

Your Administrative Team



Carol Whitney
Executive Director



Betty Sawyer
Community Ambassador



Dana Bass, LPN
Clinical Coordinator



Latisha Rooks
Resident Services Director



Kathy Dailey
Dining Services Director



Melissa Williams
Life Enrichment Director



David Ostrander
Maintenance Director



Whitney Holcomb
Business Office Manager



Dave Dumas
Chaplain



LEGACY VILLAGE AT PLANTATION MANOR

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 way.

Sincerely,
Carol Whitney
Carol Whitney
Executive Director



A Legacy of Love & Food: Meet Andrew Poulos

If you've eaten at The Plaza Restaurant & Oyster Bar in Thomasville, you've tasted history—both on your plate and in the people behind it. The Plaza isn't just any restaurant; it's the

oldest continuously operating restaurant in Georgia, opening its doors back in 1916. And for nearly 70 years, Andrew Poulos has been at the heart of its kitchen.

Born Andreas Spiro Papadopoulos in the small Greek village of Korischades on April 25, 1936, Andrew was the only son among six sisters. When civil war broke out in Greece, he lost his father, leaving Andrew the responsibility of caring for his family. At just 19, he left everything he knew and journeyed to Thomasville to work at The Plaza, owned by his cousins.

He started at the very bottom—washing pots, helping out as a server, and soaking up every lesson the kitchen had to offer. Chefs there, and later a French chef hired by his uncle, taught him the art of cooking, and before long, Andrew was a chef in his own right.

By 1958, he was not just an employee but a partner in the restaurant. Back home in Greece, tradition dictated that women needed a dowry to marry, so Andrew sent his hard-earned wages back to buy each of his sisters a house. Family always came first.

In 1964, Andrew returned to Greece, this time to marry Angie, the love of his life. Together, they built a new chapter in Thomasville, raising two sons and welcoming a grandson. Andrew and Angie were married for 60 years before her passing earlier this year.

In 1978, The Plaza moved into a former Chevrolet dealership to make room for its growing community of diners. When the restaurant was sold in 2007, Andrew stayed on, working full time. Even after COVID changed the world, he simply scaled back to part-time. These days, he still preps meals and crafts the desserts guests love.

This September marks 70 years since Andrew first stepped into The Plaza's kitchen. His story is one of courage, devotion, and a quiet kind of heroism—a reminder that the warmest places are built by the hands and hearts of people like Andrew Poulos.

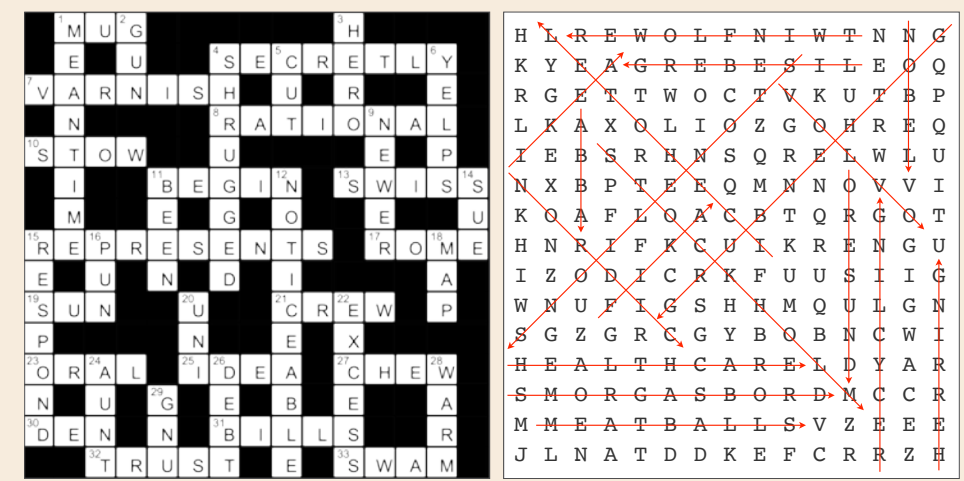
SUNDAe
SUNDAYS HIT
THE SPOT!



PAWS-ITIVELY PURRRFECT: MATILDA'S VISIT AND A TRIP TO MISS KITTY'S



HAPPY
FALL,
YA'LL!





MORE THAN DECORATION: HOW SHADOWBOXES CAN GUIDE, CONNECT, & SOOTHE

If you've visited our community, you may have noticed the unique shadow boxes displayed beside each resident's apartment door. These small displays are more than just decoration—they're a heartfelt way to help our residents feel at home, spark fond memories, and make their space truly their own.

