



THE TERRACE  
— at —  
NEWARK

## SEPTEMBER NEWSLETTER



### AUGUST RECAP:

It's been a month full of fun and making great memories together!

The highlight of our month was most definitely the car show. I was so happy with the number of residents and resident families in attendance. Thank you so much to all who made it out, we plan on having a car show next summer too!

We enjoyed several outings, including Tom Wahl's, Bee Tee's, The Farmer's Market and

The Old Mill Hot Dog stand. One of our favorite trips was our scenic ride to Shortsville where we stopped to see the most spectacular sunflower field! It was so beautiful, and the residents really loved it.

It's been a great summer here at The Terrace. I'm looking forward to the last couple of summer weeks and a fun filled fall!

### SEPTEMBER LOOK AHEAD:

September will be a big month at The Terrace! We'll be celebrating National Assisted Living week from September 11<sup>th</sup>-September 17<sup>th</sup>. Each day of the week we will have something special for our residents to participate in. We'll end our

celebration with an outdoor party in the front parking lot. We hope resident families will join us for food, refreshments and live music! This year's theme is "Joyful Moments" I think we've had many joyful moments this year with many more to come!

Next month we will also celebrate centurions' day. We have three residents who are 100 years old or more that we'll be celebrating on September 22<sup>nd</sup>. That's quite the accomplishment and we're looking forward to making them feel extra special! Our outings next month include The Chill and Grill for ice cream, breakfast at The Blue Ribbon, lunch at Grind on Coffee Co. and The Apple Shed. We're also taking scenic rides to Sodus Point and Canandaigua Lake.

### THAT WAS THE YEAR "1972"

#### NATIONAL AND WORLD NEWS:

- Five white house operatives burglarized the offices of the Democratic Committee, the start of the Watergate Scandal.
- NASA launches the Landsat 1 Earth Resources Technology Satellite (ERTS) on July 23<sup>rd</sup>
- NASA'S Space shuttle program is officially launched during January. President Nixon approved the program and announced its inception to the American public
- The British government declares a state of emergency over 47 day miners strike
- Earthquake lasting 20 seconds destroys most of Bingol, Turkey
- The last major epidemic of smallpox in Europe breaks out in Yugoslavia
- The worlds leaders agree to banning biological warfare

- The Dow Jones closes above 1000 for the first time in history
- The largest Diamond The Star of Sierra Leone is unearthed, it is 969.8 carats
- Federal Water Pollution Control Amendments come into force

**COST OF FOOD:**

- Milk.....\$1.33/gallon
- Loaf of Bread.....\$0.25/loaf
- Eggs.....\$0.45/dozen
- Coffee.....\$1.79/ 2 lbs.
- Ground Beef.....\$0.64/ lb.
- Sugar.....\$0.39/ 5 lbs.

**COST OF LIVING:**

- New Car.....\$3,853.00
- Gasoline.....\$0.52/gallon
- Average Wage.....\$11,800.00
- Stamp.....\$0.08
- New House.....\$27,550.00

**POPULAR MOVIES:**

1. The Godfather
2. The Poseidon Adventure
3. What's Up, Doc?
4. Deliverance
5. Jeremiah Johnson
6. Cabaret
7. The Getaway
8. Last Tango in Paris
9. Lady Sings the Blues
10. Everything You Always Wanted

**Popular songs:**

1. "The First Time Ever I Saw Your Face"
2. "Alone Again (Naturally)"
3. "American Pie"
4. "Without You"
5. "The Candy Man"

6. "I Gotcha"
7. "Lean on me"
8. "Baby, Don't Get Hooked on Me"
9. "Brand New Key"
10. "Daddy Don't Walk So Fast"

**Dates to celebrate:**

- 9/3-NATIONAL HUMMINGBIRD DAY
- 9/5-LABOR DAY
- 9/6-NATIONAL READ A BOOK DAY
- 9/7-NATIONAL BUY A BOOK DAY
- 9/9-NATIONAL TEDDY BEAR DAY
- 9/11-PATRIOT DAY
- 9/13-INTERNATIONAL CHOCOLATE DAY
- 9/14-NATIONAL COLORING DAY
- 9/17-NATIONAL DANCE DAY
- 9/22-FALL EQUINOX
- 9/29-NATIONAL COFFEE DAY

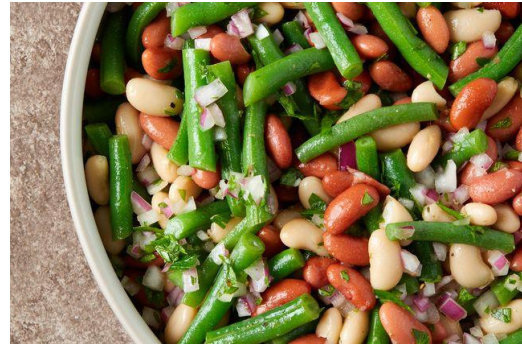
SEPTEMBER 11<sup>TH</sup>-17<sup>TH</sup>

**NATIONAL ASSISTED LIVING WEEK**

**September Birthdays:**

- Thelma L. 9/6
- Linda L. 9/7
- Mary M. 9/11
- Elizabeth E. 9/13
- Michael W. 9/17
- Ruth (Ruth Ann) F. 9/22

Dorotha L. 9/24  
Eleanor P. 9/27  
Gail S. 9/30



**FLOWER OF THE MONTH:**

**Aster**

**BIRTHSTONE:**

**Sapphire**

**Welcome to our new  
residents:**

**Mary P.  
Darlene S.  
Janet S.**

**Marilynn "Lois" F.**

**Recipe of the month:**

Three Bean Salad

**INGREDIENTS**

1/3 c.  
red wine vinegar  
2 tsp.  
granulated sugar  
Kosher salt  
Freshly ground black pepper  
1/3 c.  
extra-virgin olive oil  
1  
small red onion, finely chopped (about  
1/2 c.)  
1  
(15-oz.) can cannellini beans, drained  
and rinsed  
1  
(15-oz.) can kidney beans, drained and  
rinsed  
1  
(14.5-oz.) can cut green beans, drained  
and rinsed, or 1 1/2 c. chopped blanched  
green beans  
1 c.  
loosely packed fresh parsley leaves,  
finely chopped

**DIRECTIONS**

1. In a large bowl, whisk the vinegar, sugar, 1 teaspoon salt, and 1/8 teaspoon pepper until sugar is dissolved, about 30 seconds. Gradually add the oil,

whisking until combined. Stir in the onion and set aside for 5 minutes.

2. Fold in the cannellini, kidney, and green beans, and the parsley. Gently toss to coat.
3. Serve immediately or let marinate, covered, in the refrigerator for 1 hour or up to overnight. Stir gently before serving.

## Labor Day Word Search

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

AMERICA  
BREAK  
COMMUNITY  
COUNTRY  
ETHIC  
LABOR  
PROSPERITY  
SEPTEMBER  
STRENGTH  
TRIBUTE  
WELL BEING  
WORK



**HAPPY LABOR DAY**  
— ★ ★ ★ —

