



www.coventryplace-ga.com

2806 North Decatur Road • Decatur, GA 30033 • (404) 296-0962

### OFFICE HOURS

Monday–Friday ..... 9 a.m.–5 p.m.  
Weekends ..... 7 a.m.–3 p.m.

### COVENTRY PLACE CONTACT INFORMATION

E-mail- [marketing@coventryplace-ga.com](mailto:marketing@coventryplace-ga.com)  
Emergency After-Hours # ..... (404) 299-9651

### Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.



## September 2018



### Letter From the Manager

The celebration of Labor Day has many origins, including a parade on Sept. 5, 1882, in New York City by the Knights of Labor. The purpose of the holiday is to create a day off for the “working man” and celebrate the strength and spirit of trade and labor organizations. It has basically remained the same over the years, with the addition of picnics, barbecues and firework displays. So that our staff may celebrate this holiday with friends and family, our office will be closed on Labor Day. We hope that all of our residents enjoy a day of rest and relaxation!

*Thanks,  
The Manager*

**“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.” —Martin Luther**

## Trivia Whiz

### A Bunch of Grape Facts

Plump and portable, grapes are a healthy grab-and-go snack and a favorite ingredient in jams, jellies and beverages. Bite into this bunch of grape facts:

Grapes date back to at least 6000 B.C. in the region near the Caspian Sea.

Botanically classified as a berry, the round fruit comes in a range of colors.

Grapes grow on vines in large clusters, and on average, there are 75 to 100 grapes in a bunch.

Concord grapes were developed in 1849 and named after the town in Massachusetts where they were first grown. Concord grapes are used in jams, jellies and juices.

It takes about 4 pounds of grapes to make 1 pound of raisins.

Nearly all of the fresh grapes consumed in the U.S. are grown in California.



### The Lunchbox Legacy

The sight of a metal lunchbox is a source of nostalgia for many people who carried one to school or work.

Beginning in the late 1800s, workers and children packed their lunches in cloth, wicker baskets, metal pails and tins. In 1902, the first true lunchbox was sold. Created for kids, it was made of metal, resembled a picnic basket and featured images of playing children.

The design of these containers changed in the following years. The familiar dome-shaped worker's lunchbox with a thermos bottle for keeping beverages hot or cold debuted in 1911. Then in 1935, the first lunchbox to showcase a licensed character came on the market in the form of an oval metal tin decorated with Mickey Mouse and his friends.

School lunches were forever changed in 1950, the year that Aladdin Industries produced a square metal lunchbox with a picture of TV cowboy Hopalong Cassidy. With 600,000 sold in the first year, the product proved that lunchboxes and entertainment went hand in hand.

### Old-Time Jobs That Are New Again

Despite economic changes and advances in technology, many traditional jobs that began decades or centuries ago are seeing a boost in business.

**Butcher.** Before supermarkets were common, neighborhood butchers prepared fresh cuts of meat for customers. With many of today's consumers desiring locally sourced food, butcher shops are making a comeback.

**Blacksmith.** The ancient practice of forging objects from iron nearly faded away when machines began doing the work, but a trend in handcrafted metalwork has revived the trade.

**Milkman.** Many homes had fresh bottles of milk delivered to their door until grocery stores and refrigerators made the service nearly obsolete by the 1970s. The current farm-to-table movement has some farms offering home delivery of their milk and dairy products.

**Cobbler.** Shoemakers have been making footwear by hand for centuries, and specialty shops still cater to customers who want handmade goods or prefer to repair rather than replace a pair of shoes.





## Wit & Wisdom



### Canine War Heroes

Military working dogs have a long legacy of brave acts during combat. During National Service Dog Month in September, salute some of history's heroic canines:

*Sallie.* A Staffordshire bull terrier, Sallie was the mascot of the 11th Pennsylvania Volunteer Infantry during the Civil War. At the Battle of Gettysburg, she was separated from her unit and discovered three days later guarding wounded soldiers. A bronze statue of Sallie is part of a monument at the historic battle site.

*Stubby.* This stray bull terrier mutt gained fame for his courageous deeds in World War I. His sharp hearing and sense of smell warned Army troops of incoming shells and gas attacks, and he once caught an enemy spy by the seat of the pants. Stubby received numerous honors, including the rank of sergeant, and later served as Georgetown University's mascot.

*Chips.* Trained as an Army sentry, Chips was a mix of German shepherd, collie and husky. He became the most famous military dog of World War II for his heroism at the 1943 invasion of Sicily, where he charged into gunfire to attack enemy soldiers, forcing their surrender.

*Nemo.* While serving as a sentry in the Air Force during the Vietnam War, this German shepherd showed great bravery and loyalty when he and his handler were hit by enemy fire. Despite severe injuries, Nemo leaped at their attackers, giving the airman time to radio for reinforcements. The dog then covered his handler's body with his own until help arrived.



