

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ARTS AND CRAFTS ROOM — ACR
- ASSISTED LIVING LOUNGE — AL-L
- ATRIUM — ATM
- AUDITORIUM — AUD
- BILLIARDS ROOM — BR
- CHAPEL — CH
- DINING ROOM — DR
- EXERCISE ROOM — ER
- GAME ROOM — GR
- MANSION BAR — BAR
- MANSION LIVING ROOM — MLR
- PRIVATE DINING ROOM — PDR
- SUNROOM — SR
- THIRD FLOOR BUILDING THREE CARD LOUNGE — 3 FL CL
- WELLSPRING — WS

SEPTEMBER'S TRANSPORTATION

- AREA I- 8,11,19,27
- AREA II- 1,12,20,28
- AREA III- 5,13,21,29
- AREA IV- 6,14,22,25
- AREA V- 7,15,18,26

*CALL TRANSPORTATION
 **MUST SIGN UP
 CALENDAR HOTLINE:
 948-2316-3

Please sign up at the Activity Desk for Wellness Everyday™ Personal Training Certification.



<p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA I* 7 9:45 ● Advanced Exercise AUD 11:00 ● Water Walking 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:15 ● Chair Yoga Class AUD 2:30 ● Flower Arranging ACR</p>	<p>● AREA ILL* 1 8:30 ● Kroger Shuttle 10:30 ● Mass WS 11:00 ● Water Exercise 11:30 ● Beginning Exercise AUD 1:00 ● Bible Study SR 1:00 ● Wellness Center BP Screenings 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Trivia with Jennifer AUD</p>	<p>● AREA IV* 2 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Games ACR 2:00 ● Chair Volleyball AUD</p>	<p>● AREA V* 3 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:15 ● Lunch Trip to Drew's on the River** 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 7:00 ● Bingo AUD</p>	<p>● AREA I* 4 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 12:30 ● Northside Bank Visits ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p>	<p>9:30 ● Wii Bowling AUD 5 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL 7:15 ● Frank Gallenstein Folk Singer</p>
<p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA V* 14 9:45 ● Advanced Exercise AUD 11:00 ● Water Walking 11:30 ● Beginning Exercise AUD 12:00 ● Chef Tasting** AUD 1:00 ● Stitch 'n' Chat SR 1:15 ● Chair Yoga Class AUD 2:00 ● Resident Council Meeting 3 FL CL 7:15 ● CCM Performance AUD</p>	<p>● AREA IL* 8 8:30 ● Kroger Shuttle 9:00 ● Audiologist Visit SR 10:15 ● B & B Riverboat Lunch Trip** 11:00 ● Water Exercise 11:30 ● Beginning Exercise AUD 1:00 ● Wellness Center BP Screenings 1:00 ● Bible Study SR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Nature Explorer: Frogs, Toads & Salamanders AUD</p>	<p>● AREA ILL* 9 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Games ACR 2:00 ● Chair Volleyball AUD 7:15 ● Trivia w/ Jill AUD</p>	<p>● AREA IV* 10 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 2:00 ● Artist Studio with J** ACR 7:00 ● Bingo AUD</p>	<p>● LIBRARY PICKUP AND DELIVERY 11 ● AREA V* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 1:15 ● Diane Shields Howard Hughs AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p>	<p>9:30 ● Wii Bowling AUD 12 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL 7:15 ● The Debray Duo AUD</p>
<p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA IV* 21 9:45 ● Advanced Exercise AUD 11:00 ● Water Walking 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:15 ● Chair Yoga Class AUD 2:30 ● Flower Arranging ACR 4:00 ● Wine Tasting And Food Pairing Class/ Chardonnay** BAR</p>	<p>● AREA I* 15 8:30 ● Kroger Shuttle 11:00 ● Water Exercise 11:30 ● Beginning Exercise AUD 1:00 ● Wellness Center BP Screenings 1:00 ● Bible Study SR 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 4:30 ● Dine Out @ The Montgomery Inn Boathouse**</p>	<p>● AREA IL* 16 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Games ACR 2:00 ● Chair Volleyball AUD 7:15 ● Jack Lightcap Thomas Jefferson Sage of Monticello AUD</p>	<p>● AREA ILL* 17 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 3:30 ● Protestant Communion AUD 7:00 ● Bingo AUD</p>	<p>● AREA IV* 18 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p>	<p>9:30 ● Wii Bowling AUD 19 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL</p>
<p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● AREA V* 22 8:30 ● Kroger Shuttle 11:00 ● Water Exercise 1:00 ● Wellness Center BP Screenings 1:00 ● Bible Study SR 7:00 ● Parisian Nights Dance! AUD</p>	<p>● AREA IV* 29 8:30 ● Kroger Shuttle 11:00 ● Water Exercise 11:30 ● Beginning Exercise AUD 1:00 ● Wellness Center BP Screenings 1:00 ● Bible Study SR 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Trivia with Jennifer AUD</p>	<p>● AREA I* 23 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Games ACR 2:00 ● Chair Volleyball AUD</p>	<p>● AREA IL* 24 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 2:00 ● Artist Studio with J** ACR 6:15 ● Incline Theater Trip: "The Drowsy Chaperone"*** 7:00 ● Bingo AUD</p>	<p>● SUMMER SALE IN THE GIFT SHOP! 25 ● AREA ILL* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 1:15 ● Diane Shields Katherine Hepburn AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p>	<p>9:30 ● Wii Bowling AUD 26 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL 7:15 ● Frank Anthony (Martorana) Singer AUD</p>
<p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p>	<p>● SUMMER SALE IN THE GIFT SHOP! 28 ● AREA ILL* 9:45 ● Advanced Exercise AUD 11:00 ● Water Walking 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:15 ● Chair Yoga Class AUD 2:00 ● Managing Stress From Our OT Department AUD 7:15 ● Phoenix Woodwind Trio AUD</p>	<p>● AREA IV* 30 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Games ACR 2:00 ● Chair Volleyball AUD 3:15 ● Book Club 3 FL CL 4:30 ● Birthday Dinner** DR</p>	<p>● AREA V* 31 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 7:00 ● Bingo AUD</p>	<p>"When you can't make them see the light, make them feel the heat." —Ronald Reagan</p>		

