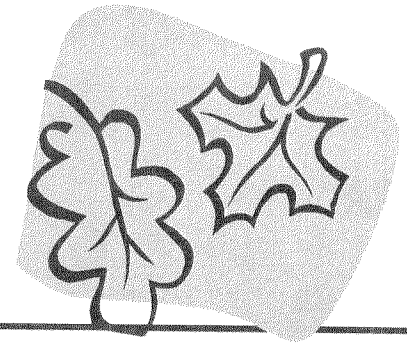



SEPTEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Take preventive action to stay well through cold and flu season. Boost your immune system with sufficient sleep, exercise, nutrition, and stress control. Wash your hands often and try not to touch your eyes, nose, or mouth. Avoid close contact with those who are sick. Ask your doctor about getting a flu shot, which is usually available starting in September.			1 Open 1 - 4 pm for Wii time	2 8 am - State fair trip 11:30 - OTTP	3 Open 1 - 4 pm for Wii time	4
5	6 LABOR DAY Clubhouse closed	7 1 - consumer check in	8 9 am - monthly grocery shopping	9 11:30 - OTTP 4 - Men's group (see note in written portion of newsletter)	10 1 - Bingo and birthday club	11 Take time out of your day to remember the pain and suffering of the September 11th, 2001 attacks.
12 Grandparent's Day	13 1 - Clean the clubhouse	14 8 am - Clay County Fair	15	16 11:30 - OTTP	17 1 - Crafts	18
19	20 1 - Mystery Outing	21 10:30 - Cooking class 3:30 - LAC mtg	22 8 am - Twins game 	23 11:30 - OTTP	24 12:30 - Movie and Popcorn	25
26	27 Mystery Outing (time of departure to be announced)	28 1 - 4 pm - Open for Wii time	29 1 - AMH mtg 2:30 - Consumers join the meeting	30 11:30 - OTTP 12:30 - Making apple pies	Birthstone - Sapphire Flower - Aster	