Humans have settled 77% of Earth’s surface, so what places are left unexplored? This September, Wilderness Month, we take a look at the world’s wildest places. Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but few want to go there. For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia’s Far East. It is Russia’s land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper was off-limits to outsiders until 1990 due to its strategic importance to Russia’s submarine bases.

Papua New Guinea also remains one of the world’s least-explored places. Scientists believe that many of the world’s undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country’s interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.

How much longer will such untouched corners of Earth exist? No one knows. But there is still ample time to visit and protect these pristine natural jewels.

Notable Quotable

“The food I’ve liked in my time is American country cookin’.”

~ Colonel Harland Sanders

Horoscopes and Birthdays

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Lily Tomlin – September 1, 1939
Louis Sullivan – September 3, 1856
Queen Elizabeth I – September 7, 1533
Col. Sanders – September 9, 1890
Roald Dahl – September 13, 1916
Agatha Christie – September 15, 1890
Lauren Bacall – September 16, 1924
Greta Garbo – September 18, 1905
Michael Faraday – September 22, 1791
Victoria Woodhull – September 23, 1838
Jim Henson – September 24, 1936
Shel Silverstein – September 25, 1930
Michelangelo – September 28, 1573

Our Team

Laura Dreibelbis
Director

John Shippen
Wellness Nurse

Kerrie Petersen
Activity Director

Ed Moore
Transportation Director

Sharon Michaud
Administrative Assistant

Jim Holmes
Cook

Care Partner Team
Teresa
Cathye
Ken

Transportation Team
David
Peter
Bob
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>10:00 Monday Morning Moving</td>
<td>10:00 Morning Fitness</td>
<td>10:00 Wednesday Work Out</td>
<td>10:00 Warm Up Kick Start</td>
<td>10:00 Friday Flexing</td>
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<tr>
<td>10:30 Penny Pitching/ Juka</td>
<td>10:30 Horseshoe Bible Study w/ Kerrie</td>
<td>10:30 Can Shoot Out/ Dice Roulette</td>
<td>10:30 Football Toss/ Crazy 8's</td>
<td>10:30 Card Hat Toss/ Uno Attack</td>
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<td>Coffee Social w/ Grandkids Stories</td>
<td>11:30 Light &amp; Lively</td>
<td>Short Story Club</td>
<td>Game Day Appetizer Cooking</td>
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<td>12:45 “Grand Match” Game</td>
<td>12:45 Hangman</td>
<td>11:30 Fit</td>
<td>11:30 Football Referee Workout</td>
<td>11:30 Light &amp; Lively</td>
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<tr>
<td>1:15 Ice Breakers/ “Grand Bingo”</td>
<td>1:15 Dancing w/ Phil &amp; Mary</td>
<td>12:45 Hangman</td>
<td>12:45 Football Fever Clue</td>
<td>12:45 Word Web Game</td>
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<tr>
<td>Green Thumbs</td>
<td>1:15 Jeopardy/ Craft w/ Cathye</td>
<td>1:15 Karaoke Halftime Tribute</td>
<td>1:15 Karaoke Hally Bhang</td>
<td>1:15 Lawn Darts/ Farkle</td>
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<tr>
<td>10:00 Simple Stretch</td>
<td>10:00 Warm Up Stretch</td>
<td>10:00 Tuesday工作Out</td>
<td>10:00 Thursday Work Out</td>
<td>10:00 Friday Flexing</td>
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<tr>
<td>10:10 The Monthly Gazette</td>
<td>10:10 Class Room Hijinks</td>
<td>10:10 Weekly Chronicles</td>
<td>10:10 Friday Flexing</td>
<td>10:10 Saying Good Bye &amp; Hello</td>
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<tr>
<td>10:30 Bowling/ Penny Ante</td>
<td>10:30 Lawn Darts/ Bible Study w/ Kerrie</td>
<td>10:30 Fruits Facts about Honey Bees</td>
<td>10:30 Football Toss/ Crazy 8's</td>
<td>10:30 Card Hat Toss/ Uno Attack</td>
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<td>Dominoes</td>
<td>11:30 Sittercise</td>
<td>10:30 Frisbee Can Jam/ Chicago Dice</td>
<td>Game Day Appetizer Cooking</td>
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<td>11:30 Sittercise</td>
<td>12:45 Good Harvest Word Game</td>
<td>10:30 Nib-Kake Honey Bee Bites</td>
<td>10:30 Football Referee Workout</td>
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<td>12:45 Pictionary</td>
<td>1:15 Dancing w/ Phil &amp; Mary</td>
<td>11:30 Fit</td>
<td>12:45 Football Fever Clue</td>
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<td>11:00 Warm Up Stretch</td>
<td>12:45 Spelling BEE</td>
<td>1:15 Slighting &amp; Dancing w/ The Sidekicks</td>
<td>1:15 Karaoke Halftime Tribute</td>
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<tr>
<td>10:00 Tuesday工作Out</td>
<td>12:45 LCR Dice/ Bee Treat Craft</td>
<td>2:15 Snack &amp; The “BE” Words</td>
<td>2:15 Touch Down Dice/ Green Thumbs</td>
<td>2:15 Snack &amp; Who’s Going to Super Bowl??</td>
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<tr>
<td>1:15 Floor Yahtzee / Cloud 9</td>
<td>12:45 Last Letter Game</td>
<td>12:45A SundayWorkOut</td>
<td>12:45A SundayWorkOut</td>
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<tr>
<td>12:45 Kick Massages</td>
<td>1:15 Dancing w/ The Country Cousins</td>
<td>1:15 Karaoke / Flag Down</td>
<td>1:15 Karaoke / Flag Down</td>
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<tr>
<td>10:30 Bowling/ Penny Ante</td>
<td>10:00 7 Min Stretch</td>
<td>11:30 Gentle Stretch</td>
<td>11:30 SaturdayWorkOut</td>
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<tr>
<td>Dominoes</td>
<td>12:45 Good Harvest Word Game</td>
<td>12:45 Hangman</td>
<td>12:45 Birthday Cake Recipe Builder</td>
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<tr>
<td>Green Thumbs</td>
<td>2:15 Snack &amp; Happy Housekeeping Scramble</td>
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</tbody>
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**Labor Day BBQ Party**

