

September Birthdays

4th Caroline Bowling
25th Bill Bishop
26th Darlene Ernst
29th Pat McKee
30th Ruth Anderson
30th Jean Jones

New Residents

*Pat McKee
Reba Rentfro
Duane Arch*

Events in September

*Labor Day Pops Concert
Pontoon Boat Trip
Blue grass music jam
TREO Cracker Barrel
Chevy Museum*

Coming in October

*Cards with Terry
Evening Campfire
Scary Movie night
Fall Festival*

TANGLEWOOD TIMES

September 2017



**1293 South 34th Street, Decatur, IL 62521
Phone (217) 423-5838**

Autumn Blessings

e s o r a p m l e u p i c f
n s a t b n i k p m u p o e
r m h c r r s r t s r l e r
r o u o n e b o n f i r e m
i r e t v t d p c a e s r a
c e a a u n n i g t c a e e
o s e s c a r e c r o w b e
n l h a l l o w e e n b m d
e w a s a o c r f a l o e i
u a o b a k y s a t e p t r
f s s r c c d t l n o e p y
l e r i b a n n l e g s e a
i n r r c j a o n t t e s h
l t u r p m c o s t u m e s

Autumn
Trick
Pumpkin
Hay Ride
September
Halloween
Bonfire

Costumes
Fall
Orange
Scarecrow
Leaves
Candy Corn
Smores

Foliage
Treat
Brown
October
Apple Cider
Jack O Lantern
Pie



Tanglewood Village

QUALITY
SENIOR LIVING
SENIOR LIVING
VILLAGE



Autumn Greetings Dear Friends,

Summer is rolling into fall, my favorite season of all. Summer was a blast! We shared many wonderful events together, such as the solar eclipse and the ice cream social. Celebrating life, friendship and miracles – Tanglewood family roots run deep.

September brings baseball playoffs (can the Cubbies do it again?) Labor Day and Grandparent’s Day. Farmers are in the fields and the kids are back in school. The September birthstone, sapphire, was once thought to guard against evil. Traditionally a favorite stone of priests and kings, the sapphire symbolizes purity and wisdom.

Our community is blessed to welcome a few new residents and I know you will all make them feel right at home. We plan to go out on the pontoon boat one more time before it gets too cold, and have a couple of other fun trips planned – we hope you’ll join us!

Blessings,

Liz

----- cut here -----

We are looking for some new ideas here at Tanglewood. Help us customize our days! If you have any suggestions, put them on the lines below and bring them to the front desk. Amanda would love to look them over and add events or activities to our upcoming calendars.

Things I would really enjoy doing here at Tanglewood:

FALL FUN!





Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

meet YOUR NEIGHBORS

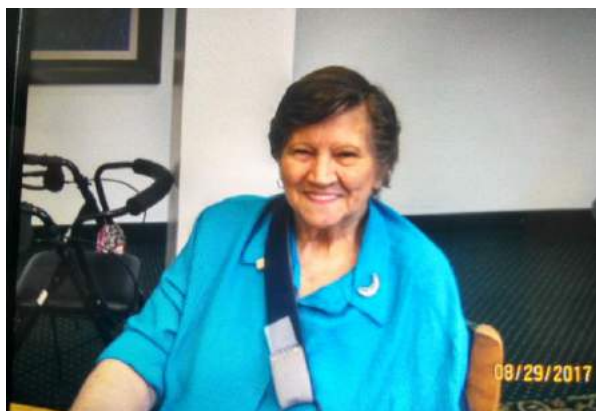
ETHEL AUSTIN

Welcome to Tanglewood Ethel!

Some of you may already know this lovely face. If you don't, please take the time to say hello when you see her around Tanglewood or sitting in the dining room.

Ethel is from Bement Illinois.

She was married for many years and has five children. While some live here, some live out of state. She loves her family very much! Ethel is very happy here at Tanglewood. She says it's very pretty here and we are very active, which is a big plus. Glad to have you here!



