

CCC Activity News

September 2022



Clatsop Care Center
646 16th Street
Astoria OR, 97103



Hello Residents, Families and Friends!

What a beautiful summer we have had here on the coast. The residents have been able to enjoy many days outside in the healing garden enjoying the sunshine and fresh air. We've had BBQs, campfires, fun summer bus rides, sweet summer treats, movie theater visits, Karaoke Happy Hours and so much more. As summer winds down and fall nears, we will be starting to decorate the building for the upcoming season and will start doing some more fall like activities. Some of the fun new activities to look forward to in the upcoming season are Crockpot Thursday's, Friday night dinner and a movie, chair yoga, and fall arts and crafts. We are starting a new book club and we will be reading *The Nightingale* by Kristin Hannah. All are welcome to join this group.

Jade Rainaud

Resident Activity Wish List-

- Fall Flower Bulbs
- Mums for the healing garden.
 - Room Décor
- Arts and Crafts Supplies
- Jigsaw Puzzles- Larger Pieces 500 or less pieces
 - Nail Polish
 - Fall Flowers
- Pop Corn Machine

Welcome

Katie Norton, Our New Activities Assistant



Katie just joined the CCHR team at the end of August and we are very excited.

Katie is married to a fellow in the coastguard and loves her fur babies. Katie brings lots of fun, exciting ideas to the activities department. If you see Katie around, make sure to say hello and introduce yourself.

A look at all the fun we have been having!

Resident & Family BBQ

The residents enjoying time in the garden. The weather has been beautiful, and residents have been enjoying spending time outdoors. They loved our recent BBQ!



Harvesting our Goodies from the garden!





What's the Scoop? Ice Cream Social Friday 2nd of September @ 2:00pm, Activities Room

Penny Poker and Appetizers

Friday 9th of September 2:00pm, Activities Room

Resident Council Meeting

Tuesday 13th of September 2:00pm, Activities Room

Card Making Club

Wednesday September 14th, 3:00pm, Activities Room

Resident Shopping Trip- Dollar Tree

Thursday 15th of September 1:30pm, Dollar Tree, Warrenton

Paint and Sip Party- Create a wonderful painting and enjoy Mocktails

Friday 16th of September, 2:00pm, Activities Room

Advance Care Planning Workshop

Monday 19th of September, 6:00pm, To Be Announced

Karaoke and Fruity Drinks

Friday 23rd of September 2.00pm, Activities Room

Family Council

Tuesday 27th of September 2:00pm, Activities Room

September Birthday Celebration

Friday 30th of September, 2:00pm, Activities Room

Book Club- The Nightingale- Kristin Hannah

Monday September 5th and Monday September 26th, 3:00pm, Activities Room

Memorial Services- Honor our Friends who have Passed

Wednesday September 28th, 1;30pm, Activities Room

Regular Events

Monday Morning Catch Up- 10:00am every Monday

Tuesday Afternoon Coffee- 1:00pm every Tuesday

Pastor Daniel Church Visit/Service- 10:30am every Wednesday

Bingo! Mondays and Fridays at 10:45am and Wednesdays at 1:30pm

Crockpot Thursdays- 11:00pm every other Thursday

Dinner and Trivia- 5:00pm every other Friday – 3rd Floor Dining Room

September Birthdays

In September, we celebrate birthdays with:

- John B. – 9/16
- Jeanette S. – 9/16
- Peggy C.-9/22



September Baby

September babies are hard-working and very organized. Although they may point out negative aspects of other people, they are quite intelligent and love to seek out new information. Sometimes, September baby can seem unemotional since they tend to hold their feelings inside.

Virgo (Aug 22 - Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Libra (Sep 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**

Birthstone: **Sapphire**

Flower: **Morning Glory**

Important Information

NEW STAFF

A warm welcome to the people who joined our team in the past few month!

- **Katie**
- **Jessica**
- **Kaylee**

If you see a new face, make sure to say hello!

FAMILY AND FRIENDS

If there is an activity on the calendar that interests you, sounds fun or sparks your curiosity please join us. We would love to have guests join us for our activities.

NEW RESIDENTS

A very warm welcome to:

- **Marge C.**
- **Bill**
- **Liisa**
- **Pat D.**
- **Glenda**

We hope that you enjoy your time here!

Clatsop Care Health District Auxiliary

If you are interested in joining the auxiliary or would like more information about the auxiliary, please reach out to Mike Martin our Marketing Director.

503-325-0313 ext. 1207
mmartin@clatsopcare.org

CALLING ALL VOLUNTEERS

- *Volunteers help others for free.*
- *Helping others gives you true happiness.*
- *The gift of help is priceless.*

We are looking for volunteers! Do you have spare time, have a talent you would like to share, love spending time with others? If you answered yes to any of the questions above, you should apply to be a volunteer at Clatsop Care Center. We have volunteer opportunities for everyone and would love to have you! If you would like to volunteer or learn more about volunteer opportunities, please reach out to Jade at 503-325-0313 ext. 1222 or stop by and ask for Jade. I look forward to hearing from you!

Thank you!

Laughing Matters

MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!