 1 year
- · Jennifer Ramos 1 year
- · Cindy Reinheimer 1 year





What

What is your favorite sport? Football.

Growing up, did you play football?

Oh yes. I played in high school and a little in college.

What position did you play?

Quarterback.

Who is your favorite football team?

The Redskins



Sojourn in Sweden

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





GAME ON! RESIDENTS BRING THE FUN TO GAME DAY







HAPPY







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Dollar General Outing 1:00 Walking Club 2:00 Milkshake Monday- DR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	9:30 Prayer Group- C 10:30 Chair Exercise- AR	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Walmart Outing 10:30 Chair Exercise- AR 2:00 Resident Council- DR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	 8:30 Breakfast Table Hello 29:00 Decorate our rides 60's! 10:00 Chaplin Service-C 10:30 Chair Exercise- AR 2:00 Name that tune 1960's-T 3:00 1960's happy hour T 4:00 TLC 6:00 Activities room open 60's theme day! 		8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:30 BINGO- DR 4:00 TLC 6:00 Activities room open
	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Burkes Outlet Store outing 1:00 Walking Club 2:00 Milkshake Monday- DR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open		8:30 Breakfast Table Hello 1 (9:30 Prayer Group - C 10:30 Chair Exercise- AR 11:00 Lunch Outing- Cracker Barrell 2:00 Create and Take- AR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 11 10:00 Chaplin Service-C 10:30 Chair Exercise- AR	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:00 Community "Car" Wash- Front of the Building 3:00 Happy Hour- T 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:30 BINGO- DR 4:00 TLC 6:00 Activities room open
8:30 Breakfast Table Hello 10:00 Belin Methodist Service-C 10:30 Chair Exercise- AR 1:00 Catholic Mass- C 3:00 Putt-Putt golf- AR 4:00 TLC Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Publix Outing 1:00 Walking Club 2:00 Milkshake Monday- DR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:00 Manicures+Music- AR	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Walmart Outing 10:30 Chair Exercise- AR 2:00 Paper airplane craft/flying- AR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 10:00 Chaplin Service-C 10:30 Chair Exercise- AR 2:00 Ukulel Players Uks of V- Low Country Performance- DR 3:00 Happy Hour- DR 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:00 Pretty Paper Picture Frame craft- AR 3:00 Corn Hole- BP 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:30 BINGO- DR 4:00 TLC 6:00 Activities room open
8:30 Breakfast Table Hello 10:00 Belin Methodist Service-C 10:30 Chair Exercise- AR 1:00 Catholic Mass- C 3:00 Brown Bag-it Fall centerpiece craft - AR 4:00 TLC Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group-C 10:15 Target Outing 1:00 Walking Club 2:00 Milkshake Monday- DR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	 8:30 Breakfast Table Hello 9:30 Prayer group- C 10:30 Chair Exercise- AR 2:00 Food Creations- DR 3:00 Left, Center, Right- AR 	8:30 Breakfast Table Hello 24 9:30 Prayer Group - C 10:30 Chair Exercise- AR 11:00 Lunch Outing- The Conch Cafe 2:00 Musical Ball toss- AR 3:00 BINGO- DR 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 10:00 Chaplin Service-C 10:30 Chair Exercise- AR 1:45 Wreath Making craft-AR 3:00 Happy Birthday Happy Hour- T 4:00 TLC 6:00 Activities room open	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR	
8:30 Breakfast Table Hello 10:00 Belin Methodist Service-C	8:30 Breakfast Table Hello 29 9:30 Prayer Group-C 10:15 Dollar Tree Outing 1:00 Walking Club	8:30 Breakfast Table Hello 9:30 Prayer Group- C 10:30 Chair Exercise- AR 2:00 Manicures+Music- AR 3:00 Balloon Hockey- AR 4:00 TLC 6:00 Activities room open		Septem ASSISTE	Ber 202: D LIVING	5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Corn Hole 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:30 Milkshake Monday 3:00 Simple C Activities 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Coloring Creations 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Food Creations 3:45 Musical Ball Toss 4:00 TLC	2 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Bingo 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Manicures+Music 3:00 Scenic Drive 4:00 TLC	3 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 60's sing-along 11:00 Lunch Prayer 11:30 Lunch w/ Music 2:00 Popcorn and a Movie 3:00 Simple C Activities 4:00 TLC 60's Day!	4 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Painting creations 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Harbor's Happy Hour 3:00 Simple C Activities 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercise 10:00 Balloon Toss 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Bingo 2:00 Movie Matinee 4:00 TLC
