

BELLAIRE AT STONE PORT

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September 2020



Activity Spotlight

July brought with it a long awaited return of Bingo in the Library which has been drawing a nice crowd. We have also continued to have strong showings for movies, crafts and art. In September you can look forward to more of these popular activities as well as several new or seasonal activities. Some days in September that will bring with them a special themed activity include Victory in Japan Day, Labor Day, Chocolate Milkshake Day, and Assisted Living Week.



Associate of the Month



Julia Ponce Martinez is our Associate of the Month. Julia sets herself apart by consistently working extremely hard, being very dependable and by her excellent communication with her peers and administrators. She is also extremely helpful in picking up extra shifts when staffing is low. When you see Julia in the halls please take a moment to congratulate her and thank her for all of her hard work.



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.

Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

Activity



Highlights



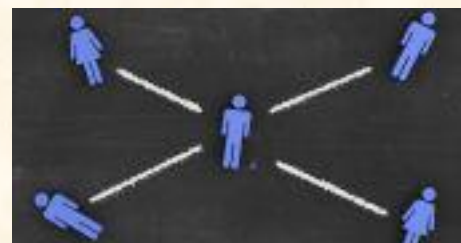
Bellaire Beauties & Barbershop

Hours of operation are 8am to 5pm. For an appointment or more information, please call Carole Homa at 540-843-4231.



Salon Pricing Guide

Haircut	\$15.00
Wash & Set	\$18.00
Color	\$45.00
Perm	\$50.00
Beard & Mustache Trim	\$10.00
Cut, wash, blow dry, set	\$25.00



Practice Social Distancing

Social distancing, also called physical distancing, has been shown to be one of the most effective ways to prevent exposure to COVID-19, according to the Centers for Disease Control and Prevention. Since people can spread the virus before they show any symptoms of it, it's important to limit close contact with others. Stay 6 feet away from individuals at all times and don't gather in large groups.

Word Search

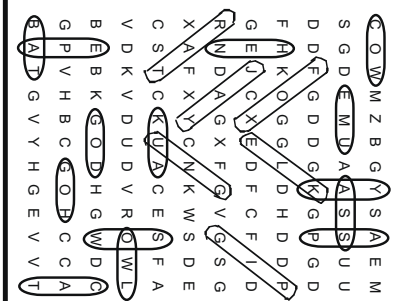
Category: Three-letter Animals and Birds

C O W M Z B G Y S A E M
S G D E M U A A S S U U
D D F G D D G K G P G D
F H K O G G L D H D D P
G E J C X E D F C F I D
R N D A G X F G V G S G
X A F X Y C N K W S D E
C S T C K U A C E S F A
V D K V D U D V R O W L
B E B K G O D H G W D C
G P V H B C G O H C C A
B A T G V Y H G E V V T

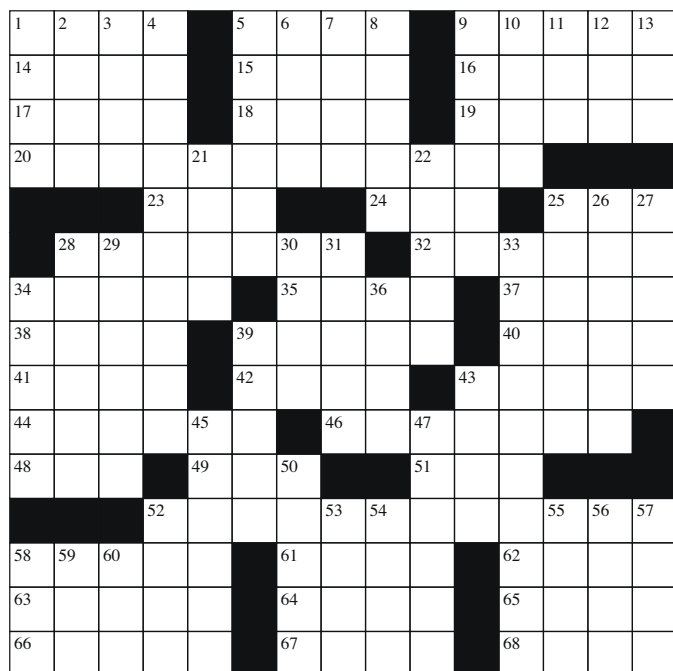
1. Owl
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Ape
2. Asp
3. Ass
4. Auk
5. Bat
6. Cat
7. Cow
8. Dog
9. Elk
10. Emu
11. Fox
12. Gnu
13. Hen
14. Hog
15. Jay
16. Owl
17. Pig
18. Rat
19. Sow
20. Yak



Crossword Puzzle



ACROSS

1. Bargain-hunt
5. Fog
9. Read __; recite
14. Novel setting
15. Of the U.S.A.
16. Rent long-term
17. Of a generation
18. Pocket bread
19. Procrastinator's word
20. Warm lunch
23. Originally named
24. Call a halt to
25. Nemesis
28. Rhythm
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of __; behaving inappropriately
41. Word with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job
49. Follower of 7 Down
51. Building site
52. Admirable people who influence others

58. William and Sean
 61. Reddish-brown animal
 62. Tack
 63. Gladden
 64. "___ Wonderful Life"
 65. Slave of old
 66. Chihuahua children
 67. Late actor Bert
 68. Worry
- ### DOWN
1. Heavenly Mlles.
 2. Nag
 3. Not just tacit
 4. Mom, dad, or madam
 5. Take place
 6. Friend at the école
 7. Greek letter
 8. Expunge
 9. Refer
 10. Spring
 11. Bit of cereal
 12. Take advantage of
 13. German article
 21. High schooler
 22. Start
 25. Cat
 26. Praying figures
 27. Winding roads
 28. Rough
 29. Part of summer
 30. Fellow
 31. Sea duck
 33. Certain love messages

34. Fictional king
36. Miles, e.g.
39. Tosses
43. Public disturbance
45. Sight and taste
47. Existing on a flat surface
50. Fourth page of a wall hanging
52. Preposition
53. Insignificant amount
54. Complaint to a dermatologist
55. Hot spot
56. __ PM; 2100 hours
57. Did in
58. Item in a desk drawer
59. Mr. Whitney
60. Girl's nickname

