



# SOLSTICE NORMANDY PARK

## MONTHLY NEWS

September 2022

### A Message from Your Executive Director

Moriah Cabral

Well, as we savor the last warm breezes from summer's sweet breath, we look forward to another change of seasons. We look forward to the softening of the sometimes hard light and the quieting of life's beehives as we prepare to slow down from the frenetic pace of long, hot days. We'll miss them when they're gone, but happy to have enjoyed another season of late sunsets and short-sleeved shirts.

Looking ahead, we have many great hopes and plans for continuing our efforts trying to elevate this community into a model in which all residents and staff feel proud to live and work. A few things we're currently working on is the hiring of a new Vibrant Life Director and Vibrant Life Assistant. We have ads placed and remain hopeful that we can attract the right fit to fill these positions and serve you WELL! We also have an upcoming "refresh" project beginning in January that we are getting organized for. Overall, we have many things to be encouraged about.

Like the changing seasons, it is with mixed emotions that we say one enthusiast "Welcome!" and one loud, sad "Thank you. Good luck. You are loved." We welcome Helen Fogarty as our new Sales and Marketing front person. We are grateful to have her wonderful energy spreading throughout the hallways of this community. She's great.

And, we also say "Goodbye" to a dear friend and a valuable member of our staff family. Our Vibrant Life anchor, Anissa, is moving on/back to her "real" job. Her contributions over the past year+ have been exceptional and important and they mattered. Her unique enthusiasm and creative interest in bringing some fun and light and life to this community were so appreciated and will be greatly missed. We wish her the absolute best of good things as she continues her journey forward. She's a good one.

To close, we look forward to continuing our work of building good things for you. We have much to be excited about, and we thank you for making us smile every day. On to shorter days...

-Moriah

## September Birthdays



9/14 Brian L.

9/24 David G.

9/28 Joy A.

## Meetings

### All Resident Meeting with Managers

--First Thursday of the Month

@ 2:00 p.m.

### Chef's Corner with Chef Vic

--Last Wednesday of the month

@ 10:30 a.m.

### Chat with Anissa

--2nd & 3rd Thursdays

@ 2:00 p.m.

## Recurring Activities

Exercise in the Library M-F @ 10:00 a.m.

Walking Club every day @ 11:30 a.m.

Bingo M, W, F @ 3:30 p.m.

Prayer and Fellowship Group M @ 2:00 p.m.

Dominos T @ 11:00 a.m.

Crafting with Lynne T @ 1:30 p.m.

Tripoly T @ 3:00 p.m.

Funny videos with Raul W @ 11:00 a.m.

Pinochle W, S @ 1:30 p.m.

Bean Bag Baseball Th. @ 11:00 a.m. **\*\*New time!**

Mexican Train Dominos Th. @ 1:00 p.m.

Trivia, Trivia, Trivia Th. @ 3:00 p.m.

Wii Bowling Th. @ 6:00 p.m.

Happy Hour F @ 2:00 p.m.

Happy Conversations with(out) Dave S @ 11:00 a.m.

## Recurring Shopping Trips

1st Wednesday @ 10:30 **Fred Meyer**

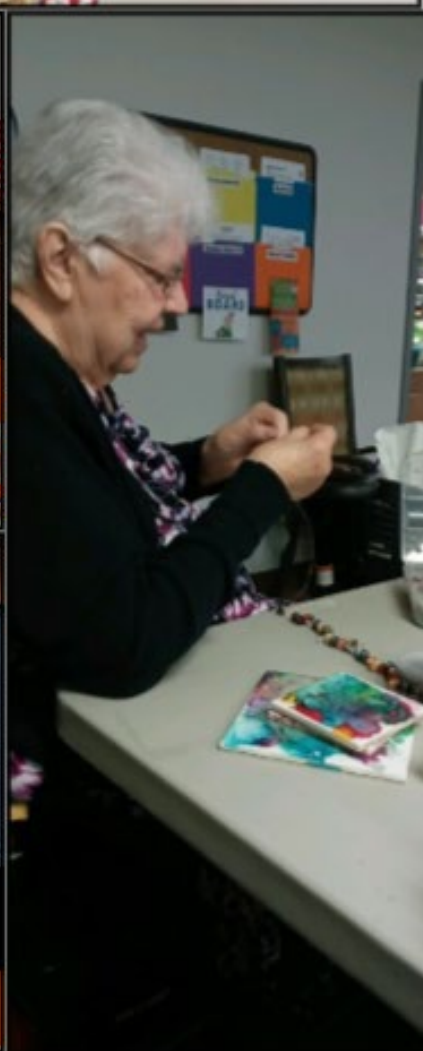
2nd Wednesday @ 10:30 **Dollar Tree**

3rd Wednesday @ 10:30 **QFC**

4th Wednesday @ 10:30 **Trader Joe's**



We had a groovy August here in Normandy Park! We celebrated the 70s by making "love bead" necklaces, painting pet rocks, having a disco party with disco lights, Harvey Wallbangers, and Pop Rocks, and having a 70s themed happy hour with bologna sandwiches! What a blast from the past! We also enjoyed hearing "Elvis" (Terry Bartelme) sing to us. A lot of fun was had at our Summer Family Picnic. Finally, 4 of our veterans had the chance of a lifetime to take a Dream Flight!















