

The PR Press

September 2024



Here Comes
Fall

Can you find 13 RED Autumn leaves floating
around this newsletter?



National Assisted
Living Week
Sept 9-13



September is...
Pain Awareness Month

Healthy Living

8 non-invasive pain relief techniques that really work...



1. Cold and heat.
2. Exercise.
3. Physical therapy and occupational therapy.
5. Yoga and tai chi.
7. Music therapy.
8. Therapeutic massage.
9. Over the Counter Pain relief



**Bluestone Dr.
Rounds on
Monday,
Sept. 23**

A little about.... Anna!

Anna is a TWIN!
She's also a trap shooter
Anna enjoys being outside and
campin on her weekends.
Anna starts Dental Assistant school
this fall.
and she loves getting to know all of the residents at PR!



What's Happening Around Town?

September 7 & 8, 2024

"What a music festival is supposed to be."*

The Rock Bend Folk Festival is a free, all-ages music festival held annually the weekend after Labor Day. Join us in celebrating southern Minnesota with original arts and crafts; local and national musical performances; food; and fun!

[LEARN MORE ABOUT THE FESTIVAL](#)

2024 ST. PETER OKTOBERFEST

SEPTEMBER 27 @ 4:00 PM - 11:00 PM

NICOLLET COUNTY FAIRGROUNDS. ST. PETER MN


ART STROLL

SEPT. 21 & 22, 2024



September

EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

 Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RESIDENT CHOICE	2:00 <i>bingo</i> 2	2:00 Giant Jenga Game 3	2:00 <i>bingo</i> 4	2:00 Darts Game 5	2:00 Wheel of Fortune Game 6	7 RESIDENT CHOICE 6
8 RESIDENT CHOICE	1:30 <i>bingo</i> 9 3:30 Bible Study 5:00 Pizza Party	2:00 Tye-Dye T*Shirt! 10	10:00a Dice Game 11 2:00 <i>bingo</i>	2:00 Thirsty Thurs. Beach Day Happy Hour! 12	11:30 VETERANS VISIT 13 4:30 End of Summer BBQ w/ musical guest!	14 RESIDENT CHOICE
15 RESIDENT CHOICE	2:00 <i>bingo</i> 16	2:00 Resident Council Meeting 17	2:00 <i>bingo</i> 18	19 No afternoon group activity due to staff meeting	1:30 Big Screen Movie & Snacks! 20	21 RESIDENT CHOICE
22 RESIDENT CHOICE	1:30 <i>bingo</i> 23 3:30 Bible Study	2:00 Jeopardy Game 24	2:00 <i>bingo</i> 25	2:00 Painting craft 26	1:30 Big Screen Movie & Snacks! 27	 28 RESIDENT CHOICE
29 RESIDENT CHOICE	2:00 <i>bingo</i> 30					

List some movies you would like to see on the big screen for movie days! Share with Taylor!