Shadow boxes are filled with personal treasures: family photos, favorite keepsakes, little mementos from past travels, or objects that hold special meaning. For residents living with memory loss, seeing these familiar items each day can be comforting and grounding. A well-chosen shadow box serves as both a gentle reminder of their life story and a cheerful welcome every time they return to their door.

These boxes also play an important practical role. Instead of relying on numbers or names, residents can look for something uniquely theirs—like a childhood photo, a beloved trinket, or a favorite color. This helps many residents find their way more confidently and feel a deeper sense of belonging.

Shadow boxes can also offer comfort and reassurance during challenging moments. In these times, pausing together at their shadow box and looking through its contents can gently redirect their attention. Talking about the familiar items and sharing stories often brings a sense of calm and connection, offering both comfort and a new focus.

If you haven't created a shadow box for your loved one yet, we encourage you to start thinking about what could go inside. It's a wonderful way to share pieces of their story and personality, and it often sparks conversation with staff, neighbors, and visitors. Many families find that working together to select photos or keepsakes becomes a meaningful experience in itself.

If you'd like ideas or assistance, our team is always here to help. Together, we can make sure every resident's story is honored—one cherished memory at a time. ✨

**Positive mind.
Positive Vibes.
Positive Life.**



IDEAS FOR YOUR SHADOWBOX:

- ★ Family photos
- ★ Favorite small keepsakes
- ★ Childhood mementos
- ★ Travel souvenirs
- ★ Hobby items (golf ball, knitting piece, etc.)
- ★ Beloved postcards or greeting cards
- ★ Awards, ribbons, or pins
- ★ Special notes, poems, drawings or artwork
- ★ Favorite book cover or music CD

Kathy's Korner

2-Ingredient Peach Pie Cups

What you'll need:

- 1 can Pillsbury Cinnamon Rolls
- 1 can Peach Pie filling

What you'll do:

1. Place cinnamon rolls in a sprayed muffin pan, pressing down on all sides to form a cup.
2. Fill each cup with 2 Tb peach filling.
3. Bake at 350° until rolls are done.
4. Let cool, and drizzle contents of icing pack on top..



Dr. Ron Harvard to Visit Legacy Village Offering Hope, Strength, and Real-Life Wisdom

When Dr. Ron Harvard talks about Alzheimer's,

he doesn't speak only as an expert—he speaks as someone who's lived it. In 2003, Dr. Harvard's wife, Linda, began to show the first signs of memory loss. Together, they faced the long road of dementia, leaning on their faith and each other through every heartbreak and small victory. Linda became a resident of The Harbor at Legacy Village of Cleveland in 2018, and Dr. Harvard remained by her side until her passing in 2023.

What makes Dr. Harvard's perspective so powerful is this: he understands both the academic and the deeply personal sides of Alzheimer's care. As he puts it, "My academic background was being greatly enhanced by on-the-job training." Through his journey, he discovered a new calling—to minister to and support other families facing the "long goodbye" of dementia.

Since 2019, Dr. Harvard has been a friend, guide, and source of strength for families at Legacy Village of Cleveland. He's led monthly support groups, offered a listening ear, and created a space for honest conversations among family members, staff, and community leaders. His blog,

"Dementia: Walking Victoriously through the 'Long Goodbye,'" shares both his struggles and his hope.

Now, Dr. Harvard is bringing his story and wisdom to Legacy Village at Plantation Manor. On September 24 at 3:00 PM, join us for a special event where Dr. Harvard will speak about his personal journey as a caregiver and offer support to anyone affected by memory loss. Whether you're caring for a loved one, supporting a friend, or simply want to learn more, this gathering is a chance to connect, find encouragement, and know you're not alone.

Let's fill the room and show our support for families walking this path. Mark your calendar for September 24 at 3:00 PM—you won't want to miss Dr. Harvard's heartfelt testimony and the community that comes with it!

Alzheimer's Support Services'
Dr. Ron Harvard
Wed., Sept. 24
at 3:00pm
Legacy Village
at Plantation Manor
220 Park Ave.
Thomasville, GA
For more information call
229.227.0880

HAPPY BIRTHDAY!

