

Our Lifelong Learning Theme of the month is

## The American West

What was so enticing about the American West for an artist in the 19th Century? Journalists and writers could tell the West's story but couldn't show us the beauty of the West. We celebrate these artists who were willing to be the pioneers and document the history, ethnography, romance, and events of the American West.



### Spider Woman's Children

We use the word "weaving" in many different ways, whether we are weaving a rug, a blanket, a basket, or a story; the origins of weaving give us insight into our history and one American Indian tribe, in particular, the Navajo, who are well-known blanket & rug weavers and use a story as a way to teach their children about their ancestors.



### The Grand Canyon

The Grand Canyon is located entirely in the state of Arizona. It is an extensive canyon system cut by the Colorado River, and it is known for its rock formations, colorations, and unique history. The First People arrived at the Canyon during the Ice Age; today, over five million people visit the Grand Canyon every year.



### Western Artists

The West opened up with the completion of the Union Pacific/Central Pacific Railroad in 1869, thus marking a crucial period in American history. The West has always had a special place in our nation's self-image and is regarded by some as "the most distinctively American part of America."

## Join our Lifelong Learning Classes this month!

  
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Starck Real Estate  
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F 847.829.9278  
dtoberman@StarckRE.com  
DeeToberman.com | StarckRE.com

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Fax: (847) 897-4877

# The Village Voice



September 2022

## President's Message

Sue Holliman requested that I write the message this month.

September is here, already, and no one can believe it, not even you I bet. The old cliché is "time goes by so fast", and it always will. Sometimes that truth makes us feel a bit down. But we don't have to focus on the past and "how it flew by". We can choose to focus on the here and now and be engaged with life. Ironically when we are engrossed in the present...that is when time does fly by. Funny how that works. The old saying goes, Time flies when you're having fun. Make sure that you take advantage of these warm, sunny days that we have left. Go out to lunch, take some walks, enjoy our patio garden.

I encourage you to try something new to break up the monotony of life. With the public library and Senior Center right next door there is plenty of opportunity alone. Utilize the information on our activities calendar and choose to attend an activity that you haven't before. Take the perspective of actively engaging in life, no matter what you do, and please consider to join us in social activities.

We have new residents moving in this month. (Welcome!) Hopefully we will get to meet you at Coffee & Donuts with New Residents on Friday, September 16th.

You are always welcome to share with me any new ideas for in-building activities, outings and entertainment.

Lastly, thank you to all of our residents who volunteer to help assist before, during and after our activities.

Happy September!

Rob Caldwell, Activities Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resident's Birthdays</b> Phyllis Billeck 3rd Karen Gibbon 10th Helene Cramm 12th Joyce Onyschuk 12th 	<b>Employee's Birthdays</b> Luz Vargas 23rd 		1 ◆ 10:00 Walmart ◆ 10:30 Seated Yoga ◆ 1:00 Wii Bowling ◆ 3:00 Village Singers ◆ 4:00 Happy Hour	2 ◆ 10:30 Tai Chi ◆ 1:30 Dime BINGO! ◆ 3:00 Story of Labor Day	3 
4 ◆ 11:00 St. Margaret Mary Communion Service ◆ 11:30 Coffee Hour & Pastries	5 	6 ◆ 10:30 Tai Chi ◆ 1:30 Bean Bag Baseball ◆ 3:00 Rosary & Prayers ◆ 3:30 Bible Study	7 ◆ 1:00 Owner / Resident Meeting ◆ 2:00 Giant Crossword	8 ◆ 9:00 Manicurist ◆ 10:00 Jewel ◆ 10:30 Seated Yoga ◆ 1:00 Wii Bowling ◆ 3:00 Village Singers ◆ 4:00 Happy Hour	9 ◆ 9:00 Beauty Shop ◆ 10:00 First American Bank ◆ 10:30 Tai Chi ◆ 1:30 People Have No Idea! Presentation by Phil Aleo AMAZING FACTS YOU NEVER KNEW!	10 
11 ◆ 11:00 St. Margaret Mary Communion Service ◆ 11:30 Coffee Hour & Pastries	12 ◆ 10:30 Sit & Be Fit ◆ 1:30 Spider Women's Children	13 ◆ 10:30 Tai Chi ◆ 1:30 Bean Bag Baseball ◆ 3:00 Rosary & Prayers	14 ◆ 10:00 Board Meeting ◆ 1:30 Wheel of Fortune	15 ◆ 9:00 Manicurist ◆ 10:00 Jewel ◆ 10:30 Seated Yoga ◆ 1:00 Wii Bowling ◆ 3:00 Village Singers ◆ 4:00 Happy Hour	16 ◆ 10:30 Tai Chi ◆ 1:30 Welcome New Residents with Coffee & Donuts 	17 
18 ◆ 11:00 St. Margaret Mary Communion Service ◆ 11:30 Coffee Hour & Pastries	19 ◆ 10:00 Woodman's ◆ 10:30 Sit & Be Fit ◆ 1:30 The Grand Canyon	20 ◆ 10:30 Tai Chi ◆ 12:00 Book Club ◆ 1:30 Bean Bag Baseball ◆ 3:00 Rosary & Prayers ◆ 3:30 Bible Study	21 ◆ 1:00 Food Advisory Team Meeting Rob is out 21st, 22nd, 23rd	22 ◆ 9:00 Manicurist ◆ 10:00 Jewel ◆ 10:30 Seated Yoga ◆ 1:00 Wii Bowling ◆ 3:00 Village Singers ◆ 4:00 Happy Hour	23 ◆ 9:00 Beauty Shop ◆ 10:30 Tai Chi National Native American Day	24 ◆ 6:30 DIME BINGO!
25 ◆ 11:00 St. Margaret Mary ◆ 11:30 Coffee Hour ◆ 2:00 Afternoon Movie in the Social Room 	26 ◆ 10:30 Sit & Be Fit ◆ 1:30 Let's Celebrate Birthdays of the Month!	27 ◆ 10:30 Tai Chi ◆ 1:30 Volley Balloon ◆ 3:00 Rosary & Prayers	28 ◆ 1:30 Activities Advisory Team Meeting	29 ◆ 9:00 Manicurist ◆ 10:00 Jewel ◆ 10:30 Seated Yoga ◆ 1:00 Wii Bowling ◆ 3:00 Village Singers ◆ 4:00 Happy Hour	30 ◆ 10:30 Tai Chi ◆ 1:30 Western Artists	<b>Calendar Color Key:</b> ◆ - Bus Trips ◆ - Meetings ◆ - Resident Run ◆ - General Activities ◆ - Lifelong Learning ◆ - Exercise