

livfun

San Marino
INDEPENDENT LIVING

SEPTEMBER 2019 • FALL INTO FUN

An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala — Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

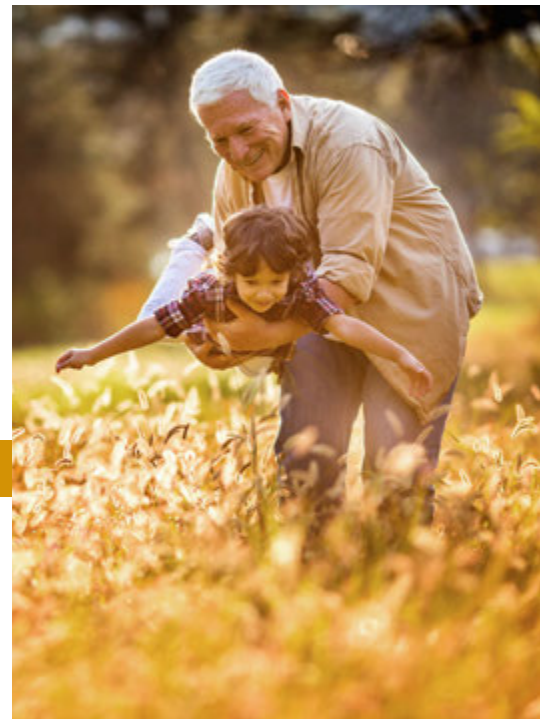
Red Delicious — Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith — Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji — Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp — The name of this apple says it all — it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn — Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.



Serving Up School Lunches

It's a midday break for schoolchildren across America: a meal and a carton of milk in the cafeteria. School lunches were first dished up more than a century ago.

In the late 1800s, many students walked home for their noon meal or brought their lunch and ate at school. A rise in parents working outside the home, as well as concerns over children's nutrition, inspired social welfare organizations in some cities to provide lunch in public schools.

Boston and Philadelphia were the first to implement a school lunch program, serving foods such as soup, sandwiches, rice, beans and bread for a few cents. Teachers reported that the meals improved students' physical health and helped them perform better in class. School lunches caught on in other cities, but often relied on local donations.

Recognizing the importance to children's health, Congress passed legislation in 1946 that made school lunches a permanent program. The National School Lunch Act provides federal funding for all schools to serve nutritious and low-cost or free lunches every day.

Today, many schools offer hot and cold options for lunch, as well as breakfast.

Happy Birthday!

A very happy birthday to those residents who are celebrating their September birthday!



