**Shining Star**

Lea Ramos

Dining Room Coordinator
3 years

“Lea is so cheerful, helpful, kind and patient” one resident wrote. She is a team player and always has a smile on her face. Congratulations on being this month’s Shining Star!

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**SEPTEMBER BIRTHDAYS**

9/5- Eleanor H.
9/7- Pat M
9/9- Ann C.
9/10 Gerri G.
9/15- Carolyn A.
9/15– Joe L.
9/17 – Lisa M.
9/18-Brita L.
9/19-Ann W,
9/19-Michelle
9/25-Allen G.
9/26– David C.
9/28-Charlie L.

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**Meal Times**

Breakfast.................................7:30 a.m.–9:00 a.m.
Lunch.................................11:30 a.m.–1:00 p.m.
Dinner.................................4:30 p.m.–6:00 p.m.

**Activity Transicional Plan:**
While physical distancing is still in affect, all activity participants will abide by the 6-foot distancing rule.
Activity Programs will be limited to a maximum of 8 people per activity. If you need a mask, please let Melinda know when signing up.* Every participant will have their temperature taken before entering. Reservations are needed in order to participate in the activities. You can reserve an activity by calling or texting Melinda at 512-410-9567 or e-mail Melinda.ballenger@sunshineret.com

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**Transportation Schedule**

- Medical Appointments
- Essential Items
  - Sign up 24 hours in advance for transportation

**Special Events**

9/3-Pinewood Derby Construction | Every Thursday @10:00
9/4-Seed Painting Mosaic Art | 10:00
9/9-The Great State of California Discussion | 10:00
9/10-Voter Registration & Election Questions with Tessa | 10:45
9/11- Culinary Meeting with Chef John | 1:30
9/14- Coffee, Donuts and Sunshine News | 11:00
9/15- Mini DIY Dog First Aid Kit | 3:30
9/16- Taste of Italian | 2:00
9/22- First Day of Fall Apple Cider Social | 1:00
9/25- Pinewood Derby Races | All Day
# Deer Park Retirement Community

## Activities

**Room Key**
- AR-Activity Room
- ER-Exercise Room
- SD-Stardust Room

**Reminders**
- Wednesdays Name Tags
- Fridays Red Shirt Day

**Weekly Brain Teasers Available in**
- 6:30 Evening Movie, TH
- 2:00 Matinee Movie, TH

**“Grand” Puzzles available in**
- 6:30 Evening Movie, TH
- 2:00 Matinee Movie, TH
- National Cream Filled Donut Day!
- Wednesdays Name Tags

**International Dot Day**
- 9:00 Fitness Center
- 10:00 Resistance Bands, FS
- 11:00 Sunshine News, PB
- 2:30 Resistance Bands, FS
- 3:30 Trivia, TH

**American Legion Day**
- 9:00 Fitness Center
- 10:00 Weights, FS
- 1:00 Garden Program
- 2:30 Weights, FS
- 3:30 Wheel of Fortune, TH

**First Day of Fall**
- 1:00 First Day of Fall Apple Cider Social, TH
- 1:30 “The Universe” Documentary, TH
- 2:30 Cardio, FS
- 3:30 Starting a Butterfly Garden Pet Therapy, CR

**World Heart Day**
- 9:00 Fitness Center
- 10:00 Weights, FS
- 1:00 Garden Program
- 2:30 Weights, FS
- 3:30 Wheel of Fortune, TH

**Labor Day**
- 9:00 Fitness Center
- 10:00 Resistance Bands, FS
- 11:00 Coffee, Donuts & Sunshine News, PB
- 2:30 Resistance Bands, FS
- 3:30 Trivia, TH

**National Cream Filled Donut Day!**
- 9:00 Fitness Center
- 10:00 Resistance Bands, FS
- 11:00 Sunshine News, PB
- 2:30 Resistance Bands, FS
- 3:30 Trivia, TH

**Labor Day**
- 1:00 First Day of Fall Apple Cider Social, TH
- 1:30 “The Universe” Documentary, TH
- 2:30 Cardio, FS
- 3:30 Dog Health Discussion Pet Therapy, BP

**Grandparent’s Day**
- 2:00 Matinee Movie, TH
- 6:30 Evening Movie, TH
- Weekly Brain Teasers Available in the Library

**International Peace Day**
- 10:00 Pinewood Derby Construction with Mike, CR
- 1:30 Ice Cream Social, BP
- 2:30 Line Dancing, FS
- 3:30 Cranium Crunches, TH

**Labor Day**
- 10:00 Pinewood Derby Construction with Mike, CR
- 10:45 Voter Registration & Election Questions w/Tessa, PB
- 1:30 Ice Cream Social, BP
- 2:30 Line Dancing, FS
- 3:30 Cranium Crunches, TH

**Labor Day**
- 6:30 Evening Movie, TH
- 2:00 Matinee Movie, TH
- 1:00 Book Club, TH
- 2:00 Matinee Movie, TH
- 6:30 Evening Movie, TH

## SEPTEMBER

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<th>MONDAY</th>
<th>TUESDAY</th>
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**Holidays**
- Labor Day
- Memorial Day
- Independence Day
- Veterans Day
- Thanksgiving
- Christmas Day

**Contact Information**
- Melinda.Ballenger@Sunshineret.com
- Like us on Facebook: Facebook.com/DeerParkRet