

SWEET APPLE CRISP



INGREDIENTS

- Cooking spray
- 1 cup plus 2 tablespoons granulated Splenda or equivalent sweetener of choice, divided
- 1 teaspoon plus 1/4 teaspoon ground cinnamon, divided
- 1 teaspoon orange zest
- 1/4 cup orange juice
- 5 Granny Smith apples, peeled, cored, and cut into 1/4-inch slices
- 1 cup uncooked old-fashioned oats
- 2 tablespoons butter, softened
- 1/2 cup rice cereal
- 1/2 cup chopped nut of choice

INSTRUCTIONS

1. Preheat oven to 350 F. Spray an 8x8-inch baking pan with cooking spray.
2. Combine 1 cup Splenda, 1 teaspoon cinnamon, orange zest, and orange juice in a large bowl. Add apples and toss to coat. Pour evenly into prepared baking pan.
3. Combine oats, 2 tablespoons Splenda, and 1/4 teaspoon cinnamon in a medium bowl. Add butter and combine with a fork or pastry blender until crumbly. Add cereal and nuts. Stir to combine and pour evenly over apples.
4. Bake 45 minutes until golden brown and bubbly.

Makes 8 servings.

Sweet Cravings

~ Activity Connection

Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.

Journey to the Final Frontier ~ Activity Connection

Those planning their dream vacation no longer have to settle for finding a country to visit on planet Earth. They can now reach for the stars! Space tourism is finally becoming a reality, thanks to bold and visionary companies like SpaceX. The innovator has achieved numerous milestones, including sending the first privately funded rocket into orbit in 2008 & the first private crewed flight to the International Space Station (ISS) in 2020.

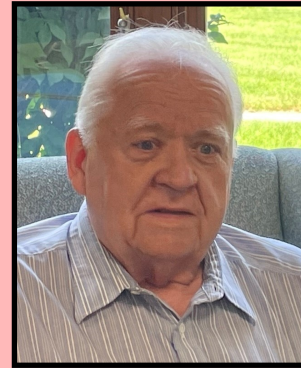
Another important player in the space tourism industry is Virgin Galactic, owned by entrepreneur Richard Branson. Virgin Galactic successfully launched its first fully crewed spaceflight in July 2021 and now regularly schedules flights for private individuals. Seats on Virgin Galactic's spacecraft initially sold for \$250,000, but prices have since increased to around \$450,000 per seat.

The Russian Space Agency has allowed trips to the ISS aboard their Soyuz spacecraft, considered one of the safest and most cost-effective spacecraft designs. For 20 to 40 million dollars, these tourists received the training needed to launch safely into space. For now, space tourism is certainly confined to the wealthy few who are brave enough to travel into space.

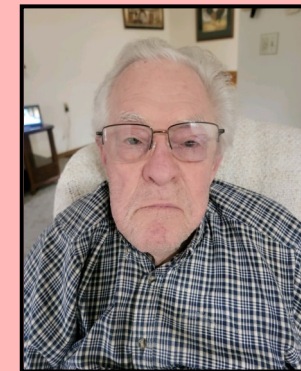
Why travel to space at all? Some venture to space for the pure thrill. Others contend that traveling to space is the first step in colonizing other planets, like Mars. On a more practical note, spacecraft that launch into space travel faster than airplanes. A flight from New York to Sydney, Australia, will take a mere hour rather than a whole day. But maybe the unique view of Earth from outer space is reason enough. Astronauts tell of how their entire perspectives have changed after seeing Earth so fragile and alone in outer space.



Welcome to Our Newest Tenants



Lee Snyder
Apt. 112



Cy Schroeder
Apt. 325



Donna Schroeder
Apt. 325

Musings from Activities . . .

~ Abbey Agra

As this is my first year not going back to school, I found it fitting to reflect on my school days. You can never truly forget the feeling of the first day—it's similar to the last day, but with a bit more hope, promise, and excitement for a new beginning. The rush of getting off the bus, finding your friends before the bell rings, checking to see which classes you share, and hoping to sit next to them. The thrill of meeting your new teacher and classmates, and the scramble to avoid being late to your first class.

For me, that hope and excitement lasted about a month before it gave way to stress. Fifth grade was when projects, papers, and presentations started becoming serious, and zeroes were possible with no chance for makeup. Life began to feel more real at ten years old. Looking back, I'm glad I learned those lessons early because life doesn't slow down, even for kids. Zeroes in class become missed deadlines at work; passing a class translates to earning a raise. I had to learn to manage my time efficiently and effectively, which lit a fire in me to do my best every day.