EVENT RECAP

alzheimer's fundraiser

In June, the residents and staff of Evergreen/Wellspring participated in various activities and events in an effort to raise funds for the Alzheimer's Association to aid in their research efforts. We sponsored a Walk-a-Thon, Bingo games, Split-the-Pot, Raffle Baskets, a Happy Hour, and an Ice Cream Sundae Social. Evergreen raised a total of \$1,734.55! The Senior Lifestyle Company is a global sponsor and the company-wide goal was \$50,000. As of this printing date, they were still counting, but were almost at their goal! Thank you to everyone who participated. Every dollar we raised benefits those afflicted and affected by Alzheimer's disease in our area.



Walk-a-thon participants



Walk-a-thon

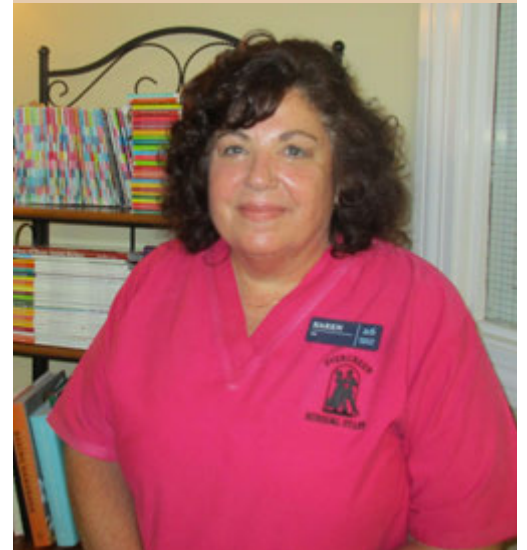


Ursula Pledger and Anne Nolan enjoying Happy Hour

THIS MONTH'S chart hero

CARING, HONESTY, APPRECIATION, RESPECT, TEAMWORK

Congratulations to KAREN KRUSE, our Employee of the Month for August. Karen has worked as a Nurse first at Wellspring for five years, then for the past 23 years in Assisted Living at Evergreen. She is very dedicated to the residents she provides care for and does everything possible to make them feel comfortable. Karen comes to work each day willing to assist wherever she can, a smile on her face, and kind words for everyone she sees. Thank you Karen, for all the good work you do. We are lucky to have you working with us at Evergreen.



Evergreen Nurse, Karen Kruse

TRAIN YOUR BRAIN solution