- BE SURE TO ...**
1. Check the bulletin board DAILY for additional activities or cancellations.
  2. Listen to announcements.
  3. When signing up for a trip to the doctor, put down the time as 30 minutes before your appointment.
  4. No plastic, magazines or phone books can be put in the newspaper recycle bins. Do not put newspaper back in the plastic bag.

### Church Bus Schedule!!!!

Saturday  
5pm.....St. Thomas  
More Catholic Church  
Sunday 10 am.....  
Decatur United  
Methodist Church

### Lunch Bunch Outings

Our Lunch Bunch heads to a local restaurant each month, and we welcome anyone who wants to join us! Get the dish on our next outing at the front desk or on the calendar.

**DINING ROOM  
SERVING HOURS**

Breakfast

7-8:15 a.m.

Lunch

12-1 p.m.

Dinner

5-5:30 p.m.

The Dining Room Closes

at 6 p.m.



**A Grilling Original**

It's called the innovation that made outdoor grilling a backyard tradition. In 1951, George Stephen of Chicago invented the now-iconic dome-shaped charcoal grill using a metal boating buoy that was cut in two. He used one half for cooking and the other half as a lid, which helped control the grill's heat and smoke and provided protection from the elements. Although an oddity when it was first sold in 1952, Stephen's Weber Kettle grill has since become the most popular grill in the world.

**Positive Thought**

"The single act of kindness throws out roots in all directions, and the roots spring up and make fresh trees." —Frederick William Faber

Sunday	Monday	Tuesday
September		
2	3	4
1:30 Bingo  3:00 HYMN SING-ALONG FOLLOWED BY CHAPEL SERVICE <b>Happy Birthday Brent Garcia</b>	10:00 Chair Exercises With John Clerici 12:00 Labor Day Cookout  4:00 Bridge Club	8:30-2:00 Doctor Runs  1:30 Silver Sneakers  2:30 BINGO! <b>Happy Birthday Charlie Metz!!!!</b>
9	10	11
1:30 Bingo  3:00 HYMN SING-ALONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 2:00 Arts and Craft 4:00 Bridge Club <b>Happy Birthday Tim Curtis!!!!</b>	8:30-2:00 Doctor Runs  12:15 Birthday Luncheon 1:30 Silver Sneakers  2:30 BINGO! <b>Happy Birthday Lonza Hollis!!!!</b>
16	17	18
1:30 Bingo  3:00 HYMN SING-ALONG FOLLOWED BY CHAPEL SERVICE <b>Happy Birthday Karen Fisher!!!!</b>	10:00 Chair Exercises With John Clerici 2:00 Movie and Popcorn 4:00 Bridge Club	8:30-2:00 Doctor Runs  1:15 <b>Bible Talk</b>  1:30 Silver Sneakers  2:30 BINGO!
23/30	24	25
1:30 Bingo  3:00 HYMN SING-ALONG FOLLOWED BY CHAPEL SERVICE	9:00 "Field Trip" Georgia Aquarium 10:00 Chair Exercises With John Clerici  4:00 Bridge Club	8:30-2:00 Doctor Runs  1:30 Silver Sneakers  2:30 BINGO!

Wednesday	Thursday	Friday	Saturday
			1  10:00 Drinks and Donuts  <b>Football in the TV Room Come Watch Your Favorite Teams!!!!</b>
5  9:00 Kroger  10:00 Chair Exercise With John Clerici!!!!  1:30 Kroger 2:30 Ring Toss	6  8:30-2:00 DR RUNS 2:30 Karaoke With Maria!!!	7  10:00 Chair Exercises With John Clerici 11:00 Jewelry and More With Rosie 1:30 Shopping Trip "Walmart"  2:30 Bingo  4:00 Bridge Club <b>Happy Birthday Barbara Hessler!!!!</b>	8  10:00 Drinks and Donuts  <b>Football in The TV Room Come Watch Your Favorite Teams!!!! Happy Birthday David Roth!!!!</b>
12  9:00 Kroger  10:00 Chair Exercise With John Clerici!!!!  1:30 Publix  2:30 Beanbag Toss	13  8:30-2:00 DR RUNS 2:30 Ken Glessner Sings!!!!	14  10:00 Chair Exercises With John Clerici  11:15 Lunch Bunch "Bambinells"  2:30 Bingo  4:00 Bridge Club	15  10:00 Drinks and Donuts  <b>Football in the TV Room Come Watch Your Favorite Teams!!!</b>  <b>7:00 Field Trip "Stone Mountain Laser Show"</b>
19  9:00 Kroger 9:30 Mani-Pedi  10:00 Chair Exercises W/ John Clerici  1:30 Aldi  2:30 Lawn Darts <b>6:00 COMMUNION WITH TOM HAGOOD</b>	20  8:30-2:00 DR RUNS 2:30 Ice Cream Social	21  10:00 Chair Exercises With John Clerici  1:30 Shopping Trip "Last Chance Thrift Store"  2:30 Bingo  4:00 Bridge Club	22  10:00 Drinks and Donuts  <b>Football in the TV Room Come Watch Your Favorite Teams!!!!</b>
26  9:00 Kroger  10:00 Chair Exercise With John Clerici!!!!  1:30 Kroger  2:30 Frisbee Toss <b>Happy Birthday Margaret Hinze!!!!</b>	27  8:30-2:00 Doctor Runs  11:00 Avon With Donna 2:30 Wine & Cheese Party	28  10:00 Chair Exercises With John Clerici  1:30 Shopping Trip "Dollar Tree"  2:30 Bingo  4:00 Bridge Club	29  10:00 Drinks and Donuts  <b>Football in the TV Room Come Watch Your Favorite Teams!!!!</b>