RESIDENTS

- 1st Lillian Brock
- 17th Kim Holden
- 18th Catherine Wood
- 25th Beadie Davison
- 28th Margie Lucas

TEAM MEMBERS

- 1st Michael Williams
- 13th Aaliyah Crutchfield
- 15th Tameka Sharpe
- 22nd Tamara Barrett

TEAM MEMBER Anniversaries

10 YEARS OF SERVICE
Shannon Patterson

THANK YOU FOR BEING THE HEART OF
OUR COMMUNITY. WE APPRECIATE YOU.

UPCOMING EVENTS!

- SEPT 13th @ 2PM** **Medicare Moment**—exploring all the facts on Medicare enrollment.
- SEPT 18th @ 5PM** **Family Night**—join us for fun, fellowship and the celebration of fall football!
- SEPT 24th @ 3PM** **Dr. Ron Harvard**—listen as he shares his own inspiring and informative journey of caregiving.

CRUNCHY LEAVES BENEATH OUR FEET,
PUMPKIN SPICE IN EVERY TREAT.
SWEATERS COZY, SKIES SO CLEAR,
FALL'S THE BEST TIME OF THE YEAR!



Nurse's Notes from Dana's Desk For a Healthier, Happier You.



Avoiding Burnout as a Caregiver

As more people find themselves stepping into the role of caregiver—sometimes with little warning—it's become a familiar journey for families everywhere. Whether

you're looking after a spouse, an aging parent, a child with special needs, or a close friend, the experience can be deeply meaningful but also incredibly demanding.

The truth is, it's easy to get so focused on someone else's needs that you forget about your own. Feeling tired, anxious, or even a little resentful at times doesn't mean you aren't a good caregiver—it just means you're human. Over time, ignoring your own well-being can lead to bigger health issues, both physically and emotionally.

So, what can help? The first step is remembering you're not in this alone. Here are a few ways to care for yourself while you're caring for others:

- **Ask for (and accept) help.** Don't hesitate to reach out to friends, family, or neighbors. Even small things like a shared walk, a delivered meal, or help getting to appointments can lighten your load.
- **Focus on what you can do.** No one expects perfection. You're doing your best, and that's enough.
- **Set small, realistic goals.** Break big jobs into manageable steps. Figure out what's most im-

portant, and don't be afraid to say no to invitations or requests that overwhelm you.

- **Take advantage of local resources.** Many communities offer services like meal delivery, transportation, or housekeeping for caregivers—check out what's available near you.
- **Join a support group.** Connecting with others who understand can provide comfort and practical advice.
- **Keep up your social ties.** Make time each week for a friend or loved one, even if it's just a quick cup of coffee or a phone call.
- **Care for your body.** Try to get enough sleep, move a little each day, eat nourishing foods, and stay hydrated.
- **Don't skip your own checkups.** Let your healthcare team know you're a caregiver and stay current with your own medical needs.

And if you ever need a quick pick-me-up, our own community ambassador, Betty Sawyer, wrote a wonderful little book called *It's Going To Be All Right! A Collection of Positive Reflections*. It's a short, heartfelt, sometimes humorous, read—perfect for those days when you could use a boost of encouragement.

Remember, asking for help and taking time to care for yourself isn't selfish—it's essential. When you're well, you're better able to care for the people you love.

Dana Bass, RN
Resident Services Director

Spotlight on Success: Celebrating Tamara & Aaliyah's Nursing Journey



We're proud to celebrate two outstanding members of our team, Tamara and Aaliyah, both graduates of the Practical Nursing Program at Southern Regional Technical College. Their passion for learning and commitment to their patients truly set them apart.

Aaliyah is taking the next step in her nursing journey

by enrolling in a bridge program to become a Registered Nurse, with her sights set on earning a Bachelor's degree and specializing in Mental Health. Her compassion and drive to support others are a gift to our community.

Tamara is also beginning her bridge to RN and plans to pursue her Bachelor's degree as well. She's excited to specialize in either the ICU or the Operating Room, where her attention to detail and calm under pressure are sure to shine.