REBA RENTFRO

Just the sweetest lady! Reba we welcome you to our Tanglewood family. Reba is originally from Marion. She and her husband moved here to Decatur in 1941. Reba worked at a school and enjoyed her days there every much. She has three wonderful children many grandchildren and great grandchildren. Reba really enjoys working on puzzles, so if you see her around and would like to say hi please do! Reba we are so happy you are here at Tanglewood!



meet YOUR NEIGHBORS

Pat McKee

You will see his beaming smile! When you do, please say a big hello to Pat McKee! Pat was born and raised here in Decatur but moved to sunny Florida and also lived in Springfield. He was married for 35+ years to a wonderful woman named Norma Jo. They had four children and he loves them dearly. His face just lights up when he shows us his family photo. Pat retired from USF Holland Motor Express, and he volunteers at the hospital. Pat is a cheerful man and a great addition to Tanglewood!



September 2017

ACTIVITIES ANNOUNCEMENTS from Amanda

Welcome our new Activities Assistant Judy Perkins has joined our staff as part time activities assistant. Please welcome Judy to our Tanglewood family!

Help us Out I (Amanda) have added a "suggestions" spot at the end of Liz's letter. Please share any ideas you have. Just write down your ideas, tear off the bottom part of the paper, and bring it to the front desk. I will be happy to add some new or improved activities!

Tanglewood Movie night just got better! - If you haven't yet joined us for a movie night you are missing out! We have a new projector and can use the big screen. Join us in the sunroom every other Friday night to relax after a long week. Enjoy a fun filled evening with friends, popcorn, snacks and a wonderful movie.



1 Friday

8:00 a.m.
Morning Stretch

9:00
Darts W/ Amanda

4:30
Happy Hour
w/ Larry Mazzoti

2 Saturday

Scrabble Board
(Sun room)

Word Jumble
(Private Dining)

Crossword
(Sunroom)

6:00 Bible
Study w/Jeff

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>3:30 Sunday Services w/ Rick Morlan</p>	<p>4</p> <p>8:00 a.m. Morning Stretch</p> <p>12:45 Bingo w/Prizes</p> <p>5:15 Van leaves for Central Park Labor Day Pops Concert</p>	<p>5</p> <p>10:00 Audibel Hearing Aid Check</p> <p>11:00 T.R.E.O. to Cracker Barrel</p> <p>1:00 Wii Bowling</p> <p>6:00 Spinner</p>	<p>6</p> <p>8:00 a.m. Morning Stretch</p> <p>1:00 Blood pressure check</p> <p>2:00 Music & Healthy Snacks in Sunroom</p> <p>7:05 Bingo</p>	<p>7</p> <p>10:30 Book Club w/Dana</p> <p>12:45 Keno w/ Prizes</p> <p>1:30 Grocery & Bank Shuttle</p>	<p>8</p> <p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts in the Sunroom</p> <p>11:00 Prayer Group</p> <p>6:00 Movie Night w/ Amanda</p>	<p>9</p> <p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:00 Bible Study w/Jeff</p>
<p>10</p> <p>12:30 - 3pm Bluegrass Music Jam @ Rock Springs Nature Center</p> <p>3:30 Sunday Services w/ Jeff Wright</p>	<p>11</p> <p>8:00 a.m. Morning Stretch</p> <p>12:45 Bingo w/Prizes</p>	<p>12</p> <p>9:30 Morning Movie The Sound of Music will be showing in the Sunroom</p> <p>1:00 Wii Bowling</p> <p>6:00 Team Scrabble In the Sunroom</p>	<p>13</p> <p>8:00 a.m. Morning Stretch</p> <p>10:00 Pontoon boat</p> <p>1:00 Exercise with Jake</p> <p>7:05 Bingo</p>	<p>14</p> <p>10:30 Book Club w/Dana</p> <p>12:45 Keno w/ Prizes</p> <p>1:30 Grocery & Bank Shuttle</p>	<p>15</p> <p>8:00 a.m. Morning Stretch</p> <p>9:00 Darts in the Sunroom</p> <p>4:30 Happy Hour w/ Gary Warnick</p>	<p>16</p> <p>Scrabble Board (Sun room)</p> <p>Word Jumble (Private Dining)</p> <p>Crossword (Sunroom)</p> <p>6:00 Bible Study w/Jeff</p>