## Talk About It

### Music Memories

From classical to rock 'n' roll, people's music preferences are varied and unique. Form an ensemble of friends and family for a discussion about music.

What types of music do you enjoy? Have your tastes changed over the years?

Who are your favorite singers, musicians or bands? Why do you like their music?

Are you musically inclined? If so, do you sing or play an instrument? Did you learn on your own, learn from a family member, or take lessons?

Have you ever performed in front of an audience, either solo or as a member of a band or choir? Talk about your experiences of being on stage.

Share your favorite memories of attending live concerts. Who performed, and where was the concert held?



Lemonade in The Shade!!!!



Word Games and S'mores!!!



### Coffee Talk

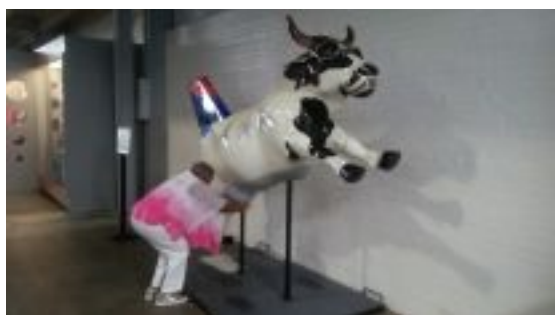
Across the globe, people drink 1.6 billion cups of coffee every day.







Fourth of July Cookout!!!



Residents enjoyed the viewing of "ANNIE"!!!!!!



Residents visit "The Delta Museum."

## Laugh Lines

### It's About Time

Running late is a common dilemma. Kill some time with these amusing excuses bosses have heard from tardy employees:

"I forgot it wasn't the weekend."

"My left turn signal was out so I had to make all right turns to get to work."

"I thought of quitting today, but then decided not to, so I came in late."

"There was a store grand opening, and I wanted to get the opening day sales."

"I had to go to bingo."

"My dad offered to make me a grilled cheese sandwich, and I couldn't say no."

"I was cornered by a moose."

"My mother-in-law wouldn't stop talking."

"I was confused by the time change and unsure if it was 'spring forward' or 'fall back.'"

"The sunrise was so beautiful that I had to stop and take it in."

# September 2018

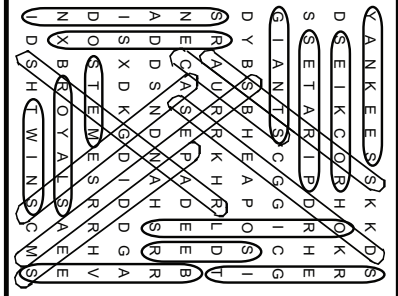
## Word Search

Category: Major League Baseball Teams

Y A N K E E S S K K D S  
 D S E I K C O R H O K R  
 S S E T A R I P D R H E  
G I A N T S C G G I C G  
 D Y B S B H E A P O S I  
 S R A U R R K H R L D T  
 N E C A S E P A D E E B  
 A D D S N D N A H S R R  
 I S X D K G D I D D G A  
 D O S T E M E S R R H V  
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1. Giants \_\_\_\_\_
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- Word Search Solution:
- |             |             |
|-------------|-------------|
| 1. Angels   | 11. Padres  |
| 2. Astros   | 12. Pirates |
| 3. Braves   | 13. Rangers |
| 4. Cubs     | 14. Reds    |
| 5. Dodgers  | 15. Red Sox |
| 6. Giants   | 16. Rockies |
| 7. Indians  | 17. Royals  |
| 8. Mariners | 18. Tigers  |
| 9. Mets     | 19. Twins   |
| 10. Orioles | 20. Yankees |



LIVE

*Life*

TO THE FULLEST

HEALTHY  
 AGING MONTH  
 SEPTEMBER