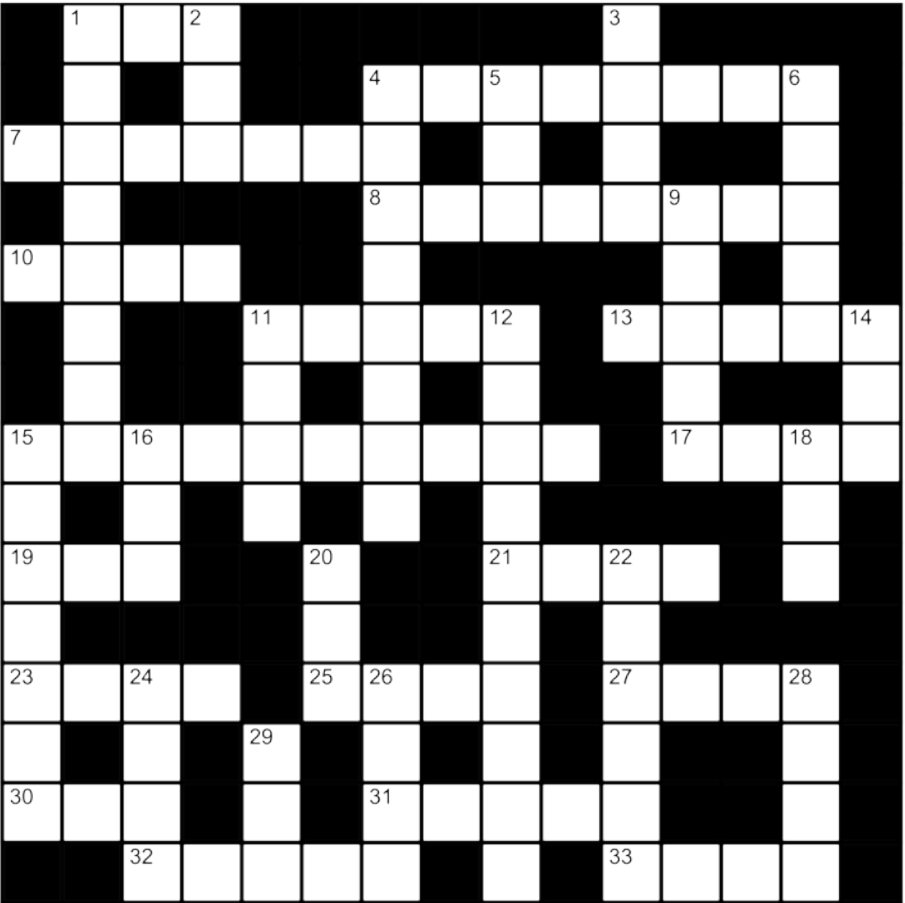
We're lucky to have such dedicated, ambitious nurses as part of our Legacy family. Please join us in cheering them on as they reach for their dreams!

ACROSS

1. The picture taken when arrested is called a ___ shot.
4. Covertly
7. Glossy wood coating
8. Sensible
10. Pack away
11. Start
13. Cheese choice
15. Symbolizes, stands for
17. Where the Vatican is
19. Overhead light?
21. Workers on a boat or film set
23. Word-of-mouth
25. Concept
27. Prepare to swallow
30. Animal house
31. Invoices to pay
32. Believe in
33. Did laps, say

DOWN

1. Until then, in the ___
2. "Glue" or "staple" follower
3. "My ___!" (said to one who saved your kitten)
4. Raised shoulders to show lack of interest
5. Film director's cry
6. Reacts to a stubbed toe
9. More modern



11. "___ there, done that"
12. Conspicuous, easily seen
14. Take to court
15. Give an answer
16. "Lettuce pray" is one
18. Navigator's need
20. Prefix for "verse" or "corn"
22. Surplus
24. Em, to Dorothy
26. Chapter 11 issue
28. Welcoming
29. African antelope

Sojourn in Sweden

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

- | | | |
|-------------|-----------|-------------|
| ABBA | IKEA | RECYCLING |
| FIKA | LISEBERG | SMORGASBORD |
| GOTHENBURG | MEATBALLS | STOCKHOLM |
| HEALTH CARE | NOBEL | STONE LIONS |
| HERRING | NORDIC | TWIN FLOWER |
| ICE HOTEL | ÖRESUND | VOLVO |



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



writings, added new reflections, and published her book, *It's Going to Be All Right!* The book is a celebration of positivity, resilience, and faith, offering practical advice, personal stories, and encouragement for anyone facing life's challenges. It's the kind of book that leaves readers feeling lighter, stronger, and certain that, as Betty always says, "It's going to be all right."

Her legacy is woven into every life she's touched—her devoted children and grandchildren, her great-grandsons, and the countless friends, colleagues, and community members who consider themselves blessed to know her. Betty is faith-filled, happy, positive, and selfless—a true original whose light continues to shine in all those she loves.