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 3:30 Sunday Services w/Steve Devore	18 8:00 a.m. Morning Stretch 12:45 Bingo w/Prizes 5:45 Come see the Talented Brianna w/her Yukele & Singing	19 10:00 Cooking with Judy 1:00 Wii Bowling 6:00pm Spinner	20 8:00 a.m. Morning Stretch 10:00 Art w/Amanda 2:00 Music & Snacks in Sunroom 7:05 Bingo	21 10:00 Chevy Museum 10:30 Book Club w/Dana 12:45 Keno w/ Prizes 1:30 Grocery & Bank Shuttle 3:30 Rummikub	22 8:00 a.m. Morning Stretch 9:00 Darts in the Sunroom 6:00 Movie Night w/ Amanda	23 Scrabble Board (Sun room) Word Jumble (Private Dining) Crossword (Sunroom) 6:00 Bible Study w/Jeff
24 3:30 Sunday Services w/Bob Hoover	25 8:00 a.m. Morning Stretch 12:45 Bingo w/Prizes	26 10:00 Activity Meeting with Amanda 6:00pm Dominoes	27 8:00 a.m. Morning Stretch 10:00 Art w/Amanda 7:05 Bingo	28 10:30 Book Club w/Dana 12:45 Keno w/ Prizes 1:30 Grocery & Bank Shuttle	29 8:00 a.m. Morning Stretch 9:00 Darts in the Sunroom 6:00 Movie Night w/ Judy	30 Scrabble Board (Sun room) Word Jumble (Private Dining) Crossword (Sunroom) 6:00 Bible Study w/Jeff

Shuttles:

Grocery & Bank Shuttle

Departs @ 1:30 every Thursday *may cancel if we only have one person.

Health Services:

September Audibel Hearing Checks September 5th 10:00am

Blood Pressure Checks With Jake @ 1:00
Sept 6th

Exercise:

Seniorcise with Dana: Every Mon, Wed & Friday @ 8:00 a.m.

Exercise with Jake: Sept 13th @ 1:00 p.m



Prayer Request Board Up and Ready for Your Prayers, near Front Desk.

Catholic Communion is available in your home.

Ask at the front desk!



ENTRÉE SUBSTITUTES

<u>B, CB</u>	<u>BURGER or CHEESEBURGER</u>
<u>H</u>	<u>HOT DOG</u>
<u>C</u>	<u>HERB CHICKEN BREAST</u>
<u>DC</u>	<u>UNSEASONED CHICKEN</u>
<u>G</u>	<u>GRILLED CHEESE TOASTY</u>
<u>V</u>	<u>VEGETABLE SOUP</u>
<u>S</u>	<u>CHICKEN SOUP</u>
<u>LS</u>	<u>LOW SODIUM CHICKEN SOUP</u>
<u>E</u>	<u>EGG SANDWICH</u>
<u>PB</u>	<u>PEANUT BUTTER SANDWICH</u>
<u>FP</u>	<u>FRUIT PLATE</u>
<u>CS</u>	<u>CHICKEN SALAD</u>
<u>Q</u>	<u>SIDE SALAD</u>

* Substitution requests are for entrée only. We ask you to please submit them to the kitchen 2 hrs. in advance of the meal. Requests at meal time will be prepared after dining room has been served.

Friday Sept. 1	Saturday Sept. 2
<u>Breakfast Special</u>	<u>Breakfast Special</u>
Biscuit w/Gravy	English Muffin Sandwich
<u>Dinner</u>	<u>Dinner</u>
Lemon Pepper Cod	Country Fried Steak
7 Layer Salad	Mashed Potatoes
Corn Nuggets	Carrots
Mandarins	Strawberry & Pineapple
Lemon Lush	Chocolate Chip Cheesecake
<u>Supper</u>	<u>Supper</u>
BBQ Wings	Ham & Beans
Potato Bake	Cole Slaw
Cucumber Salad	Cornbread
Fruit Cocktail	Lime Pears
Oatmeal Cookie	Cook's Choice

