



KINSHIP POINTE

Seward

500 Heartland Park Drive • Seward, NE 68434 • (402) 643-6500

KINSHIP POINTE SEWARD DEPARTMENT SUPERVISORS

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Jackie Diederichs

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Carla Thompson

Health & Wellness Director

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Bite Into Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

September 2022



YOU ARE INVITED!

Grandparents Day!

Sunday, Sept. 11, 2022

Serving lunch for the whole family; 11:00 to 12:30

Car Show; 10:30 to 12:30

Music by Paul Siebert; 11:30 to 12:30

Bouncy House, Lawn games, Cotton candy, Door prizes, & more.

MARK YOUR CALENDAR!



Resident September Birthdays

Sept. 3	Joan Scouten
Sept. 3	Elaine Vrana
Sept. 8	Tony Seizys
Sept. 13	Beth Naylor
Sept. 21	Virginia Cattle
Sept. 26	Bill Lewis

Associate September Birthdays!

Sept. 8	Deb Thrailkill
Sept. 28	Brylie Streit

September Birthday Party!

Thursday, Sept. 29, 2022
2:00 in Independent dining room
Music by "Just Us"



A DAY OUT AT BEAVER CROSSING!

Enjoy a bus ride on Wednesday, September 7, to the small town

Beaver Crossing. Bus will leave at 2:30. We will drive around the town, then go to "Mary Sue's Clothing," stopping at Beaver Hardware, & before coming home we will eat at the Beaver Crossing Bar! Remember to sign up in the Exercise Room.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL ASSISTED LIVING WEEK	All Events Are Subject to Change	<i>Happy Grandparents Day!</i>	HAPPY LABOR DAY!	8:30 & 9:15 Exercise 9:00 Catholic Communion 10:00 Play Golf (A card game) 1:30 ■ Play Dominoes 2:00 ■ TV Play Cribbage 2:30 ■ TV Kings in the Corner 3:15 Play Farkle game 6:00 ■ TV Cloy Stutzman entertains	8:30 & 9:15 Exercise 8:30 Go to the Casino (Sign up) 10:00 Bible Study with Clifford Lowell 10:30 ■ TV Play Dominoes 1:30 Play Pitch 1:30 ■ TV St. John's DVD & TV room 3:30 Say the Rosary	Neb. Football vs. North Dakota 9:00 Word Search Papers on tables in Exercise room & in IL dining 10:00 ■ TV Nicodemus, comfort dog 10:00 Recycle Cards 1:30 ■ Play Dominoes 2:30 Play cards 3:30 ■ TV Methodist Service DVD
9:00 Mass on Channel 8 10:00 Lutheran Hour on Channel 8 11:00 ■ TV Play Dominoes 1:30 Play Pitch 2:00 ■ Play Kings in the Corner 2:30 ■ TV Interdenominational Church Service 4:00 Walk the Halls & use the Nu-step to exercise today!	Labor Day 10:00 Fingernail polishing will be on Wednesday this week. 10:30 Play Left, Right, Center 6:30 ■ TV Play Scrabble	8:30 & 9:15 Exercise 10:00 Play UNO 10:30 Menu Chat with Brittney 1:30 Kinship LWML Bible Study 1:30 Play Pitch 2:30 ■ Play Kings in the Corner 3:15 Play Farkle game 3:30 Brainteasers	A Day Out at Beaver Crossing 8:30 & 9:15 Exercise 9:30 Ladies Bible Study with Diane Harre 9:30 Walmart & Downtown Seward 10:00 ■ TV Play Dominoes for IL & AL 1:30 ■ TV Resident Council Meeting 2:00 Open Communion 2:00 Play Farkle game 2:30 Trip to Beaver Crossing 6:00 ■ TV Devotions with Bill & Wes	7:00 ■ ID - 8:00 Waffle Breakfast 8:30 & 9:15 Exercise 9:00 Catholic Communion 10:00 Play Golf (A card game) 1:30 ■ Play Dominoes 2:00 ■ TV Play Cribbage 