

Events:

Regular Events

Social Hour w/ Live Entertainment
Every Day at 4 PM

Sculpture Class with Norberto
Saturday 9/13, & 9/27 at 10:30 AM

Art and You (Art Class)
Tuesdays & Saturdays at 1:30 PM

Hot Topics with FAYANNE
Every Thursday at 2 PM

Shabbat Shalom w/ Eliezra & Jack
Fridays at 4:50pm (New time) -Bistro

Chair Yoga with Janet
Every Saturday at 10 PM

Meditation Class with Janet (new)
Mondays at 11 AM

Ice Cream Social (New Day)
Saturdays at 3:15pm

You Be The Judge with Ed
Wednesdays: 9/10 & 9/24 2pm

This Month's Wednesday Outings

(Please sign up 24 hours prior outing)
9/3 Shop & Lunch Aventura Market Place
9/24 Let's do Lunch at Helen Huang



Use the visual clues in the puzzle to figure out what it

step
10:30

styridele

HEAD
TOE
TOE

DEAL

1. F
2. A
3. S
4. H
5. I
6. O
7. N

CLOUD CLOUD CLOUD
CLOUD CLOUD CLOUD
CLOUD CLOUD CLOUD

tistitchme

DRESS

ematphro

↓
ATTRACTION

bucket

putting
RITZ

1-One step at a time 2-Ride in style 3-Head to toe
4-Strike a deal 5-Orderly fashion 6-Sitting on cloud nine
7-A stitch in time 8-Little black dress 9-Mixed metaphor
10-Center of attraction 11-A drop in the bucket
12-Putting on the Ritz



Upcoming Events

Labor Day Indoors BB- Q
Monday, 9/1 12PM

Short Story Circle With Glenda & Marilyn
Wednesday, 9/3 at 2 PM

Calling all Mah Jong and Canasta Players
Activities calendar Review
Thursday, 9/4 11AM

Grandparents Day Social
Sunday, 9/7 at 3:30 PM

National Assisted Living - Spirit Week
Monday, 9/8 - 9/12

FIU Lifelong Learning Institute
Knighted in Melody: Sirs and Dames Honored By
Queen Elizabeth With Dr. Alan Mason
Monday, 9/8 at 2 PM

Newcomers Lunch:
Tuesday, 9/16 at 12 PM

Resident Council Meeting
Wednesday, 9/17 at 2:30 PM

Livestreaming Rosh Hashanah Services
From Central Synagogue
Monday, 9/22 at 8pm
& Tuesday, 8/23 at 10AM

Disco Birthday Bash
Thursday, 9/25 at 3:30 PM
FIU Lifelong Learning
The Roaring '20s Flappers, Erte, and, Art Decor
Fashion with Ronelle Delmont
Monday, 9/25 at 2 PM

With Executive Director and Department Heads
Tuesday, 9/30 at 2:30 PM

Take a guess

1. A woman lives in a one-story house where everything is green. The carpet is green, the tile is green, the cabinets are green...what color are the stairs?
2. No matter where you are, what can you find in every corner and every room?
3. What weighs more - a ton of bricks or a ton of feathers?
4. What coat is always wet when you put it on?
5. A captain charts a boat full of people but not a single person. How is that possible?
6. What contains three "e's but contains only one letter?

4-coat of paint 4. they all married 5. they all married 6. an envelope.
No stair is a one story house 2. letter o 3. they both weight a ton



THE PLAZA
AT PARKSQUARE

September 2025

Monthly Newsletter

ALF # 13252

September wasn't always the ninth month of the year. Its name comes from the Latin word *septem*, meaning "seven," for its original place in the ancient Roman calendar. The month moved to its ninth position in 700 BC, when January and February were added. September was called Harvest Month in Charlemagne's calendar. Anglo-Saxons called the month *Gerstmonath*, or "barley month," for the crop that was commonly harvested at that time of year.

As we welcome the new year, may
it be filled with new beginnings,
meaningful moments, and the
strength to overcome any
challenge.

Shanah Tovah!"

The Plaza at Parksquare Family



Your Community Staff

- Felix Johnson

Executive Director
- Jodi-Ann Coombs

Director of Administration
- Barry Ger

Director of Sales & Marketing
- Dorinda Caamano

Director of Resident Care
- Philip Siino

Director of Food Service
- Brenda Siino

Director of Activities & Transportation
- Rita Collazo

Director of Resident Relations
- Milourine Orange

Dining Room Manager
- Michael Pena

Director of Maintenance & Housekeeping

From the Executive Director



Dear Residents and Families,
August was an exciting month but September is going to be even more fantastic! We have an amazing schedule of activities and events planned! I’ve just completed my first Year as your Executive Director. It’s hard to believe a year has passed. I look forward to many more.

Sincerely,
Felix Johnson

From the Director of Activities



Dear Residents and Families,
It's fall, y'all! We did have some summer fun. Samba night was a huge hit; with spectacular dancing and music. Also, the Casino Birthday Bash was so much fun- and there were a few residents who had luck on their side. Plus, Chef Phil hosted a special Diner's Club and he really enjoyed the company.

Assisted Living Week is celebrated in September. Join us in celebrating by participating in Spirit Week. Each day of the week will have a theme — have fun with it! It’s kicks off on Grandparents Day, on September 7th. Additionally, the September birthday bash will be a disco. So, dust off your dancing shoes and get ready to boogie!

Finally, I would like to wish those who celebrate Rosh Hashanah a sweet New Year. L'Shanah Tovah!

