



September Did You Know?

September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love.

The birthstone for the month is the sapphire.

Favorite Tastes of Fall

Share your favorite fall recipe with us! Here is a list of some of our residents favorite fall foods.

Cheese, Fresh from the oven Banana Bread, and Sticky Buns!

Hearty Beef Stew, Homemade Biscuits and Gravy, Apple Pie, Pot Roast Dinner,

Pumpkin Pie, Chicken Noodle Soup, Peacan Pie, Turkey Pot Pie, Tomato Soup with Grilled Cheese, Baked Macaroni and

Staying Fit in the Fall

Engaging in daily exercise often involves participating in group activities or joining fitness communities, providing an opportunity for social connection and emotional support. Whether it's joining a sports team, attending group exercise classes, or going for walks with friends, exercise can foster a sense of camaraderie and belonging. The social aspect of physical activity contributes to overall well-being by reducing feelings of isolation, boosting self-esteem, and providing a support system for maintaining a healthy lifestyle.

National Assisted Living Week

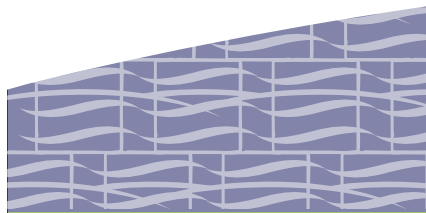
Celebrated September 10-16, 2023:

This year's theme for National Assisted Living Week is "Season of Reflection." Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care.

Walk To End Alz. September 16th

Please join Avita of Wells at York Beach Ball Field on Saturday, September 16, 2023, for this years Walk to End Alzheimer's. Registration begins at 9:00am with the Ceremony starting at 10:00am. The walk will start at the conclusion of the ceremony. Last year Team Avita of Wells was the top fundraising team for the York County Walk to End Alzheimer's raising over \$10,000.00 and finished top three for the State of Maine. There is still time to join our

fight, fundraise or donate to our team. Please reach out to Avita of Wells Resident Engagement Director, Wendy Bucacci for assistance or questions. We hope to see you there!



AVITA OF WELLS Leadership Team

Dean Kivela
Executive Director

Lisa Nassif
Sales and Marketing Director

Susan DeBaker
Resident Care Director

Tracy Quint
Assistant Resident Care Director

Jessica Price
Business Office Director

Wendy Bucacci
Resident Engagement Director

Darryl Tonseth
Maintenance Director

Maeghan Corbo
Culinary Director

Meg Jones
Adult Day Coordinator



Sunday

Monday

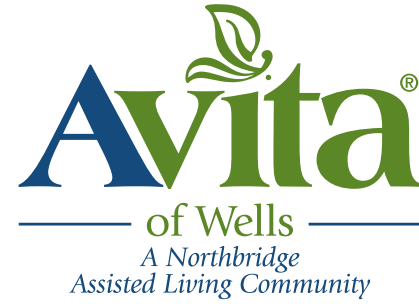
Tuesday

Wednesday

Thursday

Friday

Saturday



Dates to Remember

Resident Birthday's
9/4- Liela K.
9/29-Lillian L.
9/12-Jillian B.
9/29- Kent W.
9/30- Patricia P.

Walk to End Alz.
Saturday, 9/16/23
9:00am Registration
10:00am Ceremony

Avita Support Group
Wednesday, 9/20/23
5:00-6:00 pm
Multi-purpose Room

- 3**
- 9:00 Congregational Church
 - 9:00 Daily Chronicles
 - 10:00 Hymns Sing Along
 - 11:00 Virtual Biking
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Operation: Back to School
 - 2:30 Snack Social
 - 3:15 Sunday Spa Day: Mani's
 - 4:00 Courtyard Games
 - 6:00 Planet Earth Documentary

- 4**
- 9:00 Daily Chronicles
 - 10:15 Artist In Residence
 - 11:15 Musical Memories
 - 1:00 Weights & Waists Movement
 - 1:15 Summer Van Outing
 - 1:45 Brain Gym: Categories
 - 2:30 Healthy Snack & Chat
 - 3:15 B-I-N-G-O!
 - 4:15 Track Walks
 - 6:00 Monday Night Musical