2:30 ■ TV Kings in the Corner 3:15 Play Farkle game	8:30 & 9:15 Exercise 10:00 Bible Study with Clifford Lowell 10:30 ■ TV Play Dominoes 1:30 Play Pitch 1:30 ■ TV St. John's DVD & TV room 3:30 Say the Rosary	Neb. Football vs. Georgia So. 9:00 Word Search Papers on tables in Exercise room & in IL dining 10:00 ■ TV Nicodemus, comfort dog 10:00 Recycle Cards 1:30 ■ Play Dominoes 2:30 ■ TV Our Redeemer Lutheran Church Service by Pastor Shawn Kitzing 2:30 Play cards 3:30 ■ TV Methodist Service DVD
Celebrating "Grandparents Day!" 9:00 Mass on Channel 8 10:00 Lutheran Hour on Channel 8 11:00 to 12:30 Serving Family Lunch 11:30 ■ IF Paul Siebert entertains 12:30 ■ IF Door Prizes Awarded 1:45 ■ TV Bolt, Therapy Dog, visiting 4:00 Walk the Halls & use the Nu-step to exercise today!	National Assisted Living Week 8:30 & 9:15 Exercise 9:30 Trip to Walmart 10:00 Painting fingernails 10:30 Play Left, Right, Center 1:30 Playing Poker in 20s Hallway 2:30 ■ IL Bingo 6:30 ■ TV Play Scrabble	8:30 & 9:15 Exercise 10:00 Play UNO 1:30 Play Pitch 2:00 ■ TV Health Talk with Sam 3:15 Play Farkle game 3:30 Brainteasers	8:30 & 9:15 Exercise 9:30 Downtown Seward 9:30 Ladies Bible Study with Diane Harre 10:00 ■ TV Play Dominoes for IL & AL 1:30 Catholic Mass 2:00 Play Farkle game 2:30 ■ TV Sing-A-Long with Ellie 6:00 ■ TV Devotions with Bill & Wes	SHOW & SHARE FAIR TODAY! 8:30 & 9:15 Exercise 10:00 Play Golf (A card game) 2:00 ■ Play Cribbage 2:30 ■ TV to 3:30 Show & Share Fair 3:15 Play Farkle game	8:30 & 9:15 Exercise 10:00 Bible Study with Clifford Lowell 10:30 ■ TV Play Dominoes 1:30 Play Pitch 1:30 ■ TV St. John's DVD & TV room 2:30 ■ ID -3:30 Happy Hour 3:30 Say the Rosary	Neb. Football vs. Oklahoma 9:00 Word Search Papers on tables in Exercise room & in IL dining 10:00 ■ TV Nicodemus, comfort dog 10:00 Recycle Cards 1:00 Baking with Rose 1:30 ■ Play Dominoes 2:30 Play cards 3:30 ■ TV Methodist Service DVD
9:00 Mass on Channel 8 10:00 Lutheran Hour on Channel 8 11:00 ■ TV Play Dominoes 1:30 Play Pitch 2:00 ■ Play Kings in the Corner 2:30 ■ TV Interdenominational Church Service 4:00 Walk the Halls & use the Nu-step to exercise today!	8:30 & 9:15 Exercise 9:30 Trip to Walmart 10:00 Painting fingernails 10:30 Play Left, Right, Center 10:30 ■ Read & Review 2:30 ■ IL Bingo 6:30 ■ TV Play Scrabble	8:30 & 9:15 Exercise 10:00 Play UNO 1:30 Play Pitch 2:00 Spotlight with Brittney 3:15 Play Farkle game 3:30 Brainteasers 7:00 Alzheimer's Caregiver Meeting	8:30 & 9:15 Exercise 9:30 Downtown Seward 9:30 Ladies Bible Study with Diane Harre 10:00 ■ TV Play Dominoes for IL & AL 1:30 Associate Meeting 2:00 Play Farkle game 6:00 ■ TV Devotions with Bill & Wes	8:30 & 9:15 Exercise 9:00 Catholic Communion 10:00 Play Golf (A card game) 11:00 Potato Bake at Senior Center 1:30 ■ Lorna's Bridge Club 2:00 ■ ID Bob Marshall/ New Entertainment 2:00 ■ TV Play Cribbage 2:30 ■ TV Kings in the Corner 3:15 Play Farkle game	8:30 & 9:15 Exercise 10:00 Bible Study with Clifford Lowell 10:30 ■ TV Play Dominoes 1:30 Play Pitch 1:30 ■ TV St. John's DVD & TV room 2:30 ■ Play Kings in the Corner 3:30 Say the Rosary	9:00 Word Search Papers on tables in Exercise room & in IL dining 10:00 ■ TV Nicodemus, comfort dog 1:30 ■ Play Dominoes 2:30 Play cards 3:30 ■ TV Methodist Service DVD
