

September 2021

BRIGHTER DAY'S SPONSOR

CCT RESIDENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BIRTHDAYS  Fran Schindler 09/06 Phyllis Gordon 09/06 Dolores Farhney 09/07 Sandra Nelson 09/09 Susan Vickers 09/10 Jill Friend 09/12 Peggy Loffer 09/12	Deborah Moore 09/17 Jeanette Stidham 09/24 Clarice Payne 09/26 Mary Riddell 09/27 Ellen Dixon 09/28 Jerry McGinnis 09/28	1 9:15 Bus to Kroger \$1.50 & Panera Bread \$1.50 3:00 Knitting Group- CR	2 10:00 Bingo W/ Dave & Chris-CR	3 9:00-10:30 Warm Coffee Cake-CR 9:15 Bus to Meijer \$1.50 & Cheddars \$1.50 1:00 Bible Study - GP 2:00 Bus to Bank of Choice	4 6:00 Bingo-CR	
5	6 OFFICE CLOSED NO MAIL LABOR DAY  Monitor Ed Sherrill 937/260-8318	7 10:00 Exercise-W/O Rm 11:00 Lunch-CR 1:00 Communion-CH 2:00 Stephen Ministry-GP	8 9:15 Bus to Big Lots & Perkins \$1.50 (1 trip) 3:00 Knitting Group-CR	9 Pest Control 2nd Floor 1:00 Bus to Walmart \$1.50	10 9:00am-2:00pm Dr. Friday-WR 1:00 Bible Study-GP 2:00 Bake Sale-CR	11 6:00 Bingo-CR 
12	13 CCT Shirt Day 1:30 Council Mtg- CR 3:00 Resident Meeting-CR Fill The Barrel Monitor Jay Marsh 937/260-8318	14 10:00 Exercise-W/O Rm 11:00 Lunch-CR 6:00 Bingo W/ a Twist-CR	15 1:00 Bus to Kroger \$1.50 3:00 Knitting Group- CR	16 9:15 Bus to Meijer \$1.50 & Bullwinkle's \$1.50 2:00 Bus to Bank of Choice	17 9:00-10:30 Donuts-CR 1:00 Bible Study-GP	18 6:00 Bingo-CR
19	20 11:00-12:00 Library- ML Monitor Ed Sherrill 937/260-8318	21 10:00 Exercise-W/O Rm 11:00 Free Lunch-CR (sign-up) 1:00 Communion-CH 2:00 Stephen ministry-GP 2-4:30 Seasonal Flu Shots-WR	22 3:00 Knitting Group-CR  Autumn Begins	23 9:15 Bus to Walmart \$1.50	24 9:00-10:30 Free Boxed Breakfast To Go-CR 1:00 Bible Study-GP	25 6:00 Bingo-CR
26	27 Monitor Jay Marsh 937/260-8318	28 10:00 Exercise-W/O Rm 11:00 Lunch-CR 6:00 Bingo W/ a Twist-CR	29 9:15 Bus to Dayton Mall & City BBQ \$1.50 (1 trip) 10:30 Shuffleboard Practice 3:00 Knitting Group- CR	30 9:15 Bus to Germantown IGA \$1.50 & Wendy's \$1.50 1:00 Shuffle Board Tournament Last Day to Donate to GSM		



JAN'S "JIVE"

As summer slips away quickly, it won't be long until leaves are falling, and it will be the fall season. I think some cooler weather is welcoming to all after all the hot weather we have had. All the kids are returning to school this time as year as well.

Office will be closed in observance of Labor Day on sept. 6, 2021

We will be having our bake sale this month on Sept 10th and this helps fund our donations to the annual Police and Fire Dept so make sure you pick up some cookies and help support this event. Each year Council gives the Police and Fire departments checks as a token of our appreciation for all that they do for us. They are here sometimes daily, and we are all so grateful that we can count on them helping us in time of need.

We will be also having fill the barrel on September 13 so please bring a of food donation for the blue barrel at the residents meeting. We partner with the West Carrollton Pirate Pack program so kids will have healthy food to eat so remember items such as fruit cups, mac and cheese cups, peanut butter etc. nothing perishable. We like to fill the barrel a few times a year! This makes a difference.