The feelings tied to school stay with you. My sister once jolted awake, panicked that she was late for school—at 27 years old! She wasn't late for anything, but it shows how deeply those memories are ingrained. I bet many of you have had a similar experience as adults.

One of my favorite pastimes in class was reading ahead of schedule. The teacher couldn't reprimand me for that, and I felt ahead of the curve. It occasionally backfired during pop quizzes when I couldn't remember details from earlier chapters, but it mostly helped stave off boredom. The worst pastime, though, was watching the clock—every minute felt like five. The tick-tock never moved fast enough, making downtime and busywork stretch classes on for ages.

As I remember the memories of going back to school, I also recall the excitement of new supplies—fresh notebooks, sharp pencils, and a brand-new backpack. Each item felt like a tool for success, a small but important piece of what it meant to start a new year with a clean slate. The smell of new textbooks and the anticipation of what they would teach filled me with a mix of curiosity and determination.



Back-to-school shopping was more than just a chore; it was a ritual that marked the transition from summer's freedom to the structured learning ahead. Each new school year was a chance to redefine myself, to do better, and to grow in ways I hadn't before.

Now, as I reflect on these memories, I realize how much those school days shaped who I am today. The first day of school, with its mix of excitement and anxiety, really does mirror so many firsts in life. Just as I did back then, I approach each new beginning with hope, promise, and a little bit of nervousness. Although I no longer have to go back to school, those feelings of anticipation and the lessons learned continue to resonate with me, reminding me that each new chapter in life is another opportunity to grow.

PUT THIS ON YOUR CALENDAR!

| | |
|-----------------------------|------------|
| Labor Day: Office Closed | 2 |
| Chautauqua: Gold College | 3 |
| BINGO | 3,10,17,24 |
| HSP Bible Study | 4,11,18,25 |
| Bus to Gold College Kickoff | 4 |
| MLC Library Outreach | 5 |
| PO•KE•NO 50¢ to play | 5 |
| 500 Card Party | 6 |
| BINGO Night | 7,21 |
| Sing Along | 8 |
| Music: Spiritwood | 9 |
| Coloring Fun | 9 |
| Outing: Lake Shetek | 10 |
| Hope Harbor | 10 |
| 9/11 Reminisce & Tribute | 11 |
| TAAC Meeting | 12 |
| Chaut: Holmberg Orchards | 12 |
| Joke Club | 13 |
| Housekeeper Appreciation | 13 |
| Brain Games | 13, 20,27 |
| Chautauqua: MAFAC Concert | 16 |
| Wii Bowling | 16 |
| Music: Gene Bertrand | 18 |
| Craft: Pumpkin Trivet | 19 |
| Movie: Hachi, A Dog's Tale | 20 |
| Virtual Voyage | 23 |
| Chautauqua: Medicare | 23 |
| Monthly Birthday Party | 25 |
| Game Day: Farkle | 26 |
| Lunch Outing: LeRoy's | 27 |
| Card Makers | 27 |
| Fold & Deliver | 30 |

Upcoming Events . . .

Page Turners Book Club - We will be reading *The Great Alone*. If you would like a copy stop into the Activities Office. Join us for a discussion in the Pool Table Room on Tuesday, Sept. 24th.

Health & Wellness Clinics - Curana Blood Pressure Clinic on Tuesday, Sept. 3rd in the Pool Table Room at 3:00 PM. Curana also offers in-home visits. • Stepping Stones Foot Clinic is on Wed. September 4th & 18th. If you are interested talk to Susie. • Hearing Aid Clinics: Guza Hearing Center on Tues. Sept. 10th or Hearing & Speech on Tues. Sept. 17th at 3:30 PM • Avera offers Lab Draws on Tuesdays, ask Susie for more information.

Helping Hands at Hill Street Place - During the month of July we recorded a total of **28.05** volunteer hours. Thank you all who recorded their hours.

Religious Opportunities - Join Morning Worship in the Dining Room 9 AM Sun. Mornings • TV Mass, Rosary & Communion is held in the Dayroom 10AM Sundays • Baptist Service is at 5PM on Sun. Sept. 8th • Lutheran Service is on Thurs. Sept. 19th, at 10AM in the TV Room • Catholic Mass: Sept. 6th & 20th at 10:30 AM in the Dining Room, Wednesdays 10 AM in the Morningside Heights Chapel. • Hill Street Place Bible Study is on Wednesdays at 9:30 AM in the Dayroom. All are welcome to join. •

Last Month at a Glance . . .



