



LEGACY RIDGE

AT ALPHARETTA

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Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.

Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The country star made her acting debut in the 1980 comedy and wrote the song during filming. Along with her singing and songwriting skills, Parton even put her acrylic fingernails to work for the tune: Listeners can hear them as the rhythmic clacking of a typewriter! The spirited theme song earned Parton an Oscar nomination for best original song and two Grammy Awards, including best country song.

IT Professionals Day

They pick us up when we crash, they're always putting in extra shifts ... basically, we just couldn't hack it without them! Give extra appreciation to everyone working in information technology on the third Tuesday in September, IT Professionals Day.

September 2022

Associate Spotlight!



Our associate of the month is Destiny! Destiny is apart of our care staff team. She is always helping the residents and fellow staff members. Destiny always puts 100% into her job and goes above and beyond for everyone. The residents always enjoy seeing her fun Crocs that

she wears! We are so lucky to have her!

Resident Spotlight!



Our resident of the month is Mr. Patrick aka Pat. Patrick is a great resident and loves helping fellow residents. His favorite activities are watching sports and playing Bingo. He enjoys being around people and enjoys their company. A fun fact about Pat is he can talk to anyone and find a way to relate to the whether they are young or old.





School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

<u>Years</u>	<u>School Supplies</u>
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

"Then & Now"

"This Month In History"

SEPTEMBER

1927: Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

1961: The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

1964: "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

1977: Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

1982: With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

1993: The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

2016: California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

2020: Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.