




# SEPTEMBER 2019 – Prairie Home



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>9:30am</b> <b>Catholic Mass</b> on Channel 19  <b>1:20pm</b> <b>Brewers vs Cubs</b>  <b>2:00pm</b> <b>Euchre</b> Dining Room  <b>3:00pm</b> <b>UNO</b> West Lounge  <b>6:00pm</b> <b>Dominos</b> West Lounge	<b>2</b> <i>Labor Day</i>  <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>10:00am</b> <b>The Price Is Right</b> Center Lounge  <b>1:30pm</b> <b>Bingo in Memory of Marv S.</b>  <b>2:30pm</b> <b>Euchre</b> Dining Room  <b>6:00pm</b> <b>Dominos</b> West Lounge	<b>3</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>9:30am</b> <b>Chair Exercise</b> Dining Room  <b>10:00am</b> <b>Lunch at Driftless Café in Viroqua</b>  <b>2:00pm</b> <b>Euchre</b>  <b>3:00pm</b> <b>UNO</b> West Lounge  <b>6:00pm</b> <b>Dominos</b> West Lounge	<b>4</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>9:30am</b> <b>Chair Exercise</b> Dining Room  <b>10:00am</b> <b>The Price Is Right</b> Center Lounge  <b>1:30pm</b> <b>Catholic Mass</b> West Lounge  <b>2:30pm</b> <b>Card Club-500</b> West Lounge  <b>6:00pm</b> <b>Dominos</b>	<b>5</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>1:00pm</b> <b>Festival Food Shuttles</b>  <b>2:00pm</b> <b>Do it yourself Apple Pie Bar</b> <b>Soap with Nancy</b>  <b>6:00pm</b> <b>Dominos</b>   <b>7:20pm</b> <b>Green Bay Packers vs Chicago Bears</b>	<b>6</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>10:00am</b> <b>Tenant Meeting</b>  <b>2:00pm</b> <b>Euchre</b>  <b>2:30pm</b> <b>Happy Hour</b> <b>Featuring Beer, Wine, Soda, and Pizza Bites</b>  <b>6:00pm</b> <b>Dominos</b>  <b>7:10pm</b> <b>Brewers vs Cubs</b>	<b>7</b> <i>Steppin' Out in Pink</i> <i>Wear Pink to Show your support!</i>  <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> Café  <b>10:00am</b> <b>Music Time</b> West Lounge  <b>2:00pm</b> <b>Euchre</b>  <b>3:00pm</b> <b>Card Club-500</b> West Lounge  <b>6:00pm</b> <b>Dominos</b>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8</b> <i>Grandparent's Day</i></p> <p>9:00am Coffee and Reminisce</p> <p><b>11:30am</b> Prairie Home Annual Family Picnic—All food provided by BSJ, families welcome!</p>  <p><b>3:00pm</b> UNO</p> <p><b>6:00pm</b> Dominos West Lounge</p>	<p><b>9</b> 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>9:30am Chair Exercise</p> <p>10:00am The Price Is Right</p> <p><b>1:30pm</b> Bingo in Memory of Marv S.</p> <p><b>2:30pm</b> Euchre Dining Room</p> <p><b>6:00pm</b> Dominos West Lounge</p>	<p><b>10</b> 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise</p> <p>10:00am The Price Is Right</p> <p><b>10:45am</b> Lunch at the Crooked Pint Alehouse</p> <p><b>2:00pm</b> Euchre</p> <p><b>3:00pm</b> UNO</p> <p><b>6:00pm</b> Dominos</p>	<p><b>11</b> <i>Patriot Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>9:30am Chair Exercise Dining Room</p> <p><b>1:30pm</b> Catholic Mass West Lounge</p> <p><b>2:30pm</b> Card Club-500 West Lounge</p> <p><b>6:00pm</b> Dominos West Lounge</p>	<p><b>12</b> 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>10:00am The Price Is Right</p> <p>2:00pm Euchre</p> <p><b>2:30pm</b> Fruit Smoothies</p> <p><b>3:00pm</b> UNO</p> <p><b>4:00pm</b> Lutheran Prayer Service Front Lounge</p> <p><b>6:00pm</b> Dominos</p>	<p><b>13</b> 8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>9:30am Chair Exercise Dining Room</p> <p><b>2:00pm</b> Euchre Dining Room</p> <p><b>2:30pm</b> Happy Hour Featuring Wine, Beer, Soda and Cheese</p> <p><b>6:00pm</b> Dominos West Lounge</p>	<p><b>14</b> <i>Walk to End Alzheimer's</i> <i>Wear Purple to Show your support!</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p><b>10:00am</b> Music Time West Lounge</p> <p><b>2:00pm</b> Euchre Dining Room</p> <p><b>3:00pm</b> Card Club-500</p> <p><b>6:00pm</b> Dominos</p>