Steeped in Tradition

~ Activity Connection

During the 19th century, tea was a scarce and valuable commodity in England. The ports of China were closed to British trading ships, many had to resort to smuggling tea into England. When tea did arrive, it was very expensive & consumed only by the rich. But if tea was so expensive and consumed by so few, then just how did England become known for its tea culture and its practice of serving “high tea” in the afternoons?

Many credit the practice of afternoon tea to Anna Russell, the Duchess of Bedford. Plenty of Britons were certainly enjoying a cup of tea before Anna, but it was she who popularized taking tea each afternoon. In the 1800s, dinnertime was often quite late. Anna complained of “having that sinking feeling” in the late afternoon when hunger pangs were beginning to strike but dinner was still far off. Her solution? A light snack and a pot of tea. She soon began to invite her friends over to take tea with her and stroll in the gardens. It was an honor just to be invited to one of Anna’s afternoon tea parties. Furthermore, Anna was a friend of Queen Victoria. When the queen herself began taking afternoon tea with Anna, all the ladies of high society copied Anna’s example and began to serve tea as well.

Soon the food served with afternoon tea evolved to include finger sandwiches, scones and cream, sweets, and pastries. The tea itself was served in fancy teapots on low decorative tables, thus creating the phrase “low tea.” “High tea,” on the other hand, was served at a later hour on high dining tables and was a larger meal meant to act almost as a substitute supper. Perhaps the most important aspect of tea was the social gossip. This was an opportunity for the women of high society to dish the dirt on each other—in a proper setting, of course. Sept. 3 is Anna Russell’s birthday and would be the perfect day to call your friends to tea.

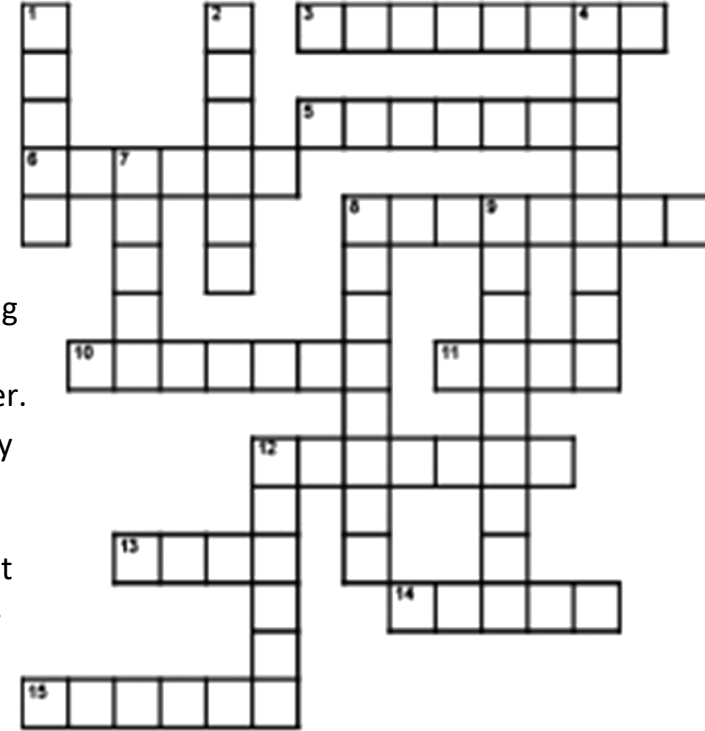
ACROSS

3. What school is all about.
5. Someone who goes to school.
6. A tool to undo mistakes.
8. A colorful container to keep your sandwiches & snacks.
10. The person who guides & helps you in class.
11. A place to sit & study in your room or at school.
12. A tool to stick things together.
13. A subject that involves numbers.
14. Mark on an exam or in a class.
15. Wooden writing utensil.

DOWN

1. It helps you measure and draw straight lines.
2. Time to play outside during a break in the school day.
4. A pad made of bound sheets of paper for taking notes.
7. Present for the teacher.
8. Where you go to enjoy stories and use the computer.
9. Place where you might eat your lunch at school.
12. A place where you learn and have fun.

Back to School



DIY Education

~ Activity Connection

Interested in a little self-improvement? Self-University Week is Sept. 1–7. MOOC stands for Massive Online Open Courses, which means that anyone can open a computer and join a course online for free. You no longer have to spend money to receive an education at top universities that have joined the MOOC movement.

Professors have recorded their lectures and have even provided required reading, homework, and final exams. With thousands of people enrolled in these free courses, students cannot expect one-on-one contact with their teachers, but students can easily chat online with other students. Will you earn a degree? Not quite. Some professors offer certificates of completion, but these are not official certificates from the university itself. The goal of MOOC is not to hand out degrees but to offer high quality education to the far reaches of the globe. It’s now all there for you at the touch of a button.