- 5**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Int'l Day of Charity
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Trivia!
 - 2:30 Snack Social
 - 3:15 Sounds of Nature
 - 4:15 Badminton
 - 6:00 Travel Series

- 6**
- 9:00 Daily Chronicles
 - 10:00 R. Carson Wildlife Walk
 - 11:15 Musical Memories
 - 1:00 Let's Zumba!
 - 1:15 Autumn Van Outing
 - 1:45 Sip & Paint
 - 2:30 Snack Social
 - 3:15 Candle Day
 - 4:15 Table Tidbits
 - 6:00 Evening Movie: Romance

- 7**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Brain Gym: Rhyme Time
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Tribute to Grandma Moses
 - 2:30 Happy Hour w/Red G.
 - 4:00 NFL Kickoff Day
 - 4:15 Aroma Therapy
 - 6:00 Throwback Thursday Shows

- 8**
- 9:00 Daily Chronicles
 - 10:15 Let's Cardio!
 - 11:15 Senior Green Committee
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Spring Van Outing
 - 1:30 Crafter's Corner w/Anita
 - 2:30 Healthy Snack & Chat
 - 3:15 Clay Sculpting
 - 4:15 Courtyard Games
 - 6:00 Comedy Hour Carol Burnett

- 9**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Joyful Reflection: Horses
 - 2:30 Saturday Sundaes Social
 - 3:15 Catholic Church Services
 - 3:30 Brain Gym w/Brianna
 - 6:00 Evening Movie: Action

- 10**
- 9:00 Congregational Church
 - 9:00 Daily Chronicles
 - 10:00 Hymns Sing Along
 - 11:15 Virtual Biking
 - 1:30 Live Music w/Rob Robbins
 - 2:30 Snack Social
 - 3:15 Rockin' Walkin' Warriors!
 - 4:00 Warrior "Prep" Rally Club
 - 6:00 Evening Movie

- 11**
- 9:00 Daily Chronicles
 - 10:15 Artist In Residence
 - 11:15 Resident Council Meeting
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Summer Van Outing
 - 1:45 Musical Instruments
 - 2:30 Healthy Snack & Chat
 - 3:15 B-I-N-G-O!
 - 4:15 Yoga Class
 - 6:00 Monday Night Musical

- 12**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Trivia!
 - 2:30 Snack Social
 - 3:15 Sun Porch Poetry
 - 4:15 Game: Higher or Lower
 - 6:00 Travel Series

- 13**
- 9:00 Daily Chronicles
 - 10:15 Drum It Out Exercise
 - 11:15 Word Hive
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Autumn Van Outing
 - 1:45 Cooking Up Memories
 - 2:30 Snack Social
 - 3:15 Courtyard Games
 - 4:15 Floral Arranging
 - 6:00 Where in the World?

- 14**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Brain Gym: Word Mining
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Hummingbird Day
 - 2:30 Happy Hour w/J&L Music
 - 4:00 Can You Picture This?
 - 6:00 Evening Movie: Romance

- 15**
- 9:00 Daily Chronicles
 - 10:15 Let's Cardio!
 - 11:15 Men's Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Spring Van Outing
 - 1:30 Crafter's Corner w/Anita
 - 2:30 Snack Social
 - 3:15 Joyful Reflections: School
 - 4:15 Croquet
 - 5:45 Evening Comedy Movie

- 16**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Community Clean-up Day
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Covered Bridges Day
 - 2:30 Saturday Sundaes Social
 - 3:15 Catholic Church Services
 - 3:30 Brain Gym w/Brianna
 - 6:00 Evening Movie: Action

- 17**
- 9:00 Congregational Church
 - 9:00 Daily Chronicles
 - 10:00 Hymns Sing Along
 - 11:15 Virtual Biking
 - 1:30 Live Music w/Bess Jacques
 - 2:30 Snack Social
 - 3:15 Rockin' Walkin' Warriors!
 - 4:00 Anniversary of the Constitution
 - 6:00 Evening Movie

