

## We Also Celebrate

Keanu Reeves (actor)  
September 2, 1964

Beyonce (singer)  
September 4, 1981

Idris Elba (actor)  
September 6, 1972

Otis Redding (singer)  
September 9, 1941

Tyler Perry (filmmaker)  
September 13, 1969

Lauren Bacall  
(actress) September  
16, 1924

Frankie Avalon  
(singer) September  
18, 1940

Dorothy Vaughan  
(programmer)  
September 20, 1910

Mark Hamill (actor)  
September 25, 1951

Serena Williams  
(athlete) September  
26, 1981

Gene Autry (cowboy)  
September 29, 1907

## September Astrology



In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world.

They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

## Resident of the Month

### Karen Liniewicz



### Instructions:

**BOTTOM LAYER:** Grab a mixing bowl and mix together the cream cheese, sugar and one 8-ounce tub of whipped topping. Blend well with a hand mixer or a stand mixer. Fill your pre-made crusts with the bottom layer mix.

**MIDDLE LAYER:** Mix together the pudding and milk and stir until thick. Add 2 cups of the canned pumpkin and mix. Add the pumpkin pie spice, nutmeg, and cinnamon. Stir until blended. Spread the pumpkin mixture on top of the cream cheese layer.

**TOP LAYER:** Last, for the very top layer, spread the second 8-ounce container of whipped cream to top the pies off

Source:  
<https://princesspinkygirl.com/>

## Totally 80's Party



Join us on September 14th from 4:00pm-6:00 for our Totally 80's party.

### Collaborators



Lisa Stouffer

Dolores Salazar

# SEPTEMBER The Goldton at St. Pete Newsletter

6775 40th Avenue North | St. Petersburg, FL 33709

August 29, 2023

## Celebrating September

Assisted Living Week  
September 10-16

Labor Day (U.S.)  
September 4

International Day  
of Charity  
September 5

Grandparents Day  
September 10

Patriot Day (U.S.)  
September 11

Rosh Hashanah  
September 15–17

Yom Kippur  
September 24–25

World Tourism Day  
September 27

## Resident's Birthdays

Jean Z. 9/6  
Girard D. 9/16  
Marilyn T. 9/21  
Bette C. 9/29

## Assisted Living Week



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.

We will be celebrating with many special events and activities. Please check the monthly calendar for specific events and times.

Source: <https://www.ahcancal.org/>

## September Recipe Spotlight

### No Bake Pumpkin Pie



This no-bake pumpkin pie is the perfect way to get into the spirit of fall without spending hours in the kitchen. So grab your favorite store-bought crust, canned pumpkin, and some spices, and get ready to craft up a pumpkin pie that is deliciously perfect!

### Ingredients:

2 cups canned pumpkin (or pumpkin puree)  
1/2 cup sugar  
8 ounces cream cheese softened  
2 8-ounce containers of Cool Whip or other whipped cream  
1 tablespoon cinnamon  
2 teaspoons pumpkin pie spice  
1 teaspoon nutmeg  
1 3.4-ounce box instant vanilla pudding  
1 cup milk  
2 pre-made crusts (9-inch crust)

\* continues on the back

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Resident Birthdays

Jean Z. 9/6  
Girard D. 9/16  
Marilyn T. 9/21  
Bette C. 9/29

# September 2023

Assisted Living

ER- Exercise Room  
PR- Piano Room  
GR- Game Room  
LB- Library

7:30 Breakfast	1	7:30 Breakfast	2
10:15 Exercise (ER)		10:00 Resident Led Chronicle & Chat (LB)	
10:45 Chronicle & Chat (LB)		10:30 Cards (GR)	
11:30 Lunch		11:30 Lunch	
1:15 Bingo (PR)		2:00 Puzzles (GR)	
3:00 Happy Hour with Mike (PR)		3:00 Relax & Regroup	
4:30 Dinner		4:30 Dinner	

7:30 Breakfast	3	7:30 Breakfast	4	7:30 Breakfast	5	7:30 Breakfast	6	7:30 Breakfast	7	7:30 Breakfast	8	7:30 Breakfast	9
10:00 Church		10:45 Chronicle & Chat (LB)		10:15 Exercise (ER)		10:00 Chronicle & Chat (LB)		10:15 Exercise (ER)		10:15 Exercise (ER)		10:00 Resident Led Chronicle & Chat (LB)	
11:00 Resident Led Chronicle & Chat (LB)		11:30 Lunch		10:45 Chronicle & Chat (LB)		10:30 Cornerstone Community Church (PR)		10:45 Chronicle & Chat		10:45 Chronicle & Chat (LB)		10:30 Cards (GR)	
11:30 Lunch		1:00 Cards on Your Own (GR)		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
1:00 Relax and Regroup		3:00 Coloring on Your Own (GR)		1:30 Movie (Get on Up) & Popcorn		1:00 Resident Council (PR)		1:00 Uno (GR)		1:15 Bingo (PR)		2:00 Puzzles (GR)	
3:00 Resident Led Games		4:30 Dinner		3:00 Manicures (GR)		3:00 Bingo (PR)		2:00 Scoops (GR)		3:00 Happy Hour with Larry (PR)		3:00 Relax & Regroup	
4:30 Dinner				4:30 Dinner		4:30 Dinner		3:00 Yahtzee (GR)		4:30 Dinner		4:30 Dinner	

