



www.coventryplace-ga.com

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

OFFICE HOURS

Monday–Friday 8 a.m.–4 p.m.

Weekends 9 a.m.–3 p.m.

COVENTRY PLACE CONTACT INFORMATION

E-mail- marketing@coventryplace-ga.com

Emergency After-Hours # (404) 299-9651



3 Things You Need to Know

If you catch a cold this fall or winter, here are a few ways to feel a little better:

- 1) Ease nasal congestion with saline solution drops or sprays.
- 2) Load up on liquids such as water, juice, warm water with lemon and honey, and herbal tea.
- 3) Get lots of rest. Your body needs it to restore energy and strengthen your immune system.

September 2016

Labor Day

Labor Day, observed on the first Monday in September, became a federal holiday in 1894. The day recognizes the contributions and achievements of American workers. Labor Day also symbolizes the end of summer for many Americans, who celebrate with picnics and parties.



Autumn Décor

It doesn't take much to give your room a touch of fall. Place a table runner on a coffee table or dining table. Line up a few miniature pumpkins down the middle. That's it; you're done!

Trivia Whiz

Virgo: Aug. 23 to Sept. 22

People born under the sign of Virgo, Aug. 23 to Sept. 22, have a methodical approach to life and are always paying attention to details. They are also very intelligent, have an excellent memory and are good at problem-solving. Virgos like animals and nature, although they don't tend to get involved in a lot of outdoor activities. Some people might find Virgos overly critical and emotionally detached, but that is because they are thinking rather than feeling. The Virgo qualities of honesty, loyalty and determination, however, can make them wonderful people to have as friends. Although they might try to analyze your life, just remember they are trying to be helpful, not controlling.



Hooray for Honey

Celebrate National Honey Month in September by learning what honey has to offer in addition to natural sweetness.

Ease cold symptoms. A bit of honey in some hot tea or water will soothe a sore throat, and swallowing a spoonful can help quell a cough. According to www.MayoClinic.org, a study involving children found that honey did a better job of easing nighttime coughs and improving sleep than the cough suppressant dextromethorphan.

Give yourself a wake-up call. If you're feeling a bit lethargic in the morning or facing an afternoon slump, skip the coffee and mix a spoonful of honey into a cup of tea. The blend of fructose and glucose offers an energy lift, plus you'll reap the benefits of the vitamins and minerals found in honey.

Be good to your skin. Honey's antimicrobial and moisturizing properties make it a great skin care product. Mix one teaspoon of honey and two tablespoons of warm water and massage it into dry or irritated skin.

Intergenerational Activities

From Grandparents Day on the Sunday after Labor Day to Intergeneration Month throughout September, this season offers plenty of reminders to take some time to bond with younger people. Whether they're your grandchildren, other relatives, friends, or community members in need of a mentor, here are a few ways you can connect with them:

Teach your grandkids your favorite card game or a classic game like mahjong or chess. In return, have them show you a favorite video game or fun mobile app.

Volunteering together is a great way to teach younger folks the importance of giving back to the community. Visit an animal shelter, pick up trash at a local park, or spend time helping out at a food bank.

Like the song says, "Everything old is new again." Many in today's generation are interested in traditional hobbies like sewing, knitting and gardening. If you possess skills in these areas, offer to teach the basics. Working on projects together gives you a chance to chat about other topics as well as foster the love of learning.

Speaking of learning, ask your younger peers for some tips on using a computer, tablet or smartphone. As a result, you can send emails, photos and text messages to each other to stay in touch.

Fall Festivities

When the weather starts getting cooler and the leaves start changing colors, it's time to celebrate. Fall parties usually involve familiar elements such as bonfires and hayrides. Use the following questions to reminisce about your favorite fall festivities.

- Did you go to any fall parties when you were younger? Was there a hayride? What was it like? Did you sing songs or tell spooky stories? What are some that you remember?
- What were your favorite fall foods? Did you roast hot dogs or marshmallows over a fire? Did you drink hot chocolate or apple cider?
- Did you play any games, such as bobbing for apples? How about a corn maze? Did you win any prizes? What were they?
- Did you wear any costumes? What did you dress up as? What were some memorable costumes that your friends wore?

The Supreme Law of the Land

It's studied by students, interpreted by lawmakers and above all, prized by the people. The U.S. Constitution, which assigns powers to the branches of government and protects the basic rights of citizens, was approved and signed on Sept. 17, 1787. Celebrate Constitution Day with some historical trivia:

- In May 1787, 55 delegates from 12 states attended the Constitutional Convention in Philadelphia to revise the Articles of Confederation, America's first constitution that had been ratified in 1781.
- The delegates, known today as the framers of the Constitution, met in the same building where the Declaration of Independence was adopted and signed—the Pennsylvania State House, now called Independence Hall.

- George Washington was unanimously elected president of the convention.
- At 81, Benjamin Franklin was the oldest delegate in attendance.
- Pennsylvania delegate Gouverneur Morris is said to have written most of the final document's text, including the famous "We the people" preamble.
- A clerk named Jacob Shallus handwrote the original final copy, which contained more than 4,500 words.
- A total of 39 delegates signed the Constitution; some were not present for the signing, and three chose not to sign.



Wit & Wisdom

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



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.



Monthly Celebrations

Get into the spirit of the new fall season by celebrating these holidays this month:

- Talk to new people and practice International People Skills Month.
- Take a trip to your nearest library for Library Card Sign-Up Month.
- Find new recipes to spice up a versatile food during National Rice Month.