Deloras Adams and Laura Peltz

Photo Gallery



Summer Potluck

(Photos continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
1 10:00 Chapel Service, CH 10:30 Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	2 LABOR DAY 10:00 Hot Chocolate Social, GR 1:00 Open Games, EL 1:30 Yahtzee, GR 6:00 Rummikub & Games, GR	3 9:00 Wii Game, GR 9:00 Errands, ML 10:00 Uno, GR 1:00 Open Games, EL 1:40 Shopping at the ARC, ML 6:00 Hand & Foot Card Game, GR	4 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Group, ML 1:30 Bingo, EL 1:30 Story Tellers, GR 6:15 Tripoli & Games, GR	5 9:00 Wii Bowling, GR 10:00 Yahtzee, GR 10:30 Walking Group, ML 1:00 Open Games, EL 1:40 Bingo, GR 6:00 Rummikub & Games, GR	6 9:00 Hearing Aid Clinic, LB 9:00 Exercise, GR 10:00 Dominos, GR 1:30 Jewelry Making, GR 6:30 Molly Kaufman Playing the Piano, ML	7 9:00 Coffee Social, EL 10:00 Boggle, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR																				
8 Grandparents Day 10:00 Chapel Service, CH 10:30 Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	9 9:15 Balancing Class, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Shopping at Walmart, ML 1:45 Yahtzee, GR 8:20 Broncos Game, GR	10 8:00 Foot Clinic, GR 9:00 Catholic Mass, A 9:00 Wii Golf, GR 9:00 Gambling at the Lodge, ML 11:30 Postal Van, ML 1:00 Open Games, EL 1:30 UNO, GR 6:00 Hand & Foot Card Game, GR	11 PATRIOT DAY 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Group, ML 1:30 Bingo, EL 1:40 Brain Fit, GR 6:15 Tripoli & Games, GR	12 10:30 Walking Group, ML 11:00 Mountain Man, ML 12:00 Birthday Lunch 1:30 Poker, GR 1:45 Rummy, GR 6:00 Rummikub & Games, GR	13 9:00 Ball Exercise, GR 10:00 Dominos, GR 1:30 On Screen, GR 1:30 Ice Cream Social, EL 6:30 Scott Buckley Playing the Guitar, GR	14 9:00 Coffee Social, EL 10:00 Cookies & Coffee, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR																				
15 10:00 Chapel Service, CH 10:30 Communion, A 1:30 Bingo, GR 2:25 Broncos Game, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	16 9:00 Yoga, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Afternoon Walk, ML 2:00 Cinco Linko, GR 4:00 Entertainment with the Heartlanders, EL 6:00 Rummikub & Games, GR	17 9:00 Wii Golf, GR 10:00 Apple Cider & Reminiscing, GR 1:00 Open Games, EL 2:00 Resident Meeting, GR 6:00 Hand & Foot Card Game, GR	18 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Group, ML 1:30 Calendar Review, EL 1:40 Arts & Crafts, GR 1:50 Bingo, EL 6:15 Tripoli & Games, GR	19 9:00 Wii Bowling, GR 10:00 Yahtzee, GR 10:30 Walking Group, ML 1:40 Bingo, GR 2:30 Visit From Oma the Golden Retriever, GR 6:00 Rummikub & Games, GR	20 9:00 Exercise, GR 10:00 Dominos, GR 10:00 San Marino Autumn Carnival, VC 6:30 Dr. Blu Good Time Music, GR	21 9:00 Coffee Social, EL 10:00 Trivia, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR																				
22 10:00 Chapel Service, CH 10:30 Communion, A 11:00 Broncos Game, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	23 AUTUMN BEGINS 9:15 Balancing Class, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Walking Group, ML 2:00 Yahtzee, GR 6:00 Rummikub & Games, GR	24 9:00 Wii Golf, GR 10:00 Out to See Fall Colors & Lunch, ML 1:00 Open Games, EL 1:40 Uno, GR 6:00 Hand & Foot Card Game, GR	25 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Group, ML 1:30 Bingo, EL 1:40 Brain Fit, GR 6:15 Tripoli & Games, GR	26 9:00 Wii Bowling, GR 10:00 Chicken Foot Dominos, GR 10:30 Walking Group, ML 11:00 Mountain Man, ML 1:30 Bingo, GR 1:30 Entertainment with Jim Kurty, EL 6:00 Rummikub & Games, GR	27 9:00 Balloon Exercise, GR 10:00 Dominos, GR 10:00 Out to See Fall Colors & Lunch, EL 1:30 On Screen, GR 6:30 Don Garcia Playing the Guitar, GR	28 9:00 Coffee Social, EL 10:00 Coffee & Donuts, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR																				
29 ROSH HASHANAH BEGINS AT SUNSET 10:00 Chapel Service, CH 10:30 Communion, A 1:30 Bingo, GR 2:25 Broncos Game, GR 6:00 Open Games, GR	30 9:00 Exercise, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Walking Group, ML 2:00 Cinco Linko, GR 6:00 Rummikub & Games, GR	<p>Locations</p> <table border="0"> <tr> <td>Activity Room, AR</td> <td>Game Room, GR</td> </tr> <tr> <td>Arbors, A</td> <td>Library, LB</td> </tr> <tr> <td>Bridge Way, BW</td> <td>Main Lobby, ML</td> </tr> <tr> <td>Chapel, CH</td> <td>Patio Pavilion, PP</td> </tr> <tr> <td>Estates Lounge, EL</td> <td>Villas Courtyard, VC</td> </tr> <tr> <td>Exercise, GR</td> <td>Villas Dining Room, VD</td> </tr> </table> <p>Birthdays</p> <table border="0"> <tr> <td>Raymond Roth, 1st</td> <td>Frances Thaxton, 13th</td> </tr> <tr> <td>Deloras Adam, 7th</td> <td>Janice Stockwell, 22nd</td> </tr> <tr> <td>Laura Peltz, 8th</td> <td>Gloria Reece, 22nd</td> </tr> <tr> <td>John Pitts, 10th</td> <td>Bob Jones, 27th</td> </tr> </table>					Activity Room, AR	Game Room, GR	Arbors, A	Library, LB	Bridge Way, BW	Main Lobby, ML	Chapel, CH	Patio Pavilion, PP	Estates Lounge, EL	Villas Courtyard, VC	Exercise, GR	Villas Dining Room, VD	Raymond Roth, 1st	Frances Thaxton, 13th	Deloras Adam, 7th	Janice Stockwell, 22nd	Laura Peltz, 8th	Gloria Reece, 22nd	John Pitts, 10th	Bob Jones, 27th
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Photo Gallery (Continued)



Dinner at Olive Garden Italian restaurant



Touring the Lupton's Fort and South Valley Settlement



Touring The Lupton's Fort and South Valley Settlement



Out to dinner



Stroll in the fresh Evergreen air



BBQ Potluck



Trip to beautiful Evergreen



Dinner at Wishbone Restaurant



Picnic in Evergreen

San Marino

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Staff

General Manager
Marie Tavenner

Sales Manager
Bailey Guerra

Chef
Travis Chaney

Office Manager
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