



# Mt. Carmel SEPTEMBER • BENTON EDITION Connections

## Let's SAILEbrate September!

Life takes on a new rhythm at SEA, one of adventure and discovery, as well as peace and serenity. Just as SAILing provides a wide variety of experiences, we'll offer you a number of NAUTICAL adventures and have a BOATload of fun as we SAILEbrate September at Mt. Carmel Community! We went OVERBOARD in search of festive Bingo cards that would reflect our NAUTICAL theme, and we're quite certain our OCEAN, SAILBOAT, and LIGHTHOUSE Bingo games will FLOAT YOUR BOAT! We have a variety of fun, physical activities on the calendar, including ALL HANDS ON DECK Beanbag Toss, SAILBOAT Ladder Ball, SEA TURTLE Toss, LIFE PRESERVER Toss, Feed the SHARK and BEACH TOWEL Ball Tosses. Our crafty CREW has come up with several projects that are perfect for a SEAFARING September! You will have the opportunity to paint SEASHELLS, craft a LIGHTHOUSE Nightlight, build your own SAILBOAT, and create a Salt Dough STARFISH. Come be the captain of your own SHIP when you join us for our SAILBOAT Races that will be held outside in the beautiful September weather! You are invited to test your knowledge of MARITIME sayings at NAUTICAL Expressions Wheel of Fortune. You can also try your hand at ALL HANDS ON DECK Wheel of Fortune, where all the word puzzles are expressions that include the word 'hand.' We're introducing two new games, SHIP'S WHEEL Dice and Dominoes and The SHIP, Captain, and Crew Dice Game, that you won't want to miss! Join us as we DROP ANCHOR and SAILEbrate the arrival of September in a big way at Mt. Carmel Community.

# SAILebrating September Birthdays

## **Mt. Carmel Residents:**

- September 7 • Rene Burks
- September 7 • Joyce Moore
- September 9 • Kathryn Shuffield
- September 13 • Devon Hobby
- September 15 • Ruth Chism
- September 25 • LaJuan Woodruff
- September 30 • Dorcas Holicer

## **Mt. Carmel Staff:**

- September 8 • Samantha Andrews
- September 12 • Blair Knollmeyer
- September 12 • Kathy Elrod
- September 25 • Myra Kilpatrick
- September 25 • Lisa Spencer

# Active for Life

This month we will be introducing a new exercise program that we are calling **Active for Life**. For those who participate, this program will provide you with lots of social interaction, help you stay or get fit, keep your body moving and functional, and help you look and feel fabulous.

## Let's Hit the Road

Our **Road Trips** for this month include two trips on the 7th. We'll shop at **Target** in the morning and visit an **Apple Orchard** and **Farmer's Market** in the afternoon. In keeping with our theme for September, we'll have lunch at **Fisherman's Wharf** on the 14th. This well-known SEAfood restaurant is located on beautiful Lake Hamilton. After lunch, we'll visit **Garvan Woodland Gardens** (\$20). The botanical garden is the perfect place to spend a September afternoon! Our monthly **Walmart Shopping Trip** is scheduled for the 21st.

## For Your Entertainment

Mt. Carmel Community has a variety of entertainment options available for you to enjoy on your own time. Our **Movie Library**, located in the Theater, allows you to browse a notebook listing the DVDs by genre and check them out at your convenience to watch in your room. When you are ready to check your movie back in, simply return it to the basket, and it will be re-shelved for you.

We appreciate Saline County Library, which recently sent over three employees to organize our **Reading Library**. The books have been categorized by genre and color-coded to make our Library more user-friendly. Watch for an upcoming article in the Courier about this service and Saline County Library's help in making our Library more efficient and easy for us to enjoy. Stop by the Library on the 300 Hall, take a look and grab a book!

