

## Storms always pass!

Even the most turbulent skies clear, and the sun always reappears. Night always gives way to daylight, and tomorrow is always brand new. Life is filled with these sustaining truths and more. You've got what it takes to get through anything you're going through. You do!

If anyone wants to vote in the up coming election November 3rd and wants an absentee ballot please contact Victor Pinkham at 207-944-0649 if you need assistance. He is also available to help you to register to vote.

## Person, Place or Thing?

Can you guess what I am?

I prefer summers to winters  
I'm often a family affair  
People enjoy me at the same time  
Kim Novak and William Holden made me famous in 1955  
I'm enjoyed outdoors  
I am two syllables, and both rhyme  
I see more ants than uncles  
I have a table named after me  
I am sometimes found on a blanket  
I am yogi Bear's favorite meal

## Laughter is the Best Medicine!

Q What do you call two birds in love?

A **Tweethearts!**

Q What does the sun drink out of?

A **Sunglasses!**

Q What kind of tree fits in your hands?

A **A palm tree!**

Q What goes up when the rain comes down?

A **An umbrella!**

# Welcome To Our Community Solstice Senior Living At Bangor

## September

Lazy days of summer are gone

But September wakes us up in the morn

Every tree is well adorned in reds and orange and bright yellow

It makes you feel so quiet and mellow

The smell of leaves burning in the gutter

We are now aware that Fall is like no other

Children are skipping to a new year in school

Anxious to learn from teachers the golden rule


Author Shirley Gowan

## September Birthday's

Kay B.	9-12
Maggie M.	9-13
Dottie G.	9-14
Bonnie S.	9-27
Walter C.	9-28
Gloria B.	9-30

"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow."

— *Shauna Niequist*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
 <p>922 Ohio Street Bangor, ME 04401 207-262-9600</p>		<p>9:30  Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00  Puzzles and Things! [Apt]</p> <p>11:00  <b>Wii Bowling! Social Distancing Please! [TV]</b></p> <p>2:00  <b>Outdoor music with Galen [OS]</b></p> <p>3:00  PO-KEN-O! [DR]</p> <p>4:00  Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p>	<p><b>Happy Harvest Day! Door Decorating Contest!</b></p> <p>9:30  Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00  Tai Chi [AR]</p> <p>11:00  Bean Bag Toss! [Atrm]</p> <p>2:00  BINGO! [DR]</p> <p>3:00  <b>Cart Full of Sunshine! Because your AMAZING! First Floor [Apt]</b></p> <p>4:00  Computer Time with Family and Friends! [Apt]</p> <p>6:30  Evening Rummikub! [AR]</p>	<p>9:30  Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00  Word within a Word! [AR]</p> <p>11:00  <b>Wii Bowling! Social Distancing Please! [TV]</b></p> <p>3:00  PO-KEN-O! [DR]</p> <p>4:00  Visit the Library-Find a Good Book to Read! [Apt]</p>	<p>9:30  Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00  I SPY! [AR]</p> <p>11:00  Knit and chat! [TV]</p> <p>2:00  BINGO! [DR]</p> <p>3:00  <b>Happy Hour Social! [Apt]</b></p> <p>4:30  <b>Be A Good Neighbor-Phone A Friend!</b></p> <p>6:00  Outdoor Horseshoes! [OS]</p>	<p>9:30  Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00  <b>Wii Bowling! Social Distancing Please! [TV]</b></p> <p>3:00  BINGO! [DR]</p> <p>4:00  Visit the Library-Find a Good Book to Read! [Apt]</p> <p>6:00 Take an evening stroll around the community! Social Distancing! [OS]</p>																
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