



September 2025

Our Community Newsletter

Discover what's going on in our community.

BIRTHDAYS

9/3 Brenda F
9/3 Randy W.
9/14 Jnaice O.
9/24 Janice H.
9/26 Duey M.
9/30 Pam R.

Nutrients In Tomato



Vitamins

- Vitamin A
- Vitamin B1
- Vitamin B3
- Vitamin B6
- Vitamin B9
- Vitamin C
- Vitamin E
- Vitamin K

Minerals

- Iron
- Zinc
- Copper
- Calcium
- Potassium
- Manganese
- Magnesium
- Phosphorous

Phytonutrients

- α-carotene
- β-carotene
- Lycopene
- Lutein
- zeaxanthin



Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?
9. Do you have an oxygen tank? Because you took my breath away.
8. Like to come by and see my medicine cabinet?
7. Make like a compression sock and give me a squeeze!



6. Ever had a lap dance in a wheel chair before?

5. Do you play bingo, because I swear I've seen you B4.

4. Hey, baby. Wanna help me test my new hip replacement?

3. That pretty smile of yours would sure look good in a glass on my nightstand!

2. You're not dead yet either? We have so much in common!

1. Your heating pad or mine?



OUTINGS

9/1 Twins vs. White Sox
9/11 Fishinf wiht friends
9/15 Target
9/26 Minnetonka Apple orchard

Harrison Bay Senior Living Newsletter
Celebrating National Assisted Living Week
September 7 – September 13, 2025
Theme: Ageless Adventure

National Assisted Living Week is a time to celebrate the individuals we serve, our dedicated staff, and the families who support our community. This year's theme, "Ageless Adventure," encourages us to embrace the spirit of fun, discovery, and lifelong joy! We have a full week of exciting events planned for residents, families, and staff.

Weekly Schedule of Events

Monday, September 8 – Jersey Day & Monday Night Football

Kick off the week in style! Show your team spirit by wearing your favorite football jersey as the Vikings face the Chicago Bears on Monday Night Football. Residents will enjoy snacks as we watch the big game together!

Tuesday, September 9 – Pajama Party Day

A day for fun and relaxation! Everyone can wear their coziest pajamas. In the afternoon, join us for a "Slumber Party" movie and snacks.

Wednesday, September 10 – Boots & Bling

It's Western meets Glam! Wear your favorite cowboy boots, hats, western attire, or add some sparkle with bling—or combine both for extra fun!

Thursday, September 11 – Patriotic Day

We will honor and remember 9/11 by showing our patriotism. Wear red, white, and blue to commemorate this important day.

Friday, September 12 – Fancy Friday & Special Buffet Dinner

End the week on an elegant note! Dress in your finest for Fancy Friday. We'll host a special event from 4:00 PM to 5:00 PM, followed by a buffet dinner in the main dining room.

Legacy Court residents will join us in the main dining room, and staff will assist residents with the buffet line.

Family members are invited to join us!

Guest dinner cost: \$20 per person

Residents not on a meal plan: \$12

Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks--we will also find our path of authentic service in the world. -Parker J. Palmer

September marks another turn of the seasons, and another milestone for our children and grandchildren and great-grandchildren as they begin another year of studying, learning, teaching, and growing. We have been there, year after year, discovering more and more about our own authentic selves – what brings us joy, where our gifts are strongest, and what we desire for ourselves, the people we love, and our neighbors. If you were asked today to describe your authentic self in 5 words, which words would you choose? How might those words help you see the ways you live in this community with purpose and service?





Lourdes, France – A Place of Miracles

In 1858, a young girl named Bernadette Soubirous saw visions of the Virgin Mary, who led her to a sacred spring. Therefore, Lourdes is one of the most famous spiritual healing places on earth. Since then, countless people have reported miraculous healings after bathing in its waters.

Why It's Spiritual:

The Grotto of Massabielle is where the Virgin Mary appeared 18 times. The waters of Lourdes are believed to have miraculous healing properties. Every evening, the Candlelight Procession turns the whole town into a sea of glowing faith.

Spiritual Travel Tips:

When in Lourdes, don't forget to bring a bottle to collect some of the holy water.

**Attend the Blessing of the Sick for a powerful spiritual experience.
August is the best time to visit for the Feast of the Assumption celebrations.**

Name: _____

Date: _____

September

Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

ACORNS

APPLES

AUTUMN

BACKPACK

BONFIRE

BREEZY

CIDER

COOLER

CORN

CRISP

EQUINOX

FALLING

FARMERS

FOLIAGE

FOOTBALL

GOURDS

GRAPES

HARVEST

HAYRIDE

LABOR DAY

LEAVES

MIGRATION

ORCHARDS

PUMPKINS

RAKE

SCARECROW

SCHOOL

SEPTEMBER

SQUIRREL

SWEATER



Name: _____

Date: _____



SEPTEMBER

Crossword

Across

Down

1. Holiday celebrated on the first Monday in September
2. Used to gather fruits & vegetables during harvest
3. Time of year when crops are collected
4. Another term for a backpack
5. Warm clothing item for cooler September days
6. Something you read for school or pleasure
7. What kids use to carry their school supplies
8. September weather often brings this
9. Vehicle often used for harvesting or playing
10. Fruit that's often picked in September
11. Sport that starts up in September
12. Someone who helps students learn
13. What leaves change into during September
14. Another name for autumn, starting in September
15. Tool used for writing at school
16. What changes color in September
17. Gentle wind that is common in September
18. Material used in harvest & for feeding animals
19. Place where kids go to learn
20. Where you might find late summer vegetables & flowers
21. Event marking the start of fall in September
22. Fun outdoor activity often enjoyed in September
23. September often brings this to cool the air
24. Drink made from apples, popular in September
25. Fruit often associated with September
26. Activity some kids enjoy before school starts
27. Type of flower that blooms in September