Our tournaments start the last week of September starting out with shuffleboard. This year we will have a practice day before each event. So, for all our competitor residents come out and enjoy the games! You do have to sign up.

Want to remind everyone of our annual GSM (Good Samaritan Mission) Please check to see where your floor is at in the competition. Our goal is to raise \$2,000 this year. The competition part is on how many participate from each floor. Each person that participates is entered as a puzzle piece for the puzzle on their floor so please check board.

Thank you for understanding the mask instructions and social distancing for Canterbury Ct. we are trying to protect everyone. We will keep everyone up to date as things change.

I hope that you will all be able to get out and enjoy the fall season that will soon be here!

Reducing Stress

Reading can relax your body by lowering your heart rate and easing the tension in your muscles. A study at the University of Sussex found that reading can reduce stress by up to 68%. It works better and faster than other relaxation methods, such as listening to music or drinking a hot cup of tea.

4 Health Benefits of Giving to Others

Giving to those less fortunate than yourself can have long-lasting physical and psychological benefits. Charity can boost both mental and physical health. Research shows that those who volunteer live longer and have happier lives. Charitable giving delivers a host of benefits to the body and brain. So whether you give your time or money, you can experience:

- Lower blood pressure.
- Lower stress levels.
- Less anxiety and depression.
- Increased self-esteem.

Four reasons to begin a tradition of giving:
Giving makes you feel happy. Your brain's pleasure circuits are stimulated by acts of charity and release "good feeling" chemicals such as endorphins, which give you a sense of euphoria, and oxytocin, which promotes tranquility and inner peace.
Giving is good for your health. Stress is the catalyst for many known health issues. Giving has been proven to decrease blood pressure and reduce stress. This reduction promotes longer life and better health.
Giving promotes social connection. Studies show that when you give to others, your generosity is often continued down the line to someone else, or returned to you. This strengthens our ties to each other.
Giving is contagious. When one person gives, it inspires others to do the same.

GSM Contest

Goal: \$2000.00

Help Support Your Floor

Check The Wall On The First Floor To See The Puzzle Posters To See Which Floor Is Ahead!

~~~~~Welcome~~~~~

Martha Glenn

~~~~~Keep In Touch~~~~~

Donna Willis

Daniel Jodrey

TERRY'S TID-BITS

Happy Labor Day!

Welcome Fall! It's time to enjoying cooler weather outdoors, harvesting, trees changing colors, and Labor Day.

REMINDER - to our residents who have an Emergency Response necklace or wrist band.

Please remember to wear your Emergency Response necklace or wrist band, if you have one. They help people to continue living independent with the extra safety and protection they can give. They will send for help in case of falls, when unable to get up from the floor, or in case of emergencies. But, are only helpful when they are being worn so they are within reach at all times so help can be gotten quickly when it is needed.

Save the date: September 21 from 2:00 – 4:30 Wellness Pharmacy is scheduled to come give flu shots.

A sign-up sheet will be posted on the bulletin board a week before for residents who want to get flu shots here.

UPCOMING EVENTS:

Sept. 21st – Seasonal Flu Shots 2-430 pm

“No one is useless in this world who lightens the burdens of another.”

~~~ Charles Dickens

### A Few Reminders:

- ☞ Pest Control will be here the second Thursday of the month to inspect the 2nd Floor.
- ☞ Remember to bring your items for the Pirate Pack in the Canterbury Room!



### Smile for the Month



Q. What did one autumn leaf say to another?  
A. I'm falling for you.

Q: Why do birds fly south in the fall?  
A: Because it's too far to walk.

### Hymns For Every Occupation

- Barber: “ A Parting Hymn I Sing”
- Children's Librarian: “We've A Story To Tell”
- Electrician: “ O Joyful Light”
- Fisherman: “Shall We Gather At The River?”
- IRS: “ All To Thee I Owe”



If you haven't got any charity in your heart, you have the worst kind of heart trouble.

~~~Bob Hope