Happy
Birthday,
Betty! 🌸

If you ask Betty what matters most, she'll tell you: "Helping others." If you ask her family what they're most thankful for, it's her example—"of living your life with strength and positivity." And if you ask her community, they'll tell you that Betty Sawyer is the heart that keeps beating, the bright light in every room, and the living proof that, yes, it's going to be all right.

Happy 94th birthday, Memo. You are loved beyond measure—and your light just keeps shining. 🌟



A Life Lived in Full Color: The Enduring Light of Betty "Memo" Sawyer

Editor's Note:

Some people leave a mark on a place simply by being themselves. When I first joined the company as area marketing director, I quickly learned that at Legacy Village at Plantation Manor, that person was Ms. Betty Sawyer. It seemed like everyone I met had the same advice: "Have you met Ms. Betty yet? You have to. You'll love her!"

They weren't wrong.

We set our first meeting at The Plaza—always The Plaza, the kind of Georgia institution where Betty knows not just the menu but the history, the stories, and probably a few secrets. Over lunch, she filled me in on the past (hers and the restaurant's), and her warmth and wit made it clear why her name carried such weight around here.

In the years since, my role has changed—first supporting our communities, now editing and designing the company newsletter—but my admiration for Betty has only grown. She's the kind of friend who remembers your people by name, even if she's never met them, and she asks about your children and grandchildren as if they were her own. Her bond with her own grandchildren is something I truly aspire to with mine.

When I realized I'd forgotten to include her birthday in the August newsletter, I promised her a correction this month. But a footnote in the birthday list just didn't feel right for someone like Betty Sawyer. So I reached out to her family and gathered their stories, hoping to do her justice.

What follows is a tribute to a woman whose light fills every room she enters—a friend, a mentor, and the heart of our community.

—Kim Beverly

If you spend any time in Thomasville, Georgia, you'll eventually hear about Betty "Memo" Sawyer. Some know her as the wise, quick-witted lady who's still driving herself to the grocery store at 94. Others remember her as the social worker with a gift for soothing families in their darkest hours. But for her family, friends, and the entire community at Plantation Manor, she is simply the heart that never stops giving, the voice that always finds the silver lining, and the spirit that reminds everyone—no matter what—"It's going to be all right."

Betty's story began against all odds. Born three months early in Valdosta, Georgia, she weighed just three pounds—so tiny her parents, Cecil and Doris Spell, made a bed for her in a dresser drawer because her crib wasn't yet ready. She wasn't expected to make it, but tenacity and grace seemed written in her DNA from the start. She grew up especially close to her father and her maternal grandmother, and later with her much-younger sister, Nancy, who remained in Betty's heart long after she passed.

Her childhood memories are painted with scenes of close-knit neighborhoods and Betty's natural gift for connection. When the family spent time in Warner Robins, daughter Beth Ragan remembers, "We had neighborhood get-togethers with other moms and children, and my mother was always the happy, pretty mom who came up with the games and food. She was so outgoing and everyone liked to be around her. She buzzed around like she does now." Even back then, Betty was always the one who brought people together, making every gathering feel like a celebration.

That gift for bringing people together blossomed through Betty's life. At a time when few women pursued higher education, Betty joined a





remarkable group of friends at Valdosta High School—“The Big 9.” They all attended Valdosta State College when it was far from the norm

for women, and every one of them graduated, married, and stayed close. Their bond endured for decades, a testament to the loyalty and friendship Betty inspired. Of that group, Betty may be the only surviving member today, a living legacy of a generation of trailblazing women.

After earning her degree in social work, Betty married Walter Sawyer and moved to Thomasville, building a career in mental health and developmental disabilities that would span three decades. Yet, her greatest pride and joy has always been her family. Her daughter Beth Raga and son Richard Sawyer grew into accomplished, compassionate adults—each carrying forward her lessons of faith and positivity. Betty’s devotion to her grandchildren and great-grandchildren is legendary: Ansley Ragan Evans (with husband Chip and son Joe), Amanda Ragan Ritter (with husband Tony and son Jon Ragan), and Aaron Sawyer. Each of them, across generations, has felt her unwavering support, daily presence, and boundless zest for life.

Richard reflects on his earliest memories with a smile: “Peanut butter sandwiches with a

smile. I was a picky eater, but Mom didn’t mind and each day she made me ‘peanut butter sandwiches with a smile.’” He remembers her quick wit and sense of humor: “When she found something funny, she’d get super tickled—sometimes at the most inappropriate times, like church communion. She brought laughter everywhere she went.” But perhaps what Richard most treasures is her constant, vocal affirmation of love, even through life’s toughest moments. “No matter how distant we ever got, or what any of us were going through, she always made her love for me clear by simply stating it.”