- 18**
- 9:00 Daily Chronicles
 - 10:15 Artist In Residence
 - 11:15 Happy Birthday, Air Force
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Summer Van Outing
 - 1:45 Name That Instrument
 - 2:30 Healthy Snack & Chat
 - 3:15 B-I-N-G-O!
 - 4:15 Tai Chi Class
 - 6:00 Monday Night Musical

- 19**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Sky, Land & Sea Video
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Trivia!
 - 2:30 Snack Social
 - 3:15 Avita Show & Tell
 - 4:15 Bocce Ball
 - 6:00 Travel Series

- 20**
- 9:00 Daily Chronicles
 - 10:15 Drum It Out Exercise
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Autumn Van Outing
 - 1:45 Sip & Paint
 - 2:30 Snack Social
 - 3:15 Balloon Volleyball
 - 4:15 Nail Care & Manicures
 - 6:00 Where in the World?

- 21**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Reminiscing w/Senses
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Brain Gym: Categories
 - 2:30 Happy Hour: Scott & Donna
 - 4:00 Tai Chi/Meditation
 - 6:00 Throwback Thursday Shows

- 22**
- 9:00 Daily Chronicles
 - 10:15 Let's Cardio!
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Spring Van Outing
 - 1:30 Crafter's Corner w/Anita
 - 2:30 Snack Social
 - 3:15 Courtyard Games
 - 4:15 Sing A-long
 - 6:00 Feel Good Friday Movie

- 23**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Sun Porch Short Stories
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Spa Day: Facials & Mani's
 - 2:30 Saturday Sundaes Social
 - 3:15 Catholic Church Services
 - 3:30 Brain Gym w/Brianna
 - 6:00 Evening Movie: Action

- 24**
- 9:00 Congregational Church
 - 9:00 Daily Chronicles
 - 10:00 Hymns Sing Along
 - 11:15 Virtual Biking
 - 1:30 Live Music: Mike McCarthy
 - 2:30 Snack Social
 - 3:15 Rockin' Walkin' Warriors!
 - 4:00 Pacific Ocean Day
 - 6:00 Evening Movie

- 25**
- 9:00 Daily Chronicles
 - 10:15 Artist In Residence
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Summer Van Outing
 - 1:45 Memory Match Game
 - 2:30 Healthy Snack & Chat
 - 3:15 B-I-N-G-O!
 - 4:15 Yoga Class
 - 6:00 Monday Night Musical

- 26**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Tribute: George Gershwin
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Trivia!
 - 2:30 Snack Social
 - 3:15 Giant Jenga
 - 4:15 Tech Corner
 - 6:00 Where in The World?

- 27**
- 9:00 Daily Chronicles
 - 10:15 Drum It Out Exercise
 - 11:15 Garden Club
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Autumn Van Outing
 - 1:45 Cooking Up Memories
 - 2:30 Snack Social
 - 3:15 Circle Soccer
 - 4:15 Brain Gym: Pictionary
 - 6:00 Anniversary W. Side Story

- 28**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Joyful Reflections: Pups
 - 1:15 Trip to Bowl A-Rama
 - 4:00 Let's Ask Google
 - 6:00 Evening Movie: Action

- 29**
- 9:00 Daily Chronicles
 - 10:15 Let's Cardio!
 - 11:15 Harvest Moon
 - 1:00 Rockin' Walkin' Warriors!
 - 1:15 Spring Van Outing
 - 1:30 Crafter's Corner w/Anita
 - 2:30 Snack Social
 - 3:15 Balloon Volleyball
 - 4:15 Take A Penny Game
 - 6:00 Evening Comedy Movie

- 30**
- 9:00 Daily Chronicles
 - 10:15 Barre Balance Class
 - 11:15 Courtyard Karaoke
 - 1:00 Rockin' Walkin' Warriors!
 - 1:45 Audio Book Readings
 - 2:30 Saturday Sundaes Social
 - 3:15 Catholic Church Services
 - 3:30 Brain Gym w/Brianna
 - 6:00 Evening Movie: Action

Activity Key

- Connect
- Feel
- Move
- Learn

Events are subject to change.