

SEPTEMBER 2018

# Arbor House Rockwall Assisted Living and Memory Care-Life in Motion Newsletter

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Happy Labor Day from Arbor House Rockwall. "Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and wellbeing of our country." ([www.dol.gov](http://www.dol.gov))

Arbor House would like to acknowledge the contribution our residents have made to our country. We hope you realize you have not been forgotten and we want to take this time to say, "thank you." Some of you were teachers, mechanics, business men/women, auctioneers, NASA employees, ranchers, welders, bookkeepers etc. etc.

We salute you on this national holiday. Let's try some Labor Day trivia: Which state was the first to officially make Labor Day a state recognized holiday?

Answer: In 1887, Oregon was the first state to make Labor Day a holiday, seven years before the President declared the celebration a national holiday.

The celebration of Labor Day was first suggested by Peter J. McGuire, founder of the United Brotherhood of Carpenters.



A big thank you to our dietary staff for once again outdoing themselves.



*We transformed our dining room into a tropical retreat. The residents were blown away by the decorations.*



This guy always brings the fun, he pulls out all the stops to make sure the residents have a fun experience and a good meal. Thank you, Dewayne!







Robert, Bonnie, Sylvia and JoAnn enjoying the Luau.



Jimmie is enjoying a margarita, while Louise and Roberta are channeling their inner hula girl. So much good food and fun, there is never a dull moment at Arbor House Rockwall.



# SENIOR FOLLIES

*September is Senior Follies month!! Let's go!*

*A big thank you to Pete Snider and his wife for coming by Arbor House Rockwall to talk to us about the Follies. Watch your September calendar residents for the date. The Spectacular Senior Follies will be celebrating their 10<sup>th</sup> Anniversary with a special Encore "Everything Old is New Again". Reminiscent of the legendary Ziegfeld Follies and performed by talented individuals age 55 and better. Don't miss out details for getting tickets will be available soon. Performances are held at the Eisemann Center for Performing Arts. Sign up at the front desk so you don't miss out. Pictured above is Sue, Pete Snider, Joan, Ann, Beverly and Mrs. Snider who performs with the Follies.*



Earl insisted on a picture with the lovely Mrs. Snider.





# GROUP OUTINGS

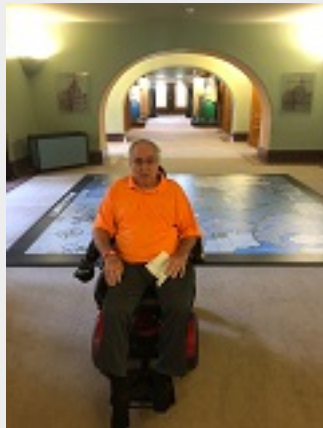
★ It's What We Do! ★



Earl and Sylvia enjoying lunch at Café 43 inside the Bush museum.



The Old Red Courthouse Museum



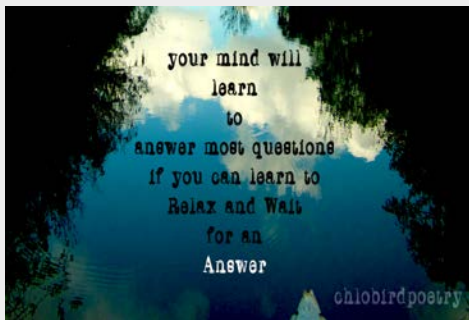
Jimmie and Louise explored the museum. Did you notice the map behind Jimmie and the staircase?





*Nothing like relaxing with friends on the porch drinking coffee and having good conversation.*

*Pictured are: JoAnn, Joan, Bonnie, Doris, Earl, Beverly and Betty Davis. Below: Robert and Jimmie*



*Opportunities to relax are essential.*



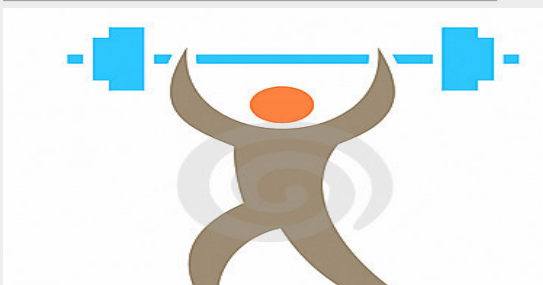


**Coupon Day** – Did you know that coupons were "born" in 1887? Asa Candler, the druggist who bought the formula for Coca-Cola for \$2,300, gave out handwritten tickets for a free glass of his new fountain drink. Pass out old magazines and newspaper inserts and challenge people to clip as many coupons as they can. The person with the most savings wins a prize. Pass out coupon sections of newspapers along with a "grocery list" of items for participants to find matching coupons and clip them out. Whoever finds the most coupons wins. Make your own coupons for such things as free hugs, bingo prizes, money off for items in the gift shop, free passes for dinner guests, etc. Then, give everyone one of these [double coupons](#) so they can double their fun. Finally, solve the [A-Mazing Coupons](#) puzzle.

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*Louise is not going to let the men out do her. We get our exercise in at Arbor House Rockwall.*

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Robert and Jimmie working out together; teamwork makes the dream work.





# HAPPY BIRTHDAY

Arline Unruh 9/22



Cooking with friends



Jimmie, Theda, Louise and Arline making granola bars.



## Shopping:

09/05 Dollar Tree

09/12 Kirklands

09/19 J. C. Penneys

09/26 Wal-Mart

## Dining:

09/07 Route 66 Classic Diner

09/14 On the Border

09/21 Braums

09/28 Edohana

09/10 Nail Salon

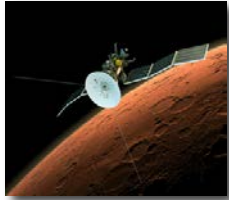
09/20 Senior Follies

09/24 Bingo @ Senior Center





## Into the Great Beyond



On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager 1 has logged over 13 billion miles and is the first human-made object to leave our solar system.

Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn.

The pictures it sent back of Jupiter and its moons revealed startling new information. Not only did it find two new moons orbiting Jupiter, but it also discovered volcanoes on the moon Io and possibilities of ice and oceans on the moon Europa. Its findings about Saturn were no less exciting, again finding two new moons plus a new ring around Saturn to boot. But Voyager 1's mission is not limited to sending information back to Earth; it also brings information from Earth into the cosmos.

NASA scientists knew that Voyager 1 would leave our solar system and perhaps journey to another distant realm, so they made two gold-plated copper records filled with greetings for aliens. One record contains sounds, including whale songs, music by Chuck Berry, and greetings in 55 different languages. Also included are instructions for how to play the records, as well as a "star map" directing aliens back to our solar system. Voyager 1 could be Earth's messenger to other intelligent life forms in the universe.

For now, Voyager 1 is zipping through interstellar space at over 38,000 mph. Its next big mission won't happen for 40,000 years when it will pass a nearby star. Voyager 1 will run out of power by 2025, though, so it won't be able to send us any data. For now, NASA scientists are content to study Voyager 1's latest information about what life is like in outer space beyond our solar system. And who knows? Maybe it will find another satellite sent from a distant galaxy carrying a record or two for us to listen to back on Earth.



Arbor House Assisted Living  
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Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code



Community playhouse outing. Ann and Louise enjoying the play.



Louise at the Red Courthouse museum (Sanger Harris).