Sunday	Monday	Tuesday
<i>September</i>		
4	5	6
3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE Happy Birthday Charlie Metz	10:00 Chair Exercises With John Clerici 12:00 Labor Day Cookout 2:30 Shoot Hoops W/ Tom Chellino 4:00 Bridge Club 7:00 Decatur Sing Along Happy Birthday Robert Woodyard Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	8:30-2:00 Doctor Runs 2:30 BINGO! Happy Birthday Brenda Jones
11	12	13
12:00 Grandparents Day Luncheon 3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE Happy Birthday Lonza Hollis	10:00 Chair Exercises With John Clerici 10:00 Jeamor Farms 11:30 Bill Play the Ukulele 4:00 Bridge Club	8:30-2:00 Doctor Runs 12:15 Birthday Luncheon 1:00 Aegis Rehab 2:30 Bingo
18	19	20
3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	10:00 Chair Exercises With John Clerici 1:30 Mr Mooney Art Exhibit 2:30 Lawn Darts 4:00 Bridge Club Happy Birthday Rob Zelski	8:30-2:00 Doctor Runs 1:00 Flu Shots 1:15 Bible Talk 2:30 BINGO!
25	26	27
3:00 HYMN SING-A-LONG FOLLOWED BY CHAPEL SERVICE	Johnny Appleseed Day!!!!!! 10:00 Chair Exercises With John Clerici 2:30 Frisbee Toss 4:00 Bridge Club	8:30-2:00 Doctor Runs 2:30 BINGO!

Wednesday	Thursday	Friday	Saturday						
	1	10:00 Chair Exercises With John Clerici 11:00 Jewelry W/ Rosie 1:30 Walmart 2:30 Bingo Happy Birthday Brent Garcia 4:00 Bridge Club	2	3	10:00 MINI PEDI'S BY: Keisha 10:00 TO 11:00 AHS VISITING PETS PROGRAM (Come Cuddle Some Puppies!) 10:00 Coffee and Donuts 2:00 Popcorn and Movie				
7	8:30-2:00 Doctor Runs 2:30 Karaoke Party!!!!	8	9:30 Kroger 10:00 Chair Exercises With John Clerici 1:30 Kroger 3:00 Arts and Crafts Happy Birthday Keith Alexander, Guy Hill and Barbara Hessler	9	10	8:30-2:00 Doctor Runs 2:30 Sing Along With Pam!!!!	10:00 Chair Exercises With John Clerici 11:15 Lunch Bunch Athens Pizza 2:30 Bingo 4:00 Bridge Club	10:00 Coffee & Doughnuts 2:00 Popcorn and a Movie	
14	15	16	17	9:30 Kroger 10:00 Chair Exercises With John Clerici 1:30 Publix 3:00 Residents Council Meeting	8:30-2:00 DR RUNS 2:30 Hat and Tea Party Happy Birthday Dot Hopkins	10:00 Chair Exercises With John Clerici 1:30 Dollar Tree 2:30 Bingo 4:00 Bridge Club Happy Birthday Ron Dennard and Karen Fisher	18	10:00 Chair Exercises With John Clerici 1:30 Dollar General 2:30 Bingo 4:00 Bridge Club Happy Birthday Wilson Mobley	10:00 Coffee & Doughnuts 2:00 Popcorn and a Movie
21	22	23	24	9:30 Kroger 10:00 Exercise With John Clereci 1:30 Kroger 3:00 Arts and Crafts 6:00 Communion With Tom Hagood	8:30-2:00 Doctor Runs 2:30 Meet Your Neighbor Social Hour!!!!	10:00 Chair Exercises With John Clerici 1:30 Dollar General 2:30 Bingo 4:00 Bridge Club Happy Birthday Wilson Mobley	25	10:00 Chair Exercises With John Clerici 1:30 LC Thrift Store 2:30 Bingo 4:00 Bridge Club	10:00 Coffee & Doughnuts 2:00 Popcorn and a Movie Happy Birthday George Karakos
28	29	30	9:30 Kroger 10:00 Chair Exercises With John Clerici 1:30 Publix 3:00 Adult Coloring	8:30-2:00 Doctor Runs 2:30 Wine & Cheese Party Entertainment: Neil Scott the British Voice	10:00 Chair Exercises With John Clerici 1:30 LC Thrift Store 2:30 Bingo 4:00 Bridge Club				

Talk About It



Residents enjoyed their outing to see the "Mary Poppins" play.

Birthday Luncheon



Hawaiian Luau Karaoke Party!!!!!!



**George Karakos Sings
a Tune!!!!!!**



Remember Me?

Many consider him one of the gridiron's greatest coaches. Here are some highlights from the life of Paul "Bear" Bryant.

He was born the 11th of 12 children on Sept. 11, 1913, in the Arkansas hamlet of Moro Bottom.

He earned the nickname "Bear" as a teenager, when he accepted a dare to wrestle a bear.

Bryant was a star football player in high school and received a scholarship to play for the University of Alabama.

In 1958, he returned to coach at his alma mater. He said it was like "your mama calling you to dinner."

During the 1960s and '70s, the Crimson Tide dominated college football, with Bryant pacing the sidelines, wearing his trademark houndstooth fedora.

The coach retired in 1982 with a then-record of 323 victories.