Labor Day

7:30 Breakfast	10	7:30 Breakfast	11	1950'S	12	1960-70'S	13	1980'S	14	7:30 Breakfast	15	7:30 Breakfast	16
10:00 Church		10:00 Chronicle & Chat(LB)		7:30 Breakfast		7:30 Breakfast		7:30 Breakfast		10:15 Exercise (ER)		10:00 Resident Led Chronicle & Chat (LB)	
11:00 Resident Led Chronicle & Chat (LB)		10:45 Kick off Assisted Living week with Donuts & Coffee		10:15 Exercise (ER)		10:00 Chronicle & Chat (LB)		10:15 Exercise with SOBE (ER)		10:45 Chronicle & Chat (LB)		10:30 Cards (GR)	
11:30 Lunch		11:30 Lunch		10:45 Chronicle & Chat (LB)		10:30 Cornerstone Community Church (PR)		10:45 Chronicle & Chat		11:30 Lunch		11:30 Lunch	
1:00 Relax and Regroup		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		1:15 Bingo (PR)		2:00 Puzzles (GR)	
3:00 Resident Led Games		1:00 Manicures (PR)		2:00 Root Beer Floats with Elvis (PR)		1:00 Disco Tie Dye (GR)		1:15 80's Trivia (GR)		3:00 Happy Hour Luau with Mike (PR)		3:00 Relax & Regroup	
4:30 Dinner		3:00 Bingo (PR)		4:30 Dinner		3:00 Bingo (PR)		2:00 80's Games (GR)		4:30 Dinner		4:30 Dinner	
		4:30 Dinner				4:30 Dinner		4:00 80's Party					

Grandparents Day

Rosh Hashanah Begins

Oktoberfest Begins

7:30 Breakfast	17	7:30 Breakfast	18	7:30 Breakfast	19	7:30 Breakfast	20	7:30 Breakfast	21	7:30 Breakfast	22	7:30 Breakfast	23
10:00 Church		10:15 Exercise (ER)		10:15 Exercise (ER)		10:00 Chronicle & Chat (LB)		10:15 Exercise (ER)		10:15 Exercise (ER)		10:00 Resident Led Chronicle & Chat (LB)	
11:00 Resident Led Chronicle & Chat (LB)		10:45 Chronicle & Chat (LB)		10:45 Chronicle & Chat (LB)		10:30 Cornerstone Community Church (PR)		10:45 Chronicle & Chat		10:45 Chronicle & Chat (LB)		10:30 Cards (GR)	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
1:00 Relax and Regroup		1:00 Shopping at Bealls		1:00 Manicures (GR)		1:00 Wii Bowling (ER)		1:00 Uno (GR)		1:15 Bingo (PR)		2:00 Puzzles (GR)	
3:00 Resident Led Games		3:00 Bingo (PR)		2:00 Movie (Dear John) & Popcorn		3:00 Bingo (PR)		2:00 Scoops (GR)		3:00 Happy Hour Birthday Party		3:00 Relax & Regroup	
4:30 Dinner		4:30 Dinner		4:30 Dinner		4:30 Dinner		3:00 Yahtzee (GR)		4:30 Dinner		4:30 Dinner	

Autumn Begins

7:30 Breakfast	24	7:30 Breakfast	25	7:30 Breakfast	26	7:30 Breakfast	27	7:30 Breakfast	28	7:30 Breakfast	29	7:30 Breakfast	30
10:00 Church		10:15 Exercise (ER)		10:15 Exercise (ER)		10:00 Chronicle & Chat (LB)		10:15 Exercise (ER)		10:15 Exercise (ER)		10:00 Resident Led Chronicle & Chat (LB)	
11:00 Resident Led Chronicle & Chat (LB)		10:45 Chronicle & Chat (LB)		10:45 Chronicle & Chat (LB)		10:30 Cornerstone Community Church (PR)		10:45 Chronicle & Chat		10:45 Chronicle & Chat (LB)		10:30 Cards (GR)	
11:30 Lunch		11:00 Lunch Outing to Doc Fords		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
1:00 Relax and Regroup		11:30 Lunch		1:00 Blackjack (GR)		1:00 Lunch at Doc Fords		1:15 Arts & Crafts (GR)		1:15 Bingo (PR)		2:00 Puzzles (GR)	
3:00 Resident Led Games		1:00 Manicures (PR)		2:00 Move (Murder Mystery) & Popcorn		11:30 Lunch		2:00 Treat Time (GR)		3:00 Happy Hour with Larry (PR)		3:00 Relax & Regroup	
4:30 Dinner		3:00 Bingo (PR)		4:30 Dinner		3:00 Bingo (PR)		3:00 Pokeno (GR)		4:30 Dinner		4:30 Dinner	
		4:30 Dinner				4:30 Dinner		4:30 Dinner					

Sukkot Begins