

## Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.

## Arts and Crafts

The residents enjoyed showing their talents.



## Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.



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SEPTEMBER 2020

## Bingo

Did someone say "BINGO?"



## The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.



**Locations**

 Activity Room, Memory Care, ARMC  
 Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“We need to remember across generations that there is as much to learn as there is to teach.”

— Gloria Steinem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Practice Social Distancing</b> 1 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 2 9:30 Morning Devotion 10:30 Individual Snack Social 11:00 Scenic Drive, O 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 3 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 4 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 5 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets
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YOM KIPPUR BEGINS AT SUNSET 27 <b>Practice Social Distancing</b> 9:30 Morning Devotion 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 28 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 29 9:30 Morning Devotion 10:30 Individual Snack Social 2:00 Town Hall Meeting, VDR 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets	<b>Practice Social Distancing</b> 30 9:30 Morning Devotion 10:30 Individual Snack Social 2:30 Afternoon Snack 3:30 Crosswords & Word Searches 5:30 Fun & Games Sheets			