

Vine Ridge

NEWSLETTER

September 2026

Dear family and residents, September is here, marking the official end of summer, but the fun won't stop for us! We would like to thank everyone who joined us for our August travels and gatherings. The "Hot Dogs and Hot Rods" event really heated up our evening, and we are glad you all came out to mingle. A big thank you also goes out to everyone who participated in our first annual chili cook-off to support Alzheimer's awareness—it was delicious, spicy, and a huge success, raising over \$300! Mark your calendars because September is packed with fun events: September 12th: Cloverdale is hosting its annual car show downtown, so let's buckle up and go see some rides! September 14th–18th: It is National Assisted Living Week. See Sally for details of what fun is lined up per day. September 17th: Will be the final "Hot Dogs and Hot Rods" event of the year. Remember to bring your appetite and your smiles as we cruise down memory lane and check out all the classics on display. September's got a jam-packed schedule, and we hope to see you all there!.-Sally



Inside:

Staff Spotlight.....	2
Candid Camera.....	3
Movies.....	5
Activities.....	6
Birthdays/September Fact.....	7
Birthday Poem.....	11
Word Search.....	12
Flyers.....	14

Resident Spotlight: Faye 🍉🍉🍉🍉🍉🍉🍉



Our Resident Spotlight for the month of September is Faye! Although Faye has only been with Vine Ridge for a short while, she has already become a wonderful addition to our family. Her sweet and charming personality makes her a delight to be around, especially during our activities and social gatherings. Originally from San Francisco, Faye is a mother of three and used to work as a hairdresser, which explains her great eye for fashion. Faye, you are an absolute delight to have here at Vine Ridge, and we look forward to many more adventures together!

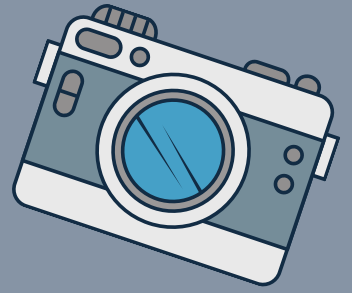
Staff Spotlight: Alejandra 🍈🍈🍈🍈🍈🍈🍈

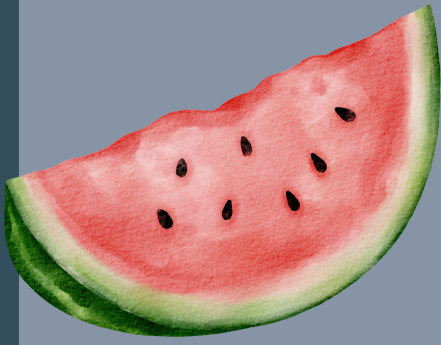


Our staff spotlight for the month of September is Alejandra! Alejandra has been with Vine Ridge for about six months and has quickly become a wonderful addition to our team. Her favorite part of being a med tech here is getting to know the residents and listening to stories about their earlier days. Alejandra's motto is, "See a need, fill a need—if there is a way to make something better, I will do it." An interesting fact about Alejandra is that she loves the outdoors; hiking, kayaking, and picnics all take her to her happy, zen place. Alejandra, thank you for all of your hard work and dedication. We truly appreciate you and are so happy to have you on the Vine Ridge team!

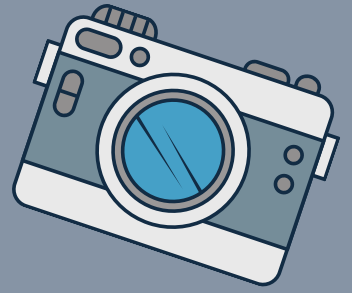
OUR
family

Smile, you're on
Candid Camera!





Smile, you're on
Candid Camera!