- 10:00 Morning Fitness
- 10:10 Learning About Labor Day
- 10:30 Horseshoe Bible Study w/ Kerrie
- **Walking Club**
- 11:30 Sittercise
- 12:45 Mixed – Up Labor Day
- 1:15 Corn Hole/ Payroll Cards
- **What’s My Job?**
- 2:15 Snack & Occupational Food for Thought

**National Kick Off Day**

- 10:00 Warm Up Kick Start
- 10:10 Football Bloopers
- 10:30 Football Toss/ Crazy 8’s
- Game Day Appetizer Cooking
- 11:30 Football Referee Workout
- 12:45 Football Fever Clue
- 1:15 Karaoke Halftime Tribute
- 2:15 Touch Down Dice/ Green Thumbs
- 2:15 Snack & Who’s Going to Super Bowl??

**Friday The 13th**

- 10:00 Friday Fitness
- 10:10 13TH Silly Fun Facts
- 10:30 Ladderball/ Group Crossword
- Marinetti Dice
- 11:30 Light & Lively
- 12:45 Balloon Volleyball
- 1:15 Horse Shoes/ Lucky “13” Bingo
- 2:15 Snack & Crazy Pobbia’s

**SJRC Annual Country Fair**

- Corn dogs, Popcorn and Games galore, Cotton Candy, Prizes and so much More!!!
- Join us today as we celebrate our Annual Fair.
- We will be playing all sorts of “Fair” themed games. Enjoying a Fair inspired lunch and then rocking the afternoon away w Dwayne!!
- Get ready for a day of great memories!

**Meet me at the Fair!!!**

**September 2019**