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MONTHLY NEWSLETTER
SEPTEMBER 2009

It's Classical Music Month at The Adult Day Care Center of Las Vegas. We will be celebrating with some of the most beautiful music ever composed. Our Las Vegas Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. The atmosphere of our center will be full of life and vibrancy through classical music while continuing to offer the fun activities that all of our participants love: A daily exercise program, Chair Yoga, Tai Chi, Music Therapy, Organic Gardening, Bingo Competitions, Arts & Crafts, and live entertainment every afternoon. You are invited to join us as we enjoy the Piano Sonatas, Violin concertos, and choral arrangements of the greats as we celebrate the month of SEPTEMBER.



HIGHLIGHTS FROM AUGUST

August began with wonderful American artists. Each day we were inspired by awesome Art, and Happiness-Happens. We found happiness is a choice! The month was filled with Ice Tea socials, beautiful fun flowers and amazing Aztec plant holders made by our seniors in our arts and crafts classes. We were royally entertained by Mark Miller and Thomas Durr. Thomas amazed us with his wonderful rendition of the late and great Michael Jackson's music. Our staff and seniors truly enjoyed them.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in August: Christopher Sgambati, Claude(Jack) A. Brown, Daisy Fountain, Esther Ausburn, Eugene Tippett, Marguerite Fuller, Mable Flemming, Michael Woodburry and Rose(Rosie) Taylor.

CLOSURES

Adult Day Care Center will be closed on the following dates: **Labor Day Monday September 7th**, **Rosh Hashanah Saturday 19th**, and **Yom Kippur Monday 28th**.

GET PLUGGED IN!

There's an amazing computer *lab* here at our Center. It's located in the Quiet Room by the arts & crafts department and the software suits all needs with its vast technology





EVENTS IN SEPTEMBER

Saturdays Are Special! You won't want to miss the fun activities on Saturdays. We would like everyone to join us for Chair Yoga on Mondays at 10:00am, Tai Chi class on Tuesdays and Saturdays at 10:00am and Music Therapy every Wednesday & Friday at 10:00am, and Saturdays at 12:00pm. Caregivers are invited. For the love of food, you don't want to miss Chef Bonnie Mankoff's (executive chef of the Luxor Hotel) "Flavors in Harmony" on September 8th and 22nd. Please don't forget to submit your recipes. See attached flyers for details. Be on the look out for some special surprise events throughout the month. We will continue Movie Matinees on Saturdays. This month we will be featuring Ma and Pa Kettle, Cary Grant and Lucille Ball comedies. If these are not your regularly scheduled days, we would still love to see you here.

GETTING SCENT-IMENTAL

A new aromatherapy scent, Cinnamon, which helps to invigorate brain cells and inspire creativity, will be the aromatic of choice as we continue the aromatherapy series.

SEE WHAT'S IN BLOOM!

Our vegetable garden continues to delight us with the fresh edible treats in our meals every day here at the center.

DID YOU KNOW?

The Classical period in Western music occurred in the second half of the 18th century although the term "classical music" is used as a blanket term for music which fell into this particular vein, dating back to 1425.



JUST A FRIENDLY REMINDER

Dog therapy will take place on the 3rd Wednesday, of September 16th. It's a bird; it's a plane, it's Dusty the Wonder Dog.

DON'T FORGET! YOU CAN STILL PURCHASE ARTWORK FROM OUR SENIORS. ALL PROCEEDS WILL BENEFIT THE ARTS AND CRAFTS DEPARTMENT AT OUR CENTER. SO BECOME A PROUD OWNER OF ONE-OF-A-KIND ARTMASTERPIECE.

HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, September 30th, 2009. Our September celebrants are Florence Russ (9/7), Anna Carter (9/9), Eddie McCroom (9/11), Edward Fowler (9/16), Amanda Garban (9/23), Marguerite Fuller (9/27), Lucille Johnson (9/27) and Jeffrey Marler (9/28). Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

Our ongoing support group meetings are held on the 2nd of the month at 10:00 AM. September 9th is our next meeting and everyone, as always, is welcome to attend!





ATTENTION CAREGIVERS

We have started an evening support group on the 1st Wednesday of every month. Please see the attached flyer for dates and more information.



THANK YOU!

We offer our heartfelt thanks on behalf of the Adult Day Care Center of Las Vegas for your continued support. Your kindness and generosity has been a blessing and we could not do it without you. Remember, our doors are always open to you and your family members' needs. Our hardworking aides, nurses and social workers are always available to give their undivided attention while your family member is here at our Center. Thank you for choosing us!

Dee Dee Woodberry

Activities Director



Recipe of the Month

Submitted by: Neal (Archie) Roman (Age:87)



Florida Key Lime Pie

Ingredients:

1 Can Condensed Milk
4 Egg Yokes
½ Cup Key Lime Juice
Sugar
Cream of tarter

Directions:

Beat 1 egg white stiff
Fold into above mixture
Beat 3 egg whites
Gradually add
6 tablespoons sugar
½ teaspoon cream of tarter
Put in baked pie shell
Bake 350* until egg whites are golden brown.