September Big Screen Movies



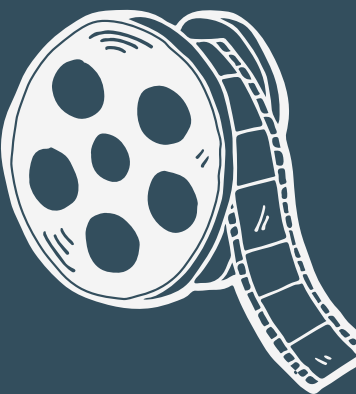
September
8th



September
15th



September
22nd



September
29th

September Activity Calendar Highlights

September 7th 12:00

Labor Day BBQ

September 8th 1:30

Jim Time Music

September 9th 10:00

Resident council

September 10th 9:30

Trip to the Library

September 11th 9:00

9/11 Memorial at Fire Department

September 12th 10:00

Cloverdale Car Show

September 17th 5:30

Hot Dog & Hot Rods

September 18th 10:00

Medical Presentation

September 22nd 1:00

Jim Time Music

September 24th 11:30

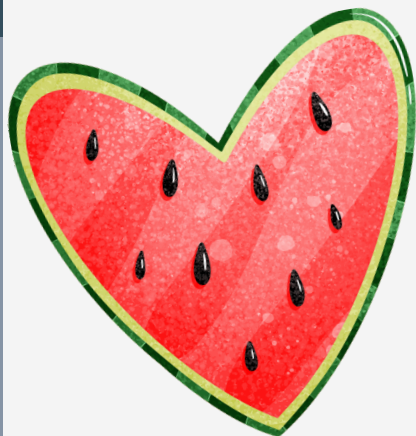
Lunch Bunch

September 27th 11:00

Chefs Corner

September 29th 3:30

September Birthday Party



If you have any activity recommendations be sure and let Sally know! She would love to add some more exciting activities to our activity calendar! Also, don't forget to check your monthly calendar for additional activities!



September Resident Birthdays



Gwen
3rd



Beverly
4th

Bob D
7th



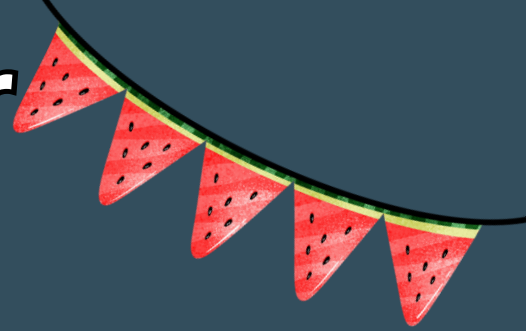
Lee
11th



Kay
23rd



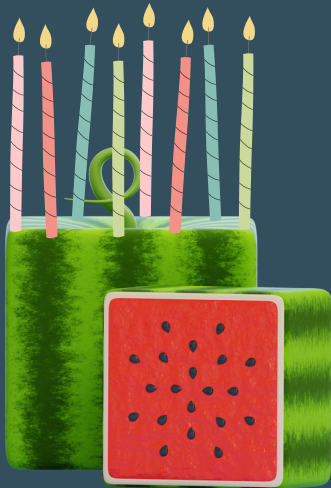
September Staff Birthdays



Yuri
Care Staff
8th



Ariana
Care Staff
10th



Elodia
Kitchen Staff
20th



Laura
Care Staff
20th



YOUR SPECIAL MONTH

"All the months are crude experiments out of which the perfect September is made."

~ Virginia Woolf



Animal of the Month – Raven

Ravens are extremely intelligent, playful birds, known for acrobatic flying skills such as flying upside down, diving, and somersaults. While similar in appearance to crows, ravens sport thicker beaks and shaggier throat feathers, and are significantly larger, with a wingspan of about 45 inches. They symbolize prophecy, transformation, cunning, and magic. Some of their abilities include using tools, complex problem-solving, trickery, remembering faces, and planning. They can also make a wide variety of sounds, including mimicking human speech, car engines, and other



animals. Ravens live in a variety of habitats including forests, coastal cliffs, rural areas, and cities. These often territorial hunters are known to pursue prey in groups, known as cooperative hunting. Ravens eat a diverse range of foods, scavenging carcasses and garbage and hunting small mammals, reptiles, birds, and insects.

Special Days

Labor Day
September 7

Patriot Day
September 11

Grandparents Day
September 13

National Guacamole Day
September 16

Yom Kippur
Begins at Sundown
September 20

Autumnal Equinox
September 22

Flower – Aster



A member of the *Asteraceae* family, the aster takes its name from the Latin word meaning "star," a reference to its starlike head. Also known as the Michaelmas daisy, starwort, and frost flower, the aster usually blooms in late summer and fall and comes in many vibrant colors, including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers are associated with the goddess Venus and symbolize love, intelligence, and patience.

Birthstone – Sapphire



The deep blue sapphire is the gorgeous birthstone for September. Sapphires come in many colors, but the finest sapphire color is a rich, velvety blue. Next to the diamond, the extremely durable sapphire is one of the hardest materials known on Earth. Ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. Stunning sapphires are often used in royal engagement rings. The gem symbolizes truth, protection, wisdom, nobility, and sincerity.

September's Birthday Colors

September 1–5: Peach

People born under this color are active and sporty. They don't hold a grudge and adjust easily to new situations.

September 6–12: Aqua

"Aqua" people can change their feelings suddenly. They are truthful and believe in other people.

September 13–18: Lime

If you were born "lime," you appear calm even when you are stressed. You can get jealous (as in lime green with envy), but you are likable and trusting.

September 19–22: Pink

You are elegant, patient, and thrive under pressure. Friends seek you out for your clever advice and wisdom.

