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# KINDRED SPIRITS SOCIAL CLUB

## at Glenwood September 2020



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## *Celebrating September*

Healthy Aging Month  
<https://healthyaging.net/september-healthy-aging-month/>

Happy Cat Month  
<http://catalystcouncil.org/newsroom/index.aspx?ID=177>

National V-J Day, 9/2  
<https://nationaltoday.com/vj-day/>

National Labor Day, 9/7  
<https://nationaltoday.com/labor-day/>

National Grandparents Day, 9/13  
<https://nationaltoday.com/grandparents-day/>

First Day of Fall, 9/22  
<https://www.almanac.com/content/first-day-seasons>

## Welcome to Our Good News Letter

Hello and welcome to our first monthly newsletter! You know us—always trying to improve and update our look! We hope you like it.

With this letter we say hello to September! Can you believe it's here already? Even though the weather is still warm, we turn our thoughts to memories of Septembers past like long Labor Day weekends, going back to school and the start of Fall. Remember—you can't wear white after Labor Day, right? Does anyone pay attention to that anymore? Probably not so much.

So, this month we have some fun activities to keep you active and engaged. We have included special September days of note as well and a few brain games.



### Just a reminder for you to join us...

Connections and Kindred Spirits participants are meeting Tuesdays, at 11 am on Connections Corner via Webex. Just click on the link below:

Webex Program Link: <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3dc0e7020ba11ce230e68b84a9639e1a>

Meeting Number: **160 616 7573**

Password: **Howard50+**

As always we wish you all the best as we begin this new month and soon a new season! We hope to see you virtually on Connections Corner!

Best, Judy, Andrea and Bridget



## September Birthdays

In Astrology, those born between September 1-22 are Virgo's discriminating virgins. Virgos pay attention to detail and are highly organized making them curious and intelligent learners who can get the job done without complaint. Those born between September 23-30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.



## Famous September Birthdays

- Lily Tomlin (comedianne) 9/1/1939
- Raquel Welch (actress) 9/5/1940
- Jesse Owens (athlete) 9/12/1913
- Agatha Christie (author) 9/15/1890
- B.B. King (musician) 9/16/1925
- Frankie Avalon (singer) 9/18/1940
- Serena Williams (tennis player) 9/26/1981



## Delicious and Nutritious...

As your vegetable garden continues to produce into September, here's a great recipe idea for your bountiful grape and cherry tomato harvest. It's quick and delicious!

### Easy Caprese Appetizer!

<https://www.allrecipes.com/recipe/212896/caprese-appetizer/>

## Challenge Your Brain

### Which Unusual Job Would Be Right for You? Quiz

<https://play.howstuffworks.com/quiz/which-unusual-job-would-be-perfect-you>

### Jeopardy Game

<https://jeopardylabs.com/play/sports1109>



## School Days Trivia



- The tradition of giving an apple to a teacher started in the 1700s before governments around the world paid for the education of its people. Poor families in Denmark and Sweden gave teachers baskets of apples and potatoes as payment for teaching their children.
- The first school bus was horse-drawn, introduced in 1827 by George Shillibeer for a Quaker school at Abney Park in Stoke Newington, London, United Kingdom and was designed to carry 25 children. The bus has subsequently become a major mode of transportation, particularly for transporting children to school.
- Boston became the site of the first correspondence school in the United States in 1873. Funded by Anna Eliot Ticknor, a pioneer of distance education in our country, the school was called the Boston Society to Encourage Studies at Home and offered higher education (exclusively) to women.



## National Grandparent's Day



**Date When Celebrated:** The first Sunday after Labor Day. It is only right and fitting that one day of the year is set aside to honor our grandparents. It is time to celebrate those special people who are always there with a hug, a kiss, a cookie, something special, or take us somewhere. *National Grandparent's Day* originated in 1978. Then President Jimmy Carter declared it to be the first Sunday after Labor Day.

## Labor Day: Beyond the Barbeque

We tend to associate this late summer holiday with beach vacations, barbeques and back-to-school sales without really considering its origins.

According to the *New York Times*, "in the late 1800s, many Americans toiled 12 hours a day, seven days a week, often in physically demanding, low paying jobs. Children worked too, on farms and in factories and mines. Conditions were often harsh and unsafe. It was in this context that American workers held the first Labor Day parade, marching from New York's City Hall to a giant picnic at an uptown park on Sept. 5, 1882. Because it wasn't yet an official holiday, many of the attendees risked their jobs by participation in the one-day strike. On their signs, they called for 'less work and more pay', and eight-hour workday and a prohibition of the use of convict labor. They were met by cheers."

Following years of labor unrest, President Grover Cleveland signed a bill in 1894 declaring Labor Day a national holiday.





## Fun Things To Do In September

**Take a beautiful Fall Foliage Road or Train Trip to See Maryland's Autumn Colors.**



That special time of the year is almost here! Time for pumpkins, scarves and jumping in leaves. While the entire state of Maryland is pretty gorgeous during autumn, we're highlighting some of the best spots to view the fall colors in Maryland. Driving time for this road trip to the best fall foliage in Maryland is a little over 4.5 hours! To give yourself enough time to explore each spot, you may want to make this a weekend trip or break it up and make a few day trips. To follow along with the Google Map click the link below. Another option is to view the fall foliage by train which is a real treat!

<https://www.onlyinyourstate.com/maryland/fall-foliage-road-trip-md/>

## **When is the Best Time to Visit an Apple Orchard in Maryland?**

Maryland's apples are in their peak season between August and October, so those are the best months to visit an orchard. In September and October, many of Maryland's orchards host exciting fall festivities like hayrides and corn mazes. There's no shortage of autumn fun you can have at these amazing Maryland apple orchards. Learn more about apples and where to find the best orchards at:

<https://www.onlyinyourstate.com/maryland/apple-orchards-md/>



By all these lovely tokens, September days are here.  
With summer's best of weather and autumn's best of cheer.

-Helen Hunt Jackson

*Reminisce with this...*

Remember When Video: <https://www.youtube.com/watch?v=ZMlr9yfG8tk>



**Caregiver Corner:**

From **DailyCaring**

To cope with caregiver anxiety and protect your health, it's helpful to have a variety of go-to anxiety relief techniques. Depending on the situation, you might find that some methods work better than others.

<https://dailycaring.com/8-ways-to-relieve-caregiver-anxiety-and-improve-well-being/>