

THE



PRESS

**SEPTEMBER
2025**

SAVE THE DATE



**PHEASANTS RIDGE'S 9TH ANNUAL END
OF SUMMER BBQ!**

**FAMILY & FRIENDS OF RESIDENT &
STAFF ARE WELCOME TO JOIN US FOR
FOOD, & KARAOKE!**

FRIDAY SEPT 12TH @ 5:00PM



**THE MONTH OF SEPTEMBER HOSTS
"NATIONAL ASSISTED LIVING WEEK"**

**WE ARE GOING TO CELEBRATE WITH THEMED
DAYS! CHECK THEM OUT INSIDE**



**SEPTEMBER 7TH
IS
GRANDPARENTS
DAY**



**Happy
Birthday!**

LORNA



**BLUESTONE DR.
ROUNDING
MONDAY,
SEPTEMBER 25TH**



**SEPTEMBER IS NATIONAL
"FALL PREVENTION MONTH"**

Ways to keep your health, & stay on your feet!



Modify the Home Environment;

- Removing rugs or securing them with non-slip backing.
- Ensuring adequate lighting throughout the home, especially on stairs and in hallways.
- Keeping walkways free from furniture and other obstacles.

Engage in Balance and Strength Exercises;

- Strength training: Building leg strength helps stabilize the body and reduces fall risk.
- Stretching and flexibility exercises: Maintaining flexibility keeps the body limber and reduces stiffness.

Utilize your Fall-Prevention Devices



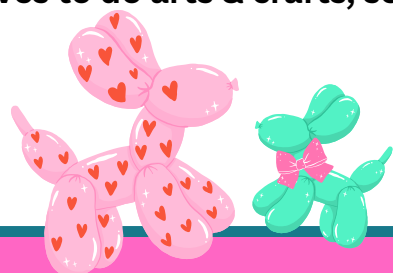
GET TO KNOW RA, JESSYCA!



Jess like to write & she is currently writing a novel! She has a 3 year old son, his name is Oliver

Jess has 24 tattoos! Her favorite color is pink (surprise!) & she loves to do arts & crafts, self care & read books.

**IT'S ALSO HER
BIRTHDAY IN
SEPT.!**



ASSISTED LIVING WEEK THEME DAYS

Sunday Sept 7 "America Day"

Dress in your best Red, White & Blue!

Monday Sept 8 "PJ Day"

Get out of bed & DON'T get dressed! We're wearing our PJ's all day!

Tuesday Sept 9 "Biker/Tattoo" party!

Hop on your imaginary Harley and head over to the PR tattoo parlor for some totally temporary ink!

Wednesday Sept 10 "Sports Team Day"

Show some team spirit in your favorite sports team attire!

Thursday Sept 11 "Staff & Resident Switch"

Freaky Friday, but on a Thursday. Residents get to dress like staff & staff get to dress like residents!



SEPTEMBER ACTiViTiES CALENDAR

Morning excersize group in our Care Suites unit (aka Memory Care) at 10:00-10:20 am, Monday-Friday.

Earn a **red ticket** for every exercise group you attend!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	LABOR DAY ¹	2:00 ² BALLOON BAT VOLLEY BALL	2:00 ³ BINGO!	2:00 ⁴ DARTS COMPETITION DQ PRIZE!	2:00 ⁵ YARD GAMES; CORNHOLE & HORSESHOE	⁶ WORK ON WEEKEND PACKET FOR RED TICKETS
⁷ WALKING FOR RED TICKETS	2:00 ⁸ BINGO! 3:45 CHURCH	2:00 ⁹ TATTOO PARTY	2:00 ¹⁰ BINGO!	2:00 ¹¹ RESIDENT COUNCIL MEETING & SNACK	11:30 ¹² VETERANS VISIT 2:00 SHOOT 'EM GAME 5:00 END OF SUMMER BBQ	¹³ WORK ON WEEKEND PACKET FOR RED TICKETS
¹⁴ WALKING FOR RED TICKETS 7:20 PM VIKINGS VS FALCONS	2:00 ¹⁵ BINGO!	2:00 ¹⁶ TIE PILLOWS CRAFT	2:00 ¹⁷ BINGO!	NO ¹⁸ AFTERNOON ACTIVITY; STAFF MEETING	2:00 ¹⁹ CARE SUITES; MUSIC FUN AL; BIG SCREEN MOVIE	²⁰ WORK ON WEEKEND PACKET FOR RED TICKETS
²¹ WALKING FOR RED TICKETS 12:00 PM VIKINGS VS BENGALS	2:00 ²² BINGO! 3:45 CHURCH	2:00 ²³ CARNIVAL GAMES & FACE PAINTING	2:00 ²⁴ BINGO!	2:00 ²⁵ INDOOR MINI GOLFING	2:00 ²⁶ FISHING TOURNAMENT MCDONALDS PRIZE!	²⁷ WORK ON WEEKEND PACKET FOR RED TICKETS
²⁸ 8:30 AM VIKINGS VS STEELERS WALKING FOR RED TICKETS	2:00 ²⁹ BINGO!	2:00 ³⁰ BARGAIN BASEMENT *CLEARANCE*				