September 23–25: Olive

"Olive" people are kind, cheerful, warm, and lighthearted. They seem to get along well with friends and family.

September 26–30: Purple

"Purple" people are mysterious, popular, and unselfish. They are spontaneous and easily interested in things.



Only in September

The final day of each September is always on a different day of the week than the last day of any other month each year. It's also the only month with the same number of letters (nine) in its name as the number of the month.

September Zodiacs

Virgo (The Virgin)

September 1–22

Libra (The Scales)

September 23–30

September got its name from the Latin word *septem*, meaning "seven," because it was the seventh month in the old Roman calendar. Around 46 BC, Julius Caesar reformed the calendar and made September the ninth month. The Anglo-Saxons called it the *gerst monath*, meaning "barley month," because it was the month they harvested their barley crops.

September originally had 29 days,
but it gained a day under the Julian reform and has since had 30 days.

Month of Fire

Even without flames, trees look ablaze each September, when green leaves turn bright reds, oranges, and yellows. The ancient Romans believed that Vulcan, the god of fire and forge, looked after the month of September, which was associated with fires and volcanic eruptions. Maybe they were on to something, because the Great Fire of London started on September 2, 1666, and destroyed one-third of the city.

What's Lucky in September?

Lucky Color: Yellow

Lucky Animal: Porcupine

Lucky Letters: S and L

Lucky Day: Monday

Lucky Plant: Goldenrod



September Birthdays

Gloria Estefan (singer) – September 1, 1957

Shaun White (snowboarder) – September 3, 1986

Idris Elba (actor/rapper) – September 6, 1972

Queen Elizabeth I (queen) – September 7, 1533

Hugh Grant (actor) – September 9, 1960

Adam Sandler (comedian) – September 9, 1966

Roger Maris (ball player) – September 10, 1934

Jennifer Hudson (singer) – September 12, 1981

Stella McCartney (designer) – September 13, 1971

Agatha Christie (author) – September 15, 1890

Sophia Loren (actress) – September 20, 1934

Stephen King (writer) – September 21, 1947

Mark Rothko (artist) – September 25, 1903

Gwyneth Paltrow (actress) – September 27, 1972

September rolls in with birthdays intow,
As autumn peaks 'round the bend,
To celebrate those who are gifted,
Wise, and many you'd like to befriend.

Among those born in September,
There are writers, painters, and kings—
People we love and admire,
Who do such amazing things.

From the puppeteer Jim Henson,
Who gave us Kermit and Miss Piggy,
To the amazing best-selling author,
The mysterious Agatha Christie.

Louis the Great was born on the fifth,
And so was the actor Bob Newhart,
The beautiful Raquel Welch joins them—
We hear she is a sweetheart.

September is full of artists—
Could this month be any greater?
It boasts cartoonist Thomas Nast
And Caravaggio the painter.

Jillian Hill helped develop nylon,
Waldo Semon invented vinyl,
And who worked on Broadway, then TV and film?
To Tell the Truth—Kitty Carlisle.

There's funnyman Bill Murray,
Hugh Grant and Colin Firth.
Not only are they famous,
We hear they're the salt of the earth.

And so, we welcome September,
For there is no finer time
To wish you a wonderful birthday
And happiness for a lifetime.

September Birthday Poem

**September Rolls In
with Birthdays**



Name: _____ Date: _____

WATERMELON

Word Hunt Challenge: Find each vocabulary word in the grid!

They could be hiding in any
direction even backwards or diagonally.

Bite
Chilled
Cool
Crisp
Cut
Delicious
Farmer
Flavor
Fruit
Garden
Green
Harvest
Juice
Juicy
Melon
Outdoors
Patch
Picnic
Red
Refreshing
Rind
Seeds
Slice
Snack



Summer
Sweet
Tasty
Vine
Watermelon
Wedges





WATERMELON WORD SEARCH

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

WATERMELON

PINK

DELICIOUS

SLICE

SEEDS

GARDEN

FRUIT

SUMMER

GREEN

RIND

JUICY

HEALTHY



Vine Ridge
SENIOR LIVING AT ITS FINEST

RCFE#: 496803825

LABOR DAY BBQ

Monday, September 7

12pm Dining Room

\$ 20 per guest



2026

NATIONAL ASSISTED LIVING WEEK

14-18
September

ROOT BEER FLOATS

3:30 AM – 4:30 PM

MONDAY

14

CRAZY HAT DAY

Wear any hat you have

TUESDAY

15

WEAR YOUR TEAM

Wear any sports team

WEDNESDAY

16

HOT DOGS AND HOT RODS

Car show 5:30 PM – 8:00 PM

THURSDAY

17

PAJAMA DAY

Wear your pjs all day

FRIDAY

18



Vine Ridge

SENIOR LIVING AT ITS FINEST