Summer Family Picnic with therapy Dogs



Happy  
Birthday,  
Pat!





## Congratulations to Ray!

Ray's 1921 Ford T Bucket took the People's Choice Award, the most prestigious award, at the Des Moines Car Show this summer! Ray has owned this beauty for 2 1/2 years and is so proud of it (as he should be!) It has a 351 Windsor engine, 15 inch wide rear wheels, and a gorgeous blue vinyl coating instead of paint. Great job, Ray!

# Meet Our New Residents

Please say hello when you see them!

## Ivan E.

**Fun Facts:** Ivan grew up in Montana. When he was in the Air Force he was stationed in Roswell where he worked in the photo lab and was a photojournalist. He was then sent to Photo School in Denver. He took many photos of Air Force events and many of them were used in the Air Force magazine and recruiting materials.

**Activities:** Ivan enjoys golfing and going to the horse races.



## Opal B.

**Fun Facts:** Opal retired from Sears Roebuck. She has 3 children, 10 grandchildren, 13 great-grandchildren, and 4 great-great-grandchildren!

**Activities:** Opal enjoys playing crossword puzzles and mahjong on her iPad. She also likes to play cards- pinochle, cribbage, and gin-rummy are some of her favorites!





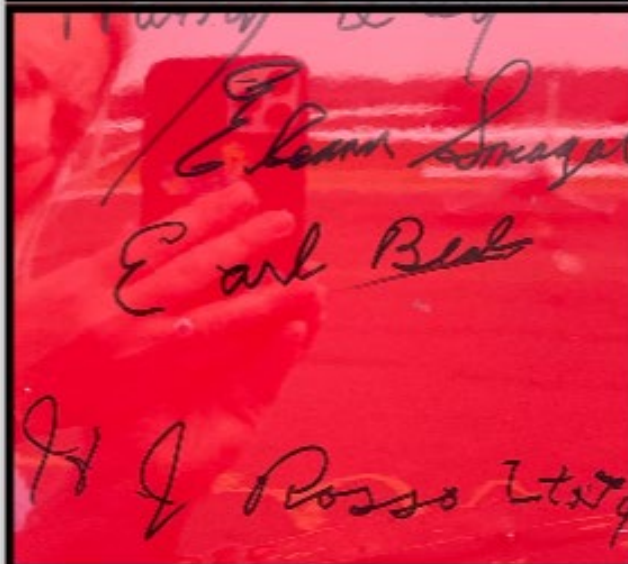
Four of our veterans, Earl, John, Ray, and Larry, had the opportunity of a lifetime! They were able to take a Dream Flight in a Boeing Stearman biplane that was used to train military aviators in the 1930s and 40s. Because Earl is a WWII veteran, he was invited to sign the rudder of this plane! What an amazing day this was!

























# NEW ACTIVITIES



## **Funny Videos with Raul**

Wednesdays  
@11:00 a.m.  
Upstairs TV



## **Mexican Train Dominos**

Thursdays  
@ 1:00 p.m.  
Activity Room

# Entertainment

**50s Rock and Doo Wop  
with Terry Bartleme**  
**Tuesday, September 13th**  
**2:00 p.m. in the Dining  
Room**

*September*

*by Nancy Metcalf*

A time of sharing...  
Summer sharing its heat with Fall,  
Fall taking the edge off Winter.  
That is to come.  
If we try...we too  
Could learn to share-  
Our hopes, our dreams,  
The best of us.

**LATE  
NIGHT** **CREW**

Games and conversation  
with your fellow residents  
who are awake at night!

**Friday, September 23rd**  
**Upstairs Balcony**  
**7:00 p.m.**





# September Movies

## All Oscar Winners!

**9/3 Sound of Music-** Musical

**9/10 Ben-Hur-** Drama/Adventure

**9/17 West Side Story-** Musical/Drama

**9/24 Green Book-**

Biographical/Comedy/Drama

## Red Carpet Week

**Monday 9/12** 5:00 p.m. Seahawks Game!

**Tuesday 9/13** 2:00 p.m. 50s Rock and Doo Wop with Terry Bartleme

**Wednesday 9/14** noon Oscar Party Awards Ceremony

**Friday 9/16** 2:00 p.m. Happy Hour- Dress like your favorite tv or movie character!

**Saturday 9/17** 2:00 p.m. Movie: West Side Story (Oscar Winner)