

SEPTEMBER 2023



Hillside Terrace
SENIOR LIVING

Hello everyone and welcome fall!

We have our Flu-Shot Clinic scheduled for September 13th from 8:30am-11:30am in our Recreation Room, provided by U of M Visiting Nurses. Please pick up your consent form from the front desk, and return it completed as soon as possible. While we unfortunately are unable to have a visiting clinic come in to administer a COVID booster, we do strongly encourage you to go to your local pharmacy to protect yourself heading into the winter season.

We always strive to enhance our wellness programs to benefit your psycho-social health and wellbeing, especially knocking on old man winter's door. We are excited to begin a new program, learning karate and other martial arts! Please make sure you check your calendars and attend the informational meeting on September 12th titled, "Fun with Karate!"

***Welcome to all new additions
to the Hillside family!***

Nanya and Vic Litz
Chief Operating Owners



Happy Birthday Residents!

Evelyn Raskin 9/3
Patricia Buhner 9/10

Happy Birthday Team Members!

Nancy Adams 9/14
Ronna Ferris 9/20
Amanda Harvey 9/20
Lisa Givens 9/25
Nanya Litz 9/30
Ernest Robinson 9/30

SEPTEMBER

SUNDAY	MONDAY	TUESDAY
3 10:30 Cards 2:00 Movie & Popcorn	4 <i>Labor Day</i> 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Red, White & Blue Sundaes 4:15 Manicures	5 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:30 Music: Jonathan
10 10:30 Cards 3:00 Chapel	11 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	12 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 2:30 Fun with Karate 4:00 Catholic Mass
17 10:30 Cards 2:00 Movie & Popcorn	18 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	19 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Resident Council
24 10:30 Cards 3:00 Chapel	25 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	26 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Movie & Popcorn

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Exercise 10:30 Crossword Puzzles 12:00 Lunch Outing to Ichiban Japanese Steakhouse 3:30 Word Games	2 9:30 Exercise 10:30 Arts & Crafts 12:00 Michigan v. East Carolina Tailgate 3:30 Covenant Players Theater Play
6 Wellness Day 9:30 Exercise 2:00 Bingo 3:30 Crossword Puzzles 4:15 Manicures	7 9:30 Exercise 10:30 Docuseries 11:00 Writing Club 1:30 Communion 2:00 Meijer 3:30 Piano with Ed 4:15 Sweet Treats	8 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Hang-man	9 9:30 Exercise 10:30 Arts & Crafts 2:00 Word Games 3:30 Michigan v. UNLV Tailgate
13 8:30 Flu Shot Clinic 10:30 Cards & Games 2:00 Music: San, Laz & Emily 3:30 Sweet Treats 4:15 Crossword Puzzles	14 9:30 Exercise 10:30 Docuseries 11:00 Writing Club 2:00 Meijer 4:15 Manicures	15 9:30 Exercise 10:30 News & Views 12:00 Picnic Lunch 3:30 Word Games	16 9:30 Exercise 10:30 Arts & Crafts 2:00 Games 3:30 Hang-man 7:30 Michigan v. Bowling Green
20 9:30 Exercise 10:30 Cards & games 2:00 Bingo 3:30 Music: Marsha & September Birthday Party	21 9:30 Exercise 10:30 Trip to Ann Arbor Public Library 1:30 Communion 2:00 Meijer 3:30 Piano with Ed 4:15 Manicures	22 9:30 Exercise 10:30 News & Views 2:00 Outing to Salvation Army Thrift Store	23 First Day of Fall 9:30 Exercise 10:30 Arts & Crafts 12:00 Michigan v. Rutgers Tailgate 3:30 Hang-man
27 9:30 Exercise 10:30 Cards & Games 2:00 Bingo for Bucks 3:30 Sweet Treats 4:15 Crossword Puzzles	28 9:30 Exercise 10:30 Docuseries 11:00 Writing Club 1:30 Communion 2:00 Meijer 4:15 Manicures	29 9:30 Exercise 10:30 News & Views 12:00 Lunch out at Bob Evan's 3:30 Word Games	30 9:30 Exercise 10:30 Arts & Crafts 2:00 Games 3:30 Hang-man Michigan v. Nebraska time TBD

Welcome New Residents!

Robert McKnight – apt 106

Evelyn Raskin – apt 364

Karen Ehrlich – apt 227

Elaine Hilton – apt 261

Raymond “Dennis” Hill – apt 211



NEWS FROM ACTIVITIES

Welcome September and welcome autumn! Join us on Saturday, September 2nd as we welcome the traveling theater company The Covenant Players. They will put on a play for us right in our very own Rec Room!

Also, this month we head to Ichiban Japanese Steakhouse for a make-up lunch on Friday, September 1st, to an Ann Arbor Park for a picnic lunch on Friday, September 15th and out for classic American fare at Bob Evan's on Friday, September 29th. On Tuesday, September 12th meet us in the Rec Room for an introductory meeting to learn about our new exercise endeavor – karate and other martial arts! Lastly, GO BLUE! We will be cheering on the Michigan Wolverines with a tailgate party and snacks on the Saturdays when the game time allows.

*Everyone is Welcome,
Erin Klein & Eryn Springstead*

Message from your **Hillside Resident's Council:**

Our great staff cares for us all year round, month after month. Please consider recognizing them by donating to the year-end bonus fund with a check to "Hillside Resident's Council" or at hillsideterrace.net under the "Contact" tab