Respectfully,
Brenda Siino

FIU-Osher Lifelong Learning Institute



**Knighted in Melody: Sirs and Dames
Honored by
Queen Elizabeth
with Dr. Alan Mason**

Dr. Alan Mason presents a captivating exploration of legendary, knighted musicians—such as Sir Arthur Rubinstein, Dame Myra Hess, Dame Julie Andrews, Sir Elton John, Sir Eugene Ormandy, Sir Leonard Bernstein, and Sir Paul McCartney—whose brilliance, royal honors, and enduring artistry have left an indelible mark across genres and generations.

Monday, September 8 at 2:00 pm



**The Roaring '20s: Flappers, Erté,
and Art Deco Fashion
with Ronelle Delmont**

Ronelle Delmont offers a dazzling, visually rich lecture on the Roaring 1920s, exploring the rise of the flapper, the bold elegance of Art Deco fashion, and the iconic designs of Erté that defined a decade of liberation, luxury, and cultural transformation in women’s style and self expression.

Monday, September 29 at 2:00 pm

September Happenings

Happy Birthday to:

Maxine G. 9/8
Lois B. 9/10
Shirley M. 9/12
Abraham A. 7/10
James c. 9/20
Helen E. 9/25
Luba K. 9/25
Sheldon P. 9/25



Welcome
We're Glad You're Here!
Leon Firtel
Ira Glaser
Izzy Levy
Robert Machado
Robert Marino

September Zodiacs



Virgo (The Virgin)

September 1–22



Libra (The Scales)

September 23–30

What’s Lucky?

Lucky Colors: Gold and Green
Lucky Animal: Squirrel
Lucky Letters: F and N
Lucky Day: Friday
Lucky Plant: Apple

**Flower – Sapphire
Birthstone – Aster
Tree – Spider Plant**

Special Days

Labor Day
September 1
National Assisted Living Week:
September 7—13
**Grandparents Day
& Full Corn Moon**
September 7
World Gratitude Day
September 21
**The Beginning of Autumn
& Rosh Hashanah**
September 22

National Assisted Living Week at The Plaza at ParkSquare!
September 7–12, 2025

Join us for a week of fun, spirit, and celebration as we honor our amazing residents, team members, and community! Each day brings a new opportunity to dress up, share laughs, and make lasting memories together. Here's what we've got planned:

- Monday: Dress Sporty**
Get moving and show your team spirit! Whether it’s your favorite sports jersey, sneakers, or athletic wear – let’s kick off the week with energy and enthusiasm!
- Tuesday: Dress Like a Tourist**
Pack your (imaginary) bags and come ready for an adventure! Hawaiian shirts, sunglasses, floppy hats, cameras – the more touristy, the better!
- Wednesday: Western Day**
Yeehaw! Time to put on your cowboy hats, plaid shirts, and boots. Let’s lasso up some western fun and channel our inner cowboys and cowgirls!
- Thursday: Throwback Thursday**
Pick your favorite decade and rock a retro look! Whether it’s the roaring ‘20s, groovy ‘70s, or neon ‘90s, let’s take a stylish trip down memory lane.
- Friday: Crazy Socks Day**
Finish the week on a wild and wacky note with the silliest, brightest, and most outrageous socks you can find. Let your feet do the talking!

Fun Facts About September

- September is the ninth month and the only month with the same number of letters in its English name as the number of the month.*
- The song “September” by Earth, Wind & Fire has become an unofficial anthem for the month—especially the lyric “Do you remember the 21st night of September?”
 - Shakespeare did not mention the month of September in any of his plays.
 - In 1752 in Britain, September had only 19 days as society changed from the Julian to the Gregorian calendar. September is the only month in which stock prices have fallen more often than risen.
 - Richard Saunders, the 17th-century English astrologer and physician, said it was good to eat goats’ milk and pomegranates in September.
 - The last day of September in any year always falls on a different day of the week from the last day of any other month that year. This year, it’s on a Tuesday.
 - September is the most popular month for birthdays in the United States.

Here's to having an active and healthy September!

September is Healthy Aging Month. Age may just be a number, but getting older and living well takes effort. Aging well and getting older is a privilege that not everyone gets to enjoy. Many people have misconceptions about the type of lives we can live in older age. Whatever phase of life you are in, there are always opportunities to nurture our minds and bodies.

Take this month as a reminder to enjoy it and do what you can to age healthily. It's never too late to adopt new healthy habits.

Here are a few tips to help you age gracefully and healthily

Stay Active

Maybe you're not ready to run a marathon or pick up pickleball. You can still find regular physical activities that suit your abilities and interests. It can be anything from walking and swimming to yoga or dancing. Staying active promotes flexibility, heart health, and overall wellness.

Prioritize Mental Health

Keep your mind sharp by challenging it with puzzles, reading, and learning new skills. Social connections and engaging in social activities can also contribute to mental well-being. Set up a board game night with friends.

Regular Check-ups

Stay on top of your personal health care by scheduling routine check-ups and screenings. Early detection and management of health issues are key to maintaining your health.

Adequate Sleep

Prioritize your sleep for rest and rejuvenation. Getting restful sleep each night helps support immune function, cognitive health, and emotional well-being.

Hydration

Drink plenty of water throughout the day to support bodily functions and maintain healthy skin.

Manage Stress

We cannot eliminate stress, but we can manage it in our lives. Find stress-reducing techniques like meditation, deep breathing, or hobbies you find relaxing.

Stay Curious

Keep exploring new hobbies, interests, and activities. Engaging in lifelong learning keeps your mind engaged. You can take a class to learn something new or look up documentaries on intriguing topics. Find things that interest you and investigate!

Maintain Social Connections

As we age, it can become tricky to find and make new friends. Sharing your life with others, forging connections, and strengthening those bonds is an essential human experience.

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome. Please hand in your submission to Brenda or email me anytime at: bsiino@royalaventura.com.

Thank you!

Month in Review