Betty’s family traditions and close-knit bonds set the tone for generations. Her grandchildren grew up spending weekends at Memo’s house, where adventure was always on the menu. Ansley recalls, “Memo would take us on ‘adventures’—sometimes just to the other side of town, sometimes to Wakulla Springs or the Okefenokee. Everything was an adventure with her. These are my happiest memories.” Amanda adds, “We stayed at Memo’s every weekend. She’d pick us up from daycare and all the children would run to hug her—everyone loved her. We’d go get ice cream, sleep on the trundle bed next to her, and she’d tell us bedtime stories she’d make up, always picking up the next weekend where she left off, adding to them each week.” Their bond is so strong that Betty once gave a speech at a public event about the special relationship between grandparents and grandchildren, sharing her own “rules” for building lifelong trust, laughter, and love. As Ansley said in that speech, “Throughout our lives, if something is important to us, it was the most important thing for her. Not everyone has a relationship like this with their



grandparents—we are incredibly lucky.”

Betty’s compassion for others shaped her career and her community. After decades as a social worker, she confronted one of life’s hardest challenges when her beloved Walter was diagnosed with dementia.

Betty cared for him at home and, recognizing a lack of support for families like hers, founded the Sawyer Dementia Support Group. What began as a handful of local caregivers grew into the largest support group in Georgia. She’d spend whole days making phone calls—not just to remind people about meetings, but to check in, listen, and help. As her family recalls, “It wasn’t just a reminder call, it was a lifeline.” Her tireless work was recognized when she received the Horizon Award from the Rosalynn Carter Institute for Caregiving, after being nominated by the Alzheimer’s Association. During the ceremony in Atlanta, Betty met Jimmy and Rosalynn Carter, who were genuinely looking forward to meeting her after hearing about her work. But for Betty, the real reward was always found in the people she helped—one family at a time.

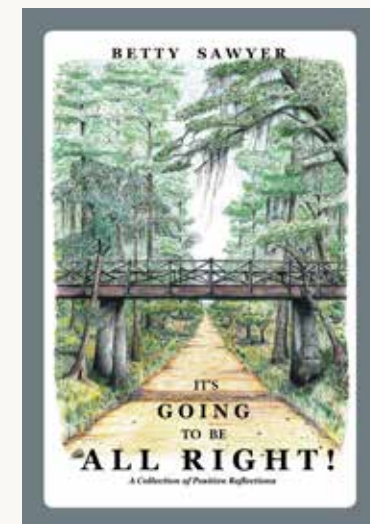
Plantation Manor became not just her workplace, but her extended family and second home. Betty has stepped into nearly every role there: she first arrived as a family member, bringing Walter for day stays and volunteering during those times. When he later lived there as a resident, Betty was by his side, supporting the staff and other families. She was invited to join the team

as Director of Social Services, working closely with the executive director. She even became a resident herself for a brief time while recovering from knee surgery—never missing a beat, getting up each morning to go to work while she healed. And when she “retired” again after the business was sold to Legacy Senior Living, she was asked to serve as the facility’s Community Ambassador—a role she continues to this day, spreading warmth, wisdom, and an unmatched sense of belonging to everyone she encounters.

Betty’s faith in God has always been her anchor. She leans on prayer every day, sharing her strength and positivity with those around her. Her acts of kindness reach far beyond family—she’s known for writing thoughtful notes to friends and even strangers in need. As Beth shared, “About a week ago I told her about a friend whose daughter-in-law has terminal cancer. Mama immediately asked for her address and wrote her a note. Of all the hundreds of cards and notes sent, Mama’s was the one they read over and over, and it truly made a difference.”

Even at 94, Betty remains remarkably independent—still driving, grocery shopping, and cooking healthy homemade meals for her family and guests. All are welcome around the table. She’s famous for her fried shrimp, Sunday suppers, and her lifelong commitment to wellness: “Mama is extremely health conscious,” Beth says. “She’s always eaten healthy, gotten her rest, and stayed active.”

