

Hot off the

KP PRESS

Issue 31

September 2015

September Highlights

- 9/3 & 9/10 Craft-Love Notes
- 9/9 Lunch at O'Charley's
- 9/16 Dr. Pawsat's Visit
- 9/24 Lunch at Bob Evan's
- 9/24 Chat with Sergio
Funny Money Auction
- 9/29 Resident Council Meeting

September 13-19
National Assisted
Living Week

Contact Info:

Kenton Pointe Assisted Living
1455 Kenton Pointe Way
Maysville, KY 41056
Phone:(606)759-0311
Fax:(606)759-0317



National Assisted Living Week

We are so excited to be celebrating our annual National Assisted Living Week. It will be a fun filled week full of different activities. We will be getting together with family and friends and have some special visitors to help nourish our lives.

This is a perfect time to recognize and nourish the unique friendships and relationships we encounter living and working in a community such as ours.

The theme this year is perfect!! We need to remember to nourish our lives, not only with the food we eat but also with our daily activities and all the things that occupy our minds and hearts. We are blessed to be part of such a remarkable community and share our lives together.

We look forward to an awesome time!!



September

Sunday

Monday

Tuesday

Wednesday

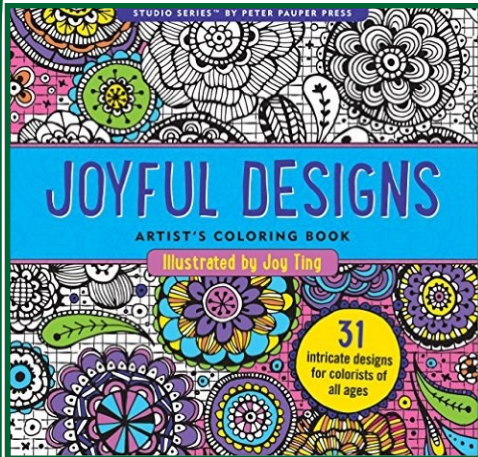
<p>September Birthday's 9/16 Patty Poynter 9/23 George Ashley</p> 	<p>LR-Living Room ULR-Upstairs Living Room AR-Activity Room</p> 	<p>1 10:00 Dominoes-AR 11:00 Bell Time 1:00 Wii Bowling-LR 2:00 Knitting with Frances-ULR 3:00 Bingo -AR</p>	<p>2 Shopping/Banking 10:00 Poker Walk-LR 2:00 Chair Exercise w 2:30 Ice Cream Cones 3:00 Bridge 6:30 Movie/Popcorn-L</p>
<p>6 9:00 Catholic Communion 1:30 Crossword/Word Find-AR 3:00 Lake time 6:30 Movie/Popcorn-LR</p>	<p>7 Labor Day 11:00 Let's Walk-LR 2:30 Euchre-AR 6:30 Cedar Cove Series-LR</p>	<p>8 Dr. Visit Day 10:00 Dominoes-AR 11:00 Bell Time-AR 1:00 Wii Bowling-LR 2:00 Knitting with Frances-ULR 3:00 Bingo -AR</p>	<p>9 Shopping/Banking 10:00 Poker Walk-LR 10:30 Lunch at O'C 2:00 Chair Exercise w 2:30 Ice Cream Con 3:00 Bridge 6:30 Movie/Popcorn</p>
<p>13 Grandparent's Day 9:00 Catholic Communion 1:30 Lake Time 2:30 Afternoon Movie/Popcorn 6:30 New Hope Church Worship and Game Night-Come join the fun!!</p>	<p>14 10:00 Current Events-LR 11:00 Joyful Coloring-AR 2:30 Monday Afternoon Social- DR 3:30 Euchre-AR 6:30 Cedar Cove Series</p>	<p>15 10:00 Chair Yoga with Mary Jane-AR 11:00 Bell Time-AR 2:00 VA Seminar with Chris Arkenue-DR 3:30 Bingo-AR</p>	<p>16 Dr. Paws Shopping/Banking 10:00 Chair Bingo-AR 11:00 Poker Walk-LR 2:00 Aromatherapy wi 5:00 Outdoor Jazz Di by MCHS Band-Outsid</p>
<p>20 9:00 Catholic Communion 1:30 Crossword/Word Find-AR 3:00 Lake time 6:30 Movie/Popcorn-LR</p>	<p>21 Dr. Visit Day 10:00 Current Events-LR 11:00 Let's Walk-LR 2:00 Exercise with Tracy-AR 2:30 Euchre-AR 6:30 Cedar Cove Series-LR</p>	<p>22 9:30 Living Well Workshop-AR 1:00 Wii Bowling-LR 2:00 Knitting with Frances-ULR 3:00 Bingo-AR/DR</p>	<p>23 Shopping/Banking 10:00 LR 2:00 Chair Exercise w 2:30 Ice Cream Con 3:00 Bridge-AR 6:30 Movie/Popcorn</p>
<p>27 9:00 Catholic Communion 1:30 Crossword/Word Find-AR 3:00 Lake time-L 6:30 Movie/Popcorn-LR</p>	<p>28 Dr. Visit Day 10:00 Current Events-LR 11:00 Let's Walk-LR 2:00 Exercise with Tracy-AR 2:30 Euchre-AR 6:30 Cedar Cove Series-LR</p>	<p>29 9:30 Living Well Workshop-AR 1:00 Wii Bowling-LR 2:00 Knitting with Frances-ULR 3:00 Resident Council Meeting- DR</p>	<p>30 Shopping/Banking 10:00 Poker Walk-LR 2:00 Chair Exercise w 2:30 Ice Cream Con 3:00 Bridge-AR 6:30 Movie/Popcorn</p>