# SEPTEMBER 2019 – Prairie Home




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>15</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> <b>Café</b>  <b>9:30am</b> <b>Catholic Mass on Channel 19</b>  <b>12:00pm</b> <b>Green Bay Packers vs Minnesota Vikings</b>  <b>2:00pm</b> <b>Euchre</b> <b>Dining Room</b>  <b>3:00pm</b> <b>UNO</b>  <b>6:00pm</b> <b>Dominos</b>	<b>16</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b>  <b>10:00am</b> <b>The Price Is Right</b>  <b>10:00am</b> <b>Road Trip to Cashton, stop for lunch along the way</b>  <b>1:30pm</b> <b>Bingo in Memory of Marv S.</b>  <b>2:30pm</b> <b>Euchre</b>  <b>6:00pm</b> <b>Dominos</b>	<b>17</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> <b>Café</b>  <b>9:30am</b> <b>Pontoon Boat Ride on Lake Onalaska</b>  <b>10:00am</b> <b>The Price Is Right</b> <b>Center Lounge</b>  <b>2:00pm</b> <b>Euchre</b>  <b>3:00pm</b> <b>UNO</b>  <b>6:00pm</b> <b>Dominos</b>	<b>18</b> <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> <b>Café</b>  <b>10:00am</b> <b>Fire Safety Meeting with Fire Drill following</b>  <b>1:30pm</b> <b>Catholic Mass</b> <b>West Lounge</b>  <b>2:30pm</b> <b>Card Club-500</b> <b>West Lounge</b>  <b>6:00pm</b> <b>Dominos</b> <b>West Lounge</b>	<b>19</b> <b>Birthday Breakfast</b> <b>Cheesy Amish Breakfast Casserole, Orange Juice, and Coffee</b>  <b>8:30am</b> <b>Morning Stroll</b>  <b>10:00am</b> <b>The Price Is Right</b> <b>Center Lounge</b>  <b>12:45pm</b> <b>Festival Food Shuttles</b>  <b>3:00pm</b> <b>UNO</b> <b>West Lounge</b>  <b>6:00pm</b> <b>Dominos</b> <b>West Lounge</b>	<b>20</b> <i><b>Happy Birthday, Jim!</b></i>  <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> <b>Café</b>  <b>10:00am</b> <b>The Price Is Right</b>  <b>2:00pm</b> <b>Euchre</b>  <b>2:30pm</b> <b>Happy Hour</b> <b>Featuring Wine, Beer, and Bratwurst Bites</b>  <b>6:00pm</b> <b>Dominos</b> <b>West Lounge</b>	<b>21</b> <i><b>Happy Birthday, Phyllis O!</b></i>  <b>8:30am</b> <b>Morning Stroll</b>  <b>9:00am</b> <b>Coffee and Reminisce</b> <b>Café</b>  <b>2:00pm</b> <b>Euchre</b> <b>Dining Room</b>  <b>3:00pm</b> <b>Card Club-500</b> <b>West Lounge</b>  <b>6:00pm</b> <b>Dominos</b> <b>West Lounge</b>  <b>6:10pm</b> <b>Brewers vs Pirates</b>