Long before she became a published author in her 80s, Betty was already writing—contributing articles to local newspapers and magazines on health and caregiving. Over time, she gathered her



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:30-Exercise 10:00-Devotional/Sing 11:00-Name 5 12:00-Lunch 01:30-Social Time 02:00-Labor Day 03:00-Exercise 04:00-Daily Chronicle Labor Day	09:30-Exercise 10:00-Christian Friends 11:00-Trivia 12:00-Lunch 01:00-Activity/Judy 02:00-Family Puzzles 03:00-Game Shows 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotional/Sing 11:00-Ring Toss 12:00-Lunch 01:30-Social Time 02:00-Coloring 03:00-Worship/Newark 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotion/Sing 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Popcorn at Park 03:00-Art 04:00-Daily Chronicle	09:00-Exercise/Catherine 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-Resident Council 03:00-We Will Rock You 04:00-Daily Chronicle	10:00-Rummikube 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
	09:30-Worship/Eastside 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper Grandparents Day	09:30-Exercise 10:00-Devotional/Sing 11:00-Dream Adventures 12:00-Lunch 01:30-Social Time 02:00-Remember When 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotional 11:00-Wild West 12:00-Lunch 01:30-Social Time 02:00-WANTED 03:00-Western Dress Contest 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotion/Sing 11:00-Pirates Bounty 12:00-Lunch 01:30-Social Time 02:00-Big Creek Baptist 03:00-Scavenger Hunt 04:00-Daily Chronicle	09:00-Exercise/Catherine 10:00-Devotion/Sing 11:00-Football Bingo 12:00-Lunch 01:00-Social Time 02:00-Tailgate Party 03:00-Hot Football 04:00-Daily Chronicle	10:00-Rummikube 11:00-Bingo 12:00-Lunch 01:30-Board Games 02:30-Social Time 03:30-Fresh Air Time 05:00-Supper
	09:30-Worship/Eastside 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 10:00-Devotional/Sing 11:00-Lunch 12:00-Lunch 01:30-Social Time 02:00Throw Your Hat 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotion/Sing 11:00-Aluminum Foil Art 12:00-Lunch 01:00-Activity/Judy 02:00-Country Ride 03:00-Word Games 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotional 11:00-Crosswords 12:00-Lunch 01:30-Social Time 02:00-Farmhouse Crafts 03:00-Share a Poem 04:00-Daily Chronicle	09:30-Exercise 11:00-R-E-S-P-E-C-T 12:00-Lunch 01:30-Social Time 02:00-Everett 03:00-Ring Toss 04:00-Daily Chronicle 05:00-Family Night	09:00-Exercise/Catherine 10:00-Devotion/Sing 11:00-Bingo 12:00-Lunch 01:00-Social Time 02:00-Flower Pot Apple 03:00-Clean It Up Trivia 04:00-Daily Chronicle
	09:30-Worship/Eastside 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 10:00-Devotional/Sing 11:00-Fall Trivia 12:00-Lunch 01:30-Social Time 02:00-Centenarians Day 03:00-Exercise/Catherine 04:00-Daily Chronicle Rosh Hashanah Begins Autumn Begins	09:30-Exercise 10:00-Devotion/Sing 11:00-Pet Therapy 11:00-Name 5 12:00-Lunch 01:00-Activity/Judy 02:00-Tickle the Ivories 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotional 11:00-Buzz Word 12:00-Lunch 01:30-Social Time 02:00-Muppets 03:00-Cruise Ship 04:00-Daily Chronicle	09:30-Exercise 11:00-Family Feud 12:00-Lunch 01:30-Social Time 02:00-Volleyball 03:00-Health Talk 04:00-Daily Chronicle	09:00-Exercise/Catherine 10:00-Devotion/Sing 11:00-Lunch Out 12:00-Lunch 01:00-Social Time 02:00-Balloon Ball 03:00-Funny Sayings Friday 04:00-Daily Chronicle
	09:30-Worship/Eastside 10:30 Social Time 12:00-Lunch 01:30-Board Games 03:30-Sunday Service 05:00-Supper	09:30-Exercise 10:00-Devotional/Sing 11:00-What's Your Verdict 12:00-Lunch 01:30-Social Time 02:00-I Heard it Through... 03:00-Exercise/Catherine 04:00-Daily Chronicle	09:30-Exercise 10:00-Devotion/Sing 11:00-Staple Craft 12:00-Lunch 01:00-Activity/Judy 02:00-Country Ride 03:00-Frisbee 04:00-Daily Chronicle	<div>  </div>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00-Devotion 09:30-Chair Fitness 10:00-Snack 10:30- Ring Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Ring Toss 02:00 Manicures 03:00 Exercise w/ Catherine 04:00-Aroma Therapy 04:30-Dinner <small>Labor Day</small>	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Bean Bag Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Coloring 02:00-Country Ride 03:30-Simple C 04:00-Aroma therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Balloon Ball 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Math 02:00-Worship/Newark 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Basket Ball 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Trivia 02:00-Popcorn! 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Bowling 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Math 02:00-Noodle Ball 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00- Devotion 09:30-Chair Fitness 10:30-Bowling 11:30-Lunch 02:00-Math + You 03:30-Sing-along 04:30-Dinner
