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Positive Thought

“Aging is not lost youth, but a new stage of opportunity and strength.” —Betty Friedan

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.

70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

**Around the World:
Nations’ Nicknames**

Uncle Sam isn’t the only national nickname. Check out these lands’ alternative monikers.

The Emerald Isle. Ireland’s rich green landscape also inspired the ancient nickname *Ivernia*, Greek for “fertile country.”

The Boot. Italy’s shoe-shaped borders earned its famous moniker, or *Lo Stivale* in Italian.

Land of the Rising Sun. The native name of Japan, *Nihon*, translates to “sun’s origin,” and the Pacific archipelago is one of the most eastern Asian countries.

Gift of the Nile. Egypt got its longtime nickname from ancient Greek historian Herodotus, because ancient Egypt relied on the Nile’s yearly flooding for fertile soil, as well as doubling as the world’s largest moat, protecting the kingdom from foreign conquest.

September 2026

Notables

Birthstone-Peridot

Flower-Gladiolus

Zodiac Sign

Libra/Scorpio

Birthday Entertainer

Mick Cocheran

September 16 @ 3:15

Happy Birthday

9/4	Cynthia Crone
9/19	Barb Schroeder
9/22	Quay Baker
9/22	Donna Berlin
9/30	Ted Myers



**Happy
Birthday**



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:00 Entertainment w/Mark 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 7:00 Wheel of Fortune-TV	2 9:00 Music Melodies 9:30 Hokey Pokey Fun 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Snack Time 7:00 Wheel of Fortune-TV	3 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Armchair Tour 1:15 Fox Fitness w/Lisa 2:00 Fall Craft Fun 3:15 Happy Hour 7:00 Wheel of Fortune-TV	4 9:00 Music Melodies 9:30 Noodle stretches 10:00 Bingo 1:30 A-Z Trivia 3:15 Snack Time 7:00 Wheel of Fortune-TV	5 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
6 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	7 Labor Day 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Country ride 3:15 Snack Time 7:00 Wheel of Fortune-TV	8 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 7:00 Wheel of Fortune-TV	9 9:00 Music Melodies 9:30 Hokey Pokey Fun 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Snack Time 7:00 Wheel of Fortune-TV	10 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Mary Kate @ the Harp 1:15 Fox Fitness w/Lisa 2:00 Armchair Tour 3:15 Happy Hour 7:00 Wheel of Fortune-TV	11 9:00 Music Melodies 9:30 Noodle stretches 10:00 Food Fun w/Alicia 1:30 Country ride 3:15 Snack Time 7:00 Wheel of Fortune-TV	12 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
13 Grandparents Day 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	14 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 1:15 Country ride 3:15 Pat entertains &Snack Time 7:00 Wheel of Fortune-TV	15 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:00 Entertainment w/Mark 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 7:00 Wheel of Fortune-TV	16 9:00 Music Melodies 9:30 Hokey Pokey Fun 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Mick entertains 3:15 Snack Time 7:00 Wheel of Fortune-TV	17 Tell a “Whopper” Day 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Armchair Tour 1:15 Fox Fitness w/Lisa 2:00 Fall Craft Fun 3:15 Happy Hour 7:00 Wheel of Fortune-TV	18 U.S. Air Force (1947) 9:00 Music Melodies 9:30 Noodle stretches 10:00 Bingo 1:30 What Am I Trivia 3:15 Snack Time 7:00 Wheel of Fortune-TV	19 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
20 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	21 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Country ride 3:15 Joey D entertains & Snack Time 7:00 Wheel of Fortune-TV	22 First Day of Fall 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 7:00 Wheel of Fortune-TV	23 9:00 Music Melodies 9:30 Hokey Pokey Fun 1:30 Bean Bag Tosses 2:00 Bingo 3:15 Snack Time 7:00 Wheel of Fortune-TV	24 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 1:15 Fox Fitness w/Lisa 2:00 Armchair Tour-Oktoberfest 3:15 Happy Hour 7:00 Wheel of Fortune-TV	25 9:00 Music Melodies 9:30 Noodle stretches 10:00 Food Fun w/Alicia 1:15 Country ride 3:15 Snack Time 7:00 Wheel of Fortune-TV	26 9:00 Music Melodies 10:30 Parachute Fun 2:00 Weekend Movie 2:30 Walk & Talk 3:15 Snack Time
27 9:00 Music Melodies 10:00 Chit Chat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack Time	28 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 1:15 Country ride 3:15 Snack Time 3:30 “Sweet Life” entertains 7:00 Wheel of Fortune-TV	29 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 3:15 Snack Time 3:30 Williamson/Guitar 7:00 Wheel of Fortune-TV	30 Frisbee (1958) 9:00 Music Melodies 9:30 Hokey Pokey Fun 1:30 Frisbee Basket Tosses 2:00 Bingo 3:15 Snack Time 7:00 Wheel of Fortune-TV			



Latino Actors on TV

With the hit series "I Love Lucy," Desi Arnaz blazed a trail for Latino actors on television. Tune in to this look back at some other leading men and women.

Year	Actor	TV Show	Character
1951	Desi Arnaz	"I Love Lucy"	Ricky Ricardo
1971	Sonia Manzano	"Sesame Street"	Maria Rodriguez
1974	Freddie Prinze	"Chico and the Man"	Chico Rodriguez
1977	Erik Estrada	"CHiPs"	Frank Poncherello
1989	Mario Lopez	"Saved by the Bell"	A.C. Slater
1995	Benjamin Bratt	"Law and Order"	Rey Curtis
2002	George Lopez	"George Lopez"	George Lopez
2004	Eva Longoria	"Desperate Housewives"	Gabrielle Solis
2006	America Ferrera	"Ugly Betty"	Betty Suarez
2009	Sofia Vergara	"Modern Family"	Gloria Delgado-Pritchett

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.