Sunday Sept. 3	Monday Sept. 4	Tuesday Sept. 5	Wednesday Sept. 6	Thursday Sept. 7	Friday Sept. 8	Saturday Sept. 9
<u>Breakfast Special</u> Donut/Danish	<u>Breakfast Special</u> Baked Apples	<u>Breakfast Special</u> Mush	<u>Breakfast Special</u> Waffles	<u>Breakfast Special</u> Pancakes	<u>Breakfast Special</u> Biscuits & Gravy	<u>Breakfast Special</u> English Muffin Sandwich
<u>Dinner</u> Fried Chicken Roll Green Beans Fruit Salad Cake	<u>Dinner</u> BBQ Pork Sandwich Potato Salad Baked Beans Cook's Choice	<u>Dinner</u> Parmesan Chicken Bake Au Gratin Potatoes Broccoli Peaches Root Beer Float	<u>Dinner</u> Meat Loaf Mashed Potatoes & Gravy Glazed Carrots Waldorf Salad Yum Yum Cake	<u>Dinner</u> Sweet & Sour Chicken Rice Stir Fry Veggies Mandarins & Pineapple Bits Chocolate Sheet Cake	<u>Dinner</u> Fried Shrimp Baked Potato Cole Slaw Mango & Strawberries Banana Split Dessert	<u>Dinner</u> Lasagna Garlic Toast Peas & Carrots Fruit Cocktail Cook's Choice Dessert
<u>Supper</u> Hot Ham & Cheese Potato Chips Broc-Cran Salad Cinnamon Apple Sauce Cookie	<u>Supper</u> Cheese Soup Roast Turkey & Bacon Croissant Pears & Peaches Peanut Butter Cookie	<u>Supper</u> Chicken Filet Sandwich Fresh Vegetable Plate Apples & Grapes Cupcake	<u>Supper</u> Beef Stew Biscuit Fresh Fruit w/Dip Ice Cream Sandwich	<u>Supper</u> Baked Potato Bar Mini Brat Lima Beans Apricots Iced Brownie	<u>Supper</u> Cream of Potato Soup Chicken Melt Fresh Veggie Plate w/Dip Cherry Pie	<u>Supper</u> Tomato Soup Grilled Cheese Butterbeans Diced Peaches Tapioca Pudding

Sunday Sept. 10	Monday Sept. 11	Tuesday Sept. 12	Wednesday Sept. 13	Thursday Sept. 14	Friday Sept. 15	Saturday Sept. 16
<u>Breakfast Special</u> Danish or Donut	<u>Breakfast Special</u> Cream of Oatmeal	<u>Breakfast Special</u> Yogurt	<u>Breakfast Special</u> Waffles	<u>Breakfast Special</u> Pancakes	<u>Breakfast Special</u> Biscuits & Gravy	<u>Breakfast Special</u> English Muffin Sandwich
<u>Dinner</u> Chicken & Noodles Mashed Potatoes Green Beans Louisiana Fruit Salad Dinner Roll Pecan Pie	<u>Dinner</u> Baked Turkey Stuffing Glazed Carrots Fruit Cup Berry Cobbler	<u>Dinner</u> Swedish Meatballs Scalloped Potatoes Buttered Peas Fresh Fruit Peanut Butter Sheet Cake	<u>Dinner</u> Pork Tenderloin Mashed Potatoes Diced Carrots Peaches Caramel Brownie Sundae	<u>Dinner</u> Grilled Chicken Salad Golden Mushrooms Taffy Apple Salad Cookie	<u>Dinner</u> Fried Shrimp 7 Layer Salad Baked Potato Mandarins Coconut Cream Pie	<u>Dinner</u> Italian Chicken Tater Tot Casserole Jell-O w/Fruit Lettuce Salad Cook's Choice
<u>Supper</u> BLT Chex Mix Vegetable Salad Pineapple Snickerdoodle Cookie	<u>Supper</u> Chili Hot Dog Fresh Veggies w/Dip Cherry Pears Ice Cream	<u>Supper</u> Chicken Thighs Potato Salad 3 Bean Salad Fruit Cocktail Drumstick	<u>Supper</u> Pizza Spinach Salad Breadstick Strawberries & Pineapple Bits No Bake Cookie	<u>Supper</u> Chili Mac Texas Toast Buttered Corn Pears Banana Pudding	<u>Supper</u> Chicken Tenders Baked Beans Fried Green Beans Apricots Chocolate Cup Cake	<u>Supper</u> Turkey Club Sandwich Chips & Salsa Pasta Salad Sliced Apples Ice Cream Treat

