



THE Mountain View Lifestyle

ASSISTED LIVING COMMUNITY
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SEPTEMBER 2023

Constitution Q&A

On Sept. 17, the country celebrates Constitution Day, recognizing the date in 1787 when it was signed by the Founding Fathers. How well do you know this important document?

1. The Constitution is composed of how many articles and amendments?
2. Which article describes the duties of the executive branch, including the president?
3. The process for amending the Constitution is outlined in which article?
4. Where in the document is the Constitution proclaimed as "the supreme Law of the Land"?
5. The first 10 amendments are known as what?
6. What are the five freedoms protected by the First Amendment?
7. What was outlawed by the 13th Amendment?
8. Which right is covered by the 15th Amendment?
9. According to Article I, what majority vote is needed from both houses of Congress to override a presidential veto?
10. True or false: The word "democracy" does not appear anywhere in the Constitution.

(Answers: 1. Seven articles and 27 amendments; 2. Article II; 3. Article V; 4. Article VI; 5. Bill of Rights; 6. Religion, speech, press, assembly and petition; 7. Slavery; 8. The right to vote; 9. Two-thirds; 10. True)

September's Starry Flower

As potted mums hit stores this month, containers of daisy-like asters are often seen displayed with them. September's birth flower, the aster blooms in late summer through autumn, bringing hues of blue, purple, pink and white to the garden. Aster is the Greek word for star, describing the shape of the flower's fanned petals.

Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

Executive Director
Alexandria Rodriguez
Assisted Living Director
Business Office Director
Sonia Sandoval
Dining Services Director
Scott Klaisner
Maintenance Director
Jeramie Wagar
Sales Director
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The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

Famous Faces Born in September

- Sept. 6, 1972: Idris Elba
- Sept. 11, 1987: Elizabeth Henstridge
- Sept. 15, 1960: Lisa Vanderpump
- Sept. 17, 1995: Patrick Mahomes
- Sept. 21, 1967: Faith Hill
- Sept. 24, 1993: Ben Platt
- Sept. 26, 1948: Olivia Newton-John
- Sept. 30, 1975: Ta-Nehisi Coates



SEPTEMBER 2023

Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

Celebrating Our Centenarians

National Centenarian's Day is Sept. 22, and we are celebrating those in our community who are 100 or older. See the calendar for the date and time, and make plans to join us!

Photographic Memories

Do something with all those pictures on your phone during Save Your Photos Month in September.

**"Be curious always!
For knowledge will not acquire you;
you must acquire it."
—Sudie Back**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
NATIONAL TAILGATING DAY 3 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	Labor Day 4 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 Domino Game 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 RESIDENT COUNCIL 1:30 Fun Feet 2:30 Hydration 2:30 TRIVIA 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 Music & Memories 2:00 Hydration 3:30 Jenga	NATIONAL SALAMI DAY 7 9:30 Balloon Volleyball 10:30 Coffee/Current Events 11:00 Domino Game/Checker Game 2:00 Hydration 3:30 Happy Hour	9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Fun Feet 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 '40s music 1:30 Jenga 2:30 Hydration 3:30 Bingo
GRANDPARENTS DAY 10 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	PATRIOT DAY (9.11) 11 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 Domino Game 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee Social 11:00 Beanbag Toss 1:30 Fun Feet 2:30 TRIVIA 3:30 Bingo	9:30 Fun Feet Friday 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 Chef Chat w/Scott 2:00 Hydration 3:00 Creative Craft Class 3:30 Jenga	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Word N A Word 2:00 Hydration 2:30 Bingo 3:30 Happy Hour	9:30 Fun Feet 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Joggin' your Noggin 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Jazz Music from '40s 1:30 Jenga 2:30 Hydration 3:30 Bingo
17 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	NATIONAL CHEESEBURGER DAY 18 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 Domino Game 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain	CANDLELIGHT DINNER 4 PM UNTIL 6 PM 19 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 TOWN HALL MEETING 2:30 TRIVIA 3:30 Bingo	CANDLELIGHT DINNER 20 9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 2:00 Hydration 2:30 Sweet Treat Social 2:30 WELCOME COMMITTEE/MELISSA 3:00 Jenga 4:00 CANDLELIGHT DINNER 4 TO 6 PM	INTERNATIONAL DAY of PEACE 21 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Music with Larry 2:00 Hydration 3:30 Happy Hour	9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Fun Feet 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Classical Music 1:30 Jenga 2:30 Hydration 3:30 Bingo
24 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	25 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 Domino Game 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain	26 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 TRIVIA 3:30 Bingo	RESIDENT BIRTHDAY CAKE 27 9:30 Senior Exercises 10:30 Coffee Social 11:00 Oldies Music & Discussion 2:00 Hydration 2:30 Bean Bag Toss 3:30 Bingo	28 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Trivia 2:00 Hydration 2:30 Let's Travel 3:30 Happy Hour	NATIONAL COFFEE DAY 29 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Fun Feet 2:30 Ice Cream Social 3:30 Bingo	30 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Soft Country Music 1:30 Jenga 2:30 Hydration 3:30 Bingo

Autumn Is on Its Way

The autumnal equinox this year will be Saturday, Sept. 23. On this first day of fall, the hours of light and dark will be nearly equal.

In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001. Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City’s annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city’s skyline.

Sunshiny Day

“A little bit of summer is what the whole year’s all about.” —John Mayer



A Tip of the Hat

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

Hard hat. Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

Chef's hat. When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for “hat.” In the early days of the craft, the hat’s height and number of pleats signified skill and rank—the taller the hat and the more pleats, the more experienced and important the chef.

Firefighter's helmet. The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The color and stripes on a firefighter’s helmet can indicate their rank.

Military covers. Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.

Athletes' headgear. Whether it’s a baseball cap, football helmet, hockey face mask, swimming cap, or car racing helmet, athletes in many sports wear head coverings that provide protection and help them perform better.