# SEPTEMBER 2019 – Prairie Home




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
8:30am Morning Stroll	<i>Autumn Begins</i> 8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll
9:00am Coffee and Reminisce Café	10:00am Falls Prevention Seminar Serving Coffee and Cinnamon Rolls!	9:00am Coffee and Reminisce Café	9:00am Coffee and Reminisce Café	9:00am Coffee and Reminisce Café	9:00am Coffee and Reminisce Café	9:00am Coffee and Reminisce Café
9:30am Catholic Mass on Channel 19	1:30pm Bingo in Memory of Marv S.	9:30am Chair Exercise	9:30am Chair Exercise Dining Room	10:00am The Price Is Right	9:30am Chair Exercise	10:00am Music Time West Lounge
12:00pm Green Bay Packers vs Denver Broncos	2:30pm Coffee and Cookie Social Dining Room	10:00am The Price Is Right	10:30am Lunch at David Reye's	2:00pm Euchre	10:00am The Price Is Right	2:00pm Euchre Dining Room
2:00pm Euchre		2:00pm Euchre	1:30pm Catholic Mass West Lounge	3:00pm UNO	3:00pm Musician Kevin Mattson and his 12 string guitar – songs and stories from the 30's & 40's and some Gospel music	3:00pm Card Club-500 West Lounge
3:00pm UNO	6:00pm Dominos West Lounge	2:30pm Chocolate Malt Social	2:30pm Card Club-500 West Lounge	6:00pm Dominos 		6:00pm Dominos West Lounge
6:00pm Dominos West Lounge		3:00pm UNO	6:00pm Dominos West Lounge	7:20pm Green Bay Packers vs Denver Broncos	6:00pm Dominos	7:10pm Brewers vs Rockies



# SEPTEMBER 2019 – Prairie Home



SUNDAY	MONDAY			
<p>29</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce Café</p> <p>9:30am Catholic Mass on Channel 19</p> <p>2:00pm Euchre Dining Room</p> <p>3:00pm UNO West Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p>30</p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee and Reminisce</p> <p>9:30am Chair Exercise</p> <p>10:45am Lunch at Grizzly's</p> <p>1:30pm Bingo in Memory of Marv S.</p> <p>2:30pm Euchre</p> <p>6:00pm Dominos</p>	<p><i>September Birthdays</i></p>  <p><b>Jim K.</b> September 20<sup>th</sup></p> <p><b>Phyllis O.</b> September 21<sup>st</sup></p>	<p>September Fun Facts</p> <p>Birthstone: <i>Sapphire</i></p> <p>Flower: <i>Aster</i></p> <p>September is...</p> <p><i>Baby Safety Month</i></p> <p><i>Chicken Month</i></p> <p><i>Better Breakfast Month</i></p> <p><i>Classical Music Month</i></p> <p><i>Honey Month</i></p> <p><i>Little League Month</i></p>	<p><b>The Annual Prairie Home Picnic is on September 8<sup>th</sup></b></p> <p><b>Please note that this year's picnic is not a pot luck! All food will be provided by BSJ.</b></p> <p><b>All tenants and family members are welcome. Please R.S.V.P the number of family members who will be attending by September 4<sup>th</sup>.</b></p>



## Fall prevention: Simple tips to prevent falls

### 1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer and ask questions such as: **What medications are you taking? Have you fallen before? Could your health conditions cause a fall?**

### 2. Keep moving

With your doctor's OK, consider activities such as walking and simple exercise programs. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

### 3. Wear sensible shoes

Wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

### 4. Remove home hazards

Take a look around your apartment. Your living room, kitchen, bedroom, and bathroom may be filled with hazards. To make your home safer, remove clutter. Check for trip hazards such as cords and throw rugs.

### 5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also, place night lights in your bedroom, bathroom, and kitchen.

### 6. Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Ensure your device is in good working condition and is properly fitted to your height.