er 2015



	Thursday	Friday	Saturday
with Russell-AR -LR	3 10:00 Trivia with Agatha-AR 11:00 Craft-Love Notes-AR 2:00 Let's Walk-LR 2:30 Mike Stephenson Bible Time 6:30 Blue Bloods Series-LR	4 Dr. Visit Day 10:00 Exercise-LR 11:00 Bell Time 2:00 Exercise with Tracy-AR 2:30 Wii Bowling 4:30 Happy Hour-LR	5 10:30 Bingo-DR 1:00 Wii Bowling-LR 3:00 Euchre/Bridge-AR 7:00 Movie-ULR
LR harley's with Russell-AR nes-LR	10 10:00 Trivia with Agatha-AR 11:00 Craft- Love Notes-AR 2:00 Let's Walk-LR 2:30 Mike Stephenson Bible Time 6:30 Blue Bloods Series-LR	11 Dr. Visit Day 10:00 Exercise-LR 11:00 Story Time 2:00 Exercise with Tracy-AR 2:30 Wii Bowling 4:30 Happy Hour-LR	12 10:30 Bingo-DR 1:00 Wii Bowling-LR 3:00 Euchre/Bridge-AR 7:00 Movie -ULR
at's Visit	17 9:30 Wii Bowling Tournament-LR 11:30 Reach for the Stars Lunch Special Music by Steve and Bob Myers-DR 2:30 Mike Stephenson Bible Time 6:30 Cedar Cove Series	18 Dr. Visit Day 10:00 Walking outside 11:00 Bell Choir Performance-DR 2:00 Exercise with Tracy-AR 5:00 Steak Dinner-LR	19 10:30 Bingo-DR 1:00 Wii Bowling-LR 3:00 Euchre/Bridge-AR 7:00 Movie-LR
with Russell-AR nes-LR	24 10:00 Trivia with Agatha-AR 11:00 Lunch at Bob Evan's 2:00 Chat with Sergio-DR 2:30 Mike Stephenson Bible Time 3:30 Funny Money Auction-LR 6:30 Blue Bloods Series-LR	25 Dr. Visit Day 10:00 Exercise-LR 11:00 Story Time 2:00 Exercise with Tracy-AR 2:30 Wii Bowling 4:30 Happy Hour-LR	26 10:30 Bingo-DR 1:00 Wii Bowling-LR 3:00 Euchre/Bridge-AR 7:00 Movie-ULR
LR with Russell-AR nes-LR			

shutterstock - 66543733



New Activity: The New Joy of Coloring

Isn't it amazing that something we did as children has now become the newest way to relax and de-stress. The night before Florence's daughter, Shirley, emailed me about coloring books for grown ups, a friend of mine had posted something about them on Facebook.

In doing some investigation, it is said to engage both sides of the brain in that it's both creative and tactical. Because we are fully concentrating on the color scheme and design, we don't have time to think about other things. It is meditative since we have to be in the moment. Coloring brings us back to a simpler time. At the end you get a beautiful result and a feeling of accomplishment.

I look forward to seeing our beautiful pictures!!



Love Notes

During the first two weeks of September we will be making each other love notes to be displayed through out our building during National Assisted Living Week. These will be kind, encouraging, uplifting and positive words and sayings that remind us why we are special to one another and to this community. This is our time during the year to celebrate each other and the wonderful community we are so blessed to live, work and volunteer in.



A Couple of Reminders...

Don't forget to check your in house mailboxes. We put updates on the calendar, special announcements and anything that might affect our community. Thank you for staying in the know!! :)

Also, if you need things picked up on Wednesday, shopping day, please sign up on Tuesday so we don't miss anyone. The sign up book is still in the dining room on the front table. Thank you!