9:00 Mass on Channel 8 10:00 Lutheran Hour on Channel 8 11:00 ■ TV Play Dominoes 1:30 Play Pitch 1:45 ■ TV Bolt, Therapy Dog, visiting 2:00 ■ Play Kings in the Corner 2:30 ■ TV Interdenominational Church Service 4:00 Walk the Halls & use the Nu-step to exercise today!	8:30 & 9:15 Exercise 9:30 Trip to Walmart 10:00 Painting fingernails 10:30 Play Left, Right, Center 1:30 Playing Poker in 20s Hallway 2:30 ■ IL Bingo 5:30 ■ TV Seward County Ukuladies 6:30 ■ TV Play Scrabble	7 To 8 Pancake Breakfast 8:30 & 9:15 Exercise 10:00 Play UNO 1:30 ■ Lorna's Bridge Club 1:30 Play Pitch 2:30 ■ ID St. John's Communion 3:15 Play Farkle game 3:30 Brainteasers	8:30 & 9:15 Exercise 9:30 Downtown Seward 9:30 Ladies Bible Study with Diane Harre 10:00 ■ TV Play Dominoes for IL & AL 2:00 Play Farkle game 2:00 ■ ID Welcome New Residents' Social 2:30 ■ ID Sing-A-Long with Ellie 6:00 ■ TV Devotions with Bill & Wes	National Coffee Day 8:30 & 9:15 Exercise 10:00 Play Golf (A card game) 1:30 ■ Play Dominoes 2:00 ■ ID Birthday Party /Just Us 2:00 ■ TV Play Cribbage 2:30 ■ TV Kings in the Corner 3:15 Play Farkle game	Bus Trip to Lincoln Zoo 8:30 & 9:15 Exercise 10:00 Bible Study with Clifford Lowell 10:30 ■ TV Play Dominoes 1:30 Play Pitch 1:30 ■ TV St. John's DVD & TV room 3:30 Say the Rosary	Bus Trip to Lincoln Zoo Friday, Sept. 30, 2022 10:00 Leave for Zoo. 12:00 eat a sack lunch at Zoo. After lunch go back and walk around Zoo. Sign up in Exercise room. More information to follow!



Activities

SHOW & SHARE FAIR!

Thursday, Sept. 15, 2022
2:00 - 3:30
TV room

Many of you have something you would like to share with the other residents. Maybe you quilted an afghan or a family member did, & you would like others to see it. Or maybe you color pictures, or have a collection of something, or you have a family picture you would

like others to see; whatever it is, we would like to help you show it at our "Show & Share Fair." We would pick it up the morning of the Fair, & you would get it back that same day. Talk to Rosellen or Marie for more details.

Game On



Nebraska Football Schedule for September

Sept. 3	North Dakota
Sept. 10	Georgia So.
Sept. 17	Oklahoma

Save the Date



Bazaar & Soup Supper Thursday, October 13, 2022

Bazaar: 3:00 to 5:00
Soup Supper : 4:30 to 5:30

Enjoy crafts by some local vendors helping our residents get a feel of the Holiday Bazaars. Top your afternoon off, joining us for a Free Will Soup Supper. Family & Friends Welcome!

"This Month In History"

SEPTEMBER

1927: Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

1961: The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

1964: "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

1977: Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

1982: With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

1993: The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

2016: California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

2020: Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.