9:00 Daily Chronicle/Walk 7 9:30 Chair Exercise 10:00 Belin Church Service-C 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Catholic Mass- C 2:00 Grandparents Day Social 4:00 TLCGrandparents Day	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Putt-Putt golf 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:30 Milkshake Monday 3:00 Simple C Activities 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Painting creations 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Hydration Station 3:45 Uno card game 4:00 TLC	9 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Bingo 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Story time 3:00 Scenic Drive 4:00 TLC	10 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Foam Flower craft 11:00 Lunch Prayer 11:30 Lunch w/ Music 2:00 Popcorn and a Movie 3:00 Simple C Activities 5:00 Family Night! 4:00 TI C	9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Coloring creations 11:00 Lunch Prayer 11:30 Lunch w/ Music 2:00 Community "Car" Wash- Front of the Buildin 3:00 Simple C Activities 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercise 10:00 Sing-along songs 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Bingo 2:00 Movie Matinee 4:00 TLC
9:00 Daily Chronicle/Walk 1 4 9:30 Chair Exercise 10:00 Belin Church Service-C 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Catholic Mass- C 2:00 Bead Craft 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Tabletop bowling 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:30 Milkshake Monday 3:00 Simple C Activities 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Collage Creations 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Food Creations 3:45 Dance Party 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Bingo 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Manicures+Music 3:00 Scenic Drive 4:00 TLC	17 8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 MATH categories 11:00 Lunch Prayer 11:30 Lunch w/ Music 2:00 Popcorn and a Movie 3:00 Simple C Activities 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Grilling up a storm detective 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Harbor's Happy Hour 3:00 Simple C Activities 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercise 10:00 Putt-putt golf 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Bingo 2:00 Movie Matinee 4:00 TLC
9:00 Daily Chronicle/Walk21 9:30 Chair Exercise 10:00 Belin Church Service-C 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Catholic Mass- C 2:00 Canvas Art 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Noodle Ball 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:30 Milkshake Monday 3:00 Simple C Activities 4:00 TLCosh Hashanah Begins Autumn Begins	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Qwirkle 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Hydration Station 3:45 Balloon Toss 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Bingo 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Story time 3:00 Scenic Drive 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Matching Game 11:00 Lunch Prayer 11:30 Lunch w/ Music 2:00 Popcorn and a Movie 3:00 Simple C Activities 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Autumn Alphabet challenge 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Harbor's Happy Hour 3:00 Simple C Activities 4:00 TLC	9:00 Daily Chronicle/Walk 9:30 Chair Exercise 10:00 Tongue Twisters 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Bingo 2:00 Movie Matinee 4:00 TLC
9:00 Daily Chronicle/Walk28 9:30 Chair Exercise 10:00 Belin Church Service-C 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:00 Catholic Mass- C 2:00 Wreath Craft 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Volleyball 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:30 Milkshake Monday 3:00 Simple C Activities 4:00 TLC	8:30 Breakfast Hello 9:00 Daily Chronicle/Walk 9:30 Chair Exercises 10:00 Group Jigsaw Puzzle 11:00 Lunch Prayer 11:30 Lunch w/ Music 1:45 Food Creations 3:45 Noodle Ball 4:00 TLC	80 s		iber 202 ARBOR	25