Sunday Sept. 17	Monday Sept. 18	Tuesday Sept. 19	Wednesday Sept. 20	Thursday Sept. 21	Friday Sept. 22	Saturday Sept. 23
<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>	<u>Breakfast Special</u>
Danish or Donut	Baked Apples	Fried Mush	Waffles	Pancakes	Biscuits & Gravy	English Muffin Sandwich
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Meatloaf Mashed Potatoes Roll Broccoli & Cauliflower Mandarin Orange Salad French Silk Pie	Beef & Noodles Green Beans Waldorf Salad Chocolate Sheet Cake	Baked Ham Sweet Potato Green Bean Casserole Cranberry Sauce Boston Cream Pie	Sweet & Sour Chicken Rice Stir Fry Vegetables Fresh Fruit Cup Cook's Choice Dessert	Pot Roast Roasted Red Potatoes Glazed Carrots Fruit Cup Strawberry Cream Pie	Beer Battered Cod Waffle Fries 7 Layer Salad Pineapple Fluff Lemon Cake	Chili Cheese Toasty Pickles Fresh Fruit Fruit Cocktail Cake
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
Sub Sandwich Chips & Salsa Cucumber Salad Fruit Cocktail Peanut Butter Cookie	Chicken Salad Assorted Cheese Cherry Tomatoes & Celery Mandarins Pistachio Pudding	Broccoli Cheese Soup BLT Sandwich Cucumber & Onions Pears Cookie	Breakfast @ Night! Scrambled Eggs Biscuit w/Gravy Hash Brown Fresh Fruit Cinnamon Roll	Mini Brat Sauerkraut Diced Potatoes Jell-O w/Fruit Rainbow Sherbet	Sloppy Joe Corn Chips Broc-Cran Salad Cinnamon Applesauce	Baked Potato Bar Chicken Strips Coleslaw Diced Peaches Chocolate Mousse

Sunday Sept. 24	Monday Sept. 25	Tuesday Sept. 26	Wednesday Sept. 27	Thursday Sept. 28	Friday Sept. 29	Saturday Sept. 30
<u>Breakfast Special</u> Danish or Donut	<u>Breakfast Special</u> Grits	<u>Breakfast Special</u> Fried Mush	<u>Breakfast Special</u> Waffles	<u>Breakfast Special</u> Pancakes	<u>Breakfast Special</u> Biscuit w/Gravy	<u>Breakfast Special</u> Cook's Choice
<u>Dinner</u> Fried Chicken Mashed Potatoes Buttered Corn Roll Fruit Salad Pecan Pie	<u>Dinner</u> Cranberry Chicken Roasted Potatoes Capri Vegetables Fruited Jell-O Chocolate Peanut Butter Cake	<u>Dinner</u> Roast Beef Mashed Potatoes Glazed Carrots Strawberries & Banana Cherry Pie	<u>Dinner</u> Teriyaki Pork Loin Sweet Potato Casserole Stewed Tomatoes Fresh Fruit Peach Cobbler	<u>Dinner</u> Smothered Burger Diced Potatoes Stewed Tomatoes Fresh Fruit Peach Cobbler	<u>Dinner</u> Fried Shrimp Elbow Pasta & Cheese Coleslaw Mandarins Lemon Meringue Pie	<u>Dinner</u> Italian Sub Minestrone Strawberries & Mango Spumoni
<u>Supper</u> Tomato Bisque Chicken Salad Sandwich Carrot Raisin Salad Banana Cook Choice	<u>Supper</u> Broccoli Cheese Soup Pork Tenderloin Sandwich Fruit Cocktail Gingersnap	<u>Supper</u> Chicken Salad Teriyaki Oriental Salad Fruit Cup Push Up Treat	<u>Supper</u> Turkey Club Harvest Wheat Chips Pasta Salad Sliced Apples	<u>Supper</u> Chicken Noodle Soup BLT Fruit Salad Cupcake	<u>Supper</u> Philly Steak Sandwich Onion Rings Garden Cottage Cheese Pineapple Rings Chocolate Chip Bar	<u>Supper</u> Ham & Beans Corn Bread Coleslaw Sliced Apples Ice Cream Treat

TW