	09:00-Meet and Greet 09:30-Morning Service 10:00-Snack 10:30-Balloon Ball 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Opposits 02:00-Snack 02:30-Bean Bag Toss 03:30-Sunday Service 04:30-Dinner <small>Grandparents Day</small>	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Dream Adventures 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Basket Ball 02:00-Remember When 03:00- Exercise w/ Catherine 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Pet Therapy 10:30-Hawaiian Travels 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Crafts 02:00-Luau 02:30-Trivia 03:00-Simple C	09:00-Devotion 09:30-Chair Fitness 10:00-Buzz Word 10:30-Wild West 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Word Games 02:00-Wanted 02:30-Balloon Ball 03:00-Western Dress Contest 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Family Feud 10:30-Pirates Bounty 11:00-Aroma Therapy 11:30-Lunch 02:00-Big Creek Baptists 03:00-Scavenger Hunt 03:30-Balloon Ball 04:00-Aroma Therapy 04:30-Dinner	09:00- Execise/Catherine 09:30-Devotion 10:00-Ring Toss 10:30-Football Bingo 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Buzz Word 02:00-Tailgate Party 03:00-Hot Football 03:0-Sing w/ Me 04:30-Dinner
	09:00-Meet and Greet 09:30-Morning Service 10:00-Snack 10:30-Balloon Ball 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Opposits 02:00-Snack 02:30-Bean Bag Toss 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Snack 10:30- Ring Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Ring Toss 02:00 Manicures 03:00 Exercise w/ Catherine 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Bean Bag Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Coloring 02:00-Country Ride 03:30-Simple C 04:00-Aroma therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Balloon Ball 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Math 02:00-Worship/Newark 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Basket Ball 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Trivia 02:00-Everett 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00-Execise/Catherine 09:30-Devotion 10:00-Ring Toss 10:30-Finish The... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Buzz Word 02:00-Bean Bag Toss 02:30-Trivia 03:30-Sing w/ Me 04:30-Dinner <small>Oktoberfest Begins</small>
	09:00-Meet and Greet 09:30-Morning Service 10:00-Snack 10:30-Balloon Ball 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Opposits 02:00-Snack 02:30-Bean Bag Toss 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Bean Bag Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Basket Ball 02:00-Word Puzzles 03:00- Exercise w/ Catherine 04:00-Aroma Therapy 04:30-Dinner <small>Rosh Hashanah Begins Autumn Begins</small>	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Ring Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Crafts 02:00-Cornhole 02:30-Trivia 03:00-Simple C	09:00-Devotion 09:30-Chair Fitness 10:00-Buzz Word 10:30-Ring Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Word Games 02:00-Simple C 02:30-Balloon Ball 03:00-Art 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Basket Ball 10:30-Name That... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Trivia 02:00-Popcorn! 03:30-Sing-along 04:00-Aroma Therapy 04:30-Dinner	09:00-Execise/Catherine 09:30-Devotion 10:00-Ring Toss 10:30-Finish The... 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Buzz Word 02:00-Bean Bag Toss 02:30-Trivia 03:30-Sing w/ Me 04:30-Dinner
	09:00-Meet and Greet 09:30-Morning Service 10:00-Snack 10:30-Balloon Ball 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Opposits 02:00-Snack 02:30-Bean Bag Toss 03:30-Sunday Service 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Snack 10:30-Ring Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Ring Toss 02:00 Manicures 03:00 Exercise w/ Catherine 04:00-Aroma Therapy 04:30-Dinner	09:00-Devotion 09:30-Chair Fitness 10:00-Name 5 10:30-Bean Bag Toss 11:00-Ez Listening 11:30-Lunch 01:00-Mid Day Mingle 01:30-Coloring 02:00-Country Ride 03:30-Simple C 04:00-Aroma therapy 04:30-Dinner	<div>  <div> <h1>September 2025</h1> <h1>THE HARBOR</h1> </div>  </div>		