HERITAGE GREEN
ASSISTED LIVING AND MEMORY CARE
20 Years of Serving Seniors

7080 Brooks Farm Road • Mechanicsville, VA 23111 • (804) 746-7370

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.

70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

Popular Pages: 'Friday Night Lights'

Journalist H.G. "Buzz" Bissinger's 1990 bestseller is best summed up by its subtitle of "A Town, a Team, and a Dream." Fascinated by the cultural impact of high school football, Bissinger moved to Odessa, Texas, to chronicle the 1988 season of the Permian Panthers and their high-pressure path to the state championship. The inspiration for a critically acclaimed movie and TV series, "Friday Night Lights" has sold roughly 2 million copies and is widely considered one of the greatest sports books of all time.

September 2026

Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

Fall Begins

Fall's first day is Sept. 22.

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

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September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Bingo with Linking Lives 7 1:00 Porch Sitting 6 2:00 Special Activity 7 3:00 Old Classic Movies 8	2 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Wheelchair Car Wash 6 1:00 Unwind & Tunes 2:00 Special Activity 7 3:00 Table Games 7 5:30 Reminisce to the Oldies 8	3 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Gentle Tunes 4 2:00 Special Activity 7 3:00 Music Wind Down 4 6:00 Game Shows 7	4 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Large Puzzle 5 2:00 Special Activity 7 3:30 Karaoke Fun 7 5:30 Reminisce to the Oldies 8 7:00 Nighttime Snack 8	5 9:30 Morning Tunes & Primping 4 1:00 Nails & Lotions 4 2:00 Snack Social & Tunes 4 3:30 Favorite Love Songs 8 7:00 Lawrence Welk 8
6 9:30 Morning Tunes & Primping 4 10:30 Compass Christian Church 3 1:00 Nails & Lotions 4 2:00 Small Activity & Snack 7 5:30 Old Time Favorites 8	**Labor Day** 7 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 2:00 Special Activity 7 3:00 Sensory Fireplace 4 5:30 Reminisce to the Oldies 8	8 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Bingo with Linking Lives 7 1:00 Porch Sitting 6 2:00 Special Activity 7 3:00 Old Classic Movies 8	9 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Wheelchair Car Wash 6 1:00 Unwind & Tunes 2:00 Special Activity 7 3:00 Table Games 7 5:30 Reminisce to the Oldies 8	10 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Gentle Tunes 4 2:00 Special Activity 7 3:00 Music Wind Down 4 6:00 Game Shows 7	11 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Large Puzzle 5 2:00 Special Activity 7 3:30 Karaoke Fun 7 5:30 Reminisce to the Oldies 8 7:00 Nighttime Snack 8	12 9:30 Morning Tunes & Primping 4 1:00 Nails & Lotions 4 2:00 Snack Social & Tunes 4 3:30 Favorite Love Songs 8 7:00 Lawrence Welk 8
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20 9:30 Morning Tunes & Primping 4 10:30 Compass Christian Church 3 1:00 Nails & Lotions 4 2:00 Small Activity & Snack 7 5:30 Old Time Favorites 8	21 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 2:00 Special Activity 7 3:00 Sensory Fireplace 4 5:30 Reminisce to the Oldies 8	22 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Bingo with Linking Lives 7 1:00 Porch Sitting 6 2:00 Special Activity 7 3:00 Old Classic Movies 8	23 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Wheelchair Car Wash 6 1:00 Unwind & Tunes 2:00 Special Activity 7 3:00 Table Games 7 5:30 Reminisce to the Oldies 8	24 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Gentle Tunes 4 2:00 Special Activity 7 3:00 Music Wind Down 4 6:00 Game Shows 7	25 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 1:00 Large Puzzle 5 2:00 Special Activity 7 3:30 Karaoke Fun 7 5:30 Reminisce to the Oldies 8 7:00 Nighttime Snack 8	26 9:30 Morning Tunes & Primping 4 1:00 Nails & Lotions 4 2:00 Snack Social & Tunes 4 3:30 Favorite Love Songs 8 7:00 Lawrence Welk 8
27 9:30 Morning Tunes & Primping 4 10:30 Compass Christian Church 3 1:00 Nails & Lotions 4 2:00 Small Activity & Snack 7 5:30 Old Time Favorites 8	28 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 2:00 Special Activity 7 3:00 Sensory Fireplace 4 5:30 Reminisce to the Oldies 8	29 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Bingo with Linking Lives 7 1:00 Porch Sitting 6 2:00 Special Activity 7 3:00 Old Classic Movies 8	30 9:30 Morning Tunes & Primping 4 10:00 Special Activity 5 10:30 Wheelchair Car Wash 6 1:00 Unwind & Tunes 2:00 Special Activity 7 3:00 Table Games 7 5:30 Reminisce to the Oldies 8			

Calendar of Events

September 2026

Latino Actors on TV

With the hit series "I Love Lucy," Desi Arnaz blazed a trail for Latino actors on television. Tune in to this look back at some other leading men and women.

Year	Actor	TV Show	Character
1951	Desi Arnaz	"I Love Lucy"	Ricky Ricardo
1971	Sonia Manzano	"Sesame Street"	Maria Rodriguez
1974	Freddie Prinze	"Chico and the Man"	Chico Rodriguez
1977	Erik Estrada	"CHiPs"	Frank Poncherello
1989	Mario Lopez	"Saved by the Bell"	A.C. Slater
1995	Benjamin Bratt	"Law and Order"	Rey Curtis
2002	George Lopez	"George Lopez"	George Lopez
2004	Eva Longoria	"Desperate Housewives"	Gabrielle Solis
2006	America Ferrera	"Ugly Betty"	Betty Suarez
2009	Sofia Vergara	"Modern Family"	Gloria Delgado-Pritchett

"This Month In History"

SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.

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