



THE CENTER

"The Elderberry" A Newsletter for Active Adults-September 2026

September 3 | 10:00 am

WII BOWLING- SENIOR KITCHEN

Uses the Wii Remote to mimic real-life physical actions like bowling a ball.

September 10 | 10:00 am

BINGO - LOBBY

It takes concentration and listening skills to play a game of Bingo, and by exercising these skills, cognitive abilities are sharpened. And who wouldn't like a sharper mind or winning a prize?

September 17 | 10:00 am

SOUP & GRILLED CHEESE SANDWICHES - LOBBY

Soup has historically been valued as an easily digestible base or remedy for comfort, while bread and fillings offer quick energy.

September 24 | 10:00 am

BOOK CLUB - LOBBY

Join us for a discussion of the book "**Mrs. Endicott's Splendid Adventure**" by **Rhys Bowen**. Surrey, England, 1938. After thirty devoted years of marriage, Ellie Endicott is blindsided by her husband's appeal for divorce. The cad can have the house. She's taking the Bentley. Ellie, her housekeeper Mavis, and her elderly friend Dora, each needing escape, impulsively head for parts unknown in the South of France. With the Rhône surging beside them, they have nowhere to be and everywhere to go. Until the Bentley breaks down in the hamlet of Saint Benet. Here, Ellie rents an abandoned villa in the hills, and finds herself drawn to Nico, a handsome and enigmatic fisherman. The simple *paradis* of Saint Benet is perfect. But fates soon change when the threat of war encroaches. Ellie's second act in life is just beginning—and becoming an adventure she never expected.



Beginning January 1st, "The Gratitude Jar" will be in the Senior Kitchen so that anytime we are down there, members will be invited to write for what they are grateful at that moment and put it in the jar. At next year's holiday luncheon, we will read them all!

SQUASH

Fall squash varieties offer sweet, nutty flavors and rich textures that anchor seasonal cooking and autumn decor.



As fall approaches squash will be plentiful. Here are a few ideas of what you can stuff a squash with.

Grains and Bases

Wild rice or brown rice, Quinoa', Farro or barley', Couscous', Breadcrumbs or cubed bread

Proteins

Ground sausage, Ground beef or turkey, Roasted chicken, Baked tofu or tempeh, Beans (black beans, lentils)

Vegetables and Fruits

Mushrooms, Onions and garlic, Bell peppers or zucchini, Leafy greens like spinach or kale, Diced apples or dried cranberries

Nuts and Cheese

Walnuts, pecans, or almonds, Parmesan, feta, goat cheese, or cheddar

EXERCISE CLASSES

Monday

- **Pilates from** 9:00 - 9:45 am, held in Studio A

Tuesday

- **Fit 4 Life** from 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

Wednesday

- **Gentle Yoga** from 10:15 - 11:10 am, held in Studio A

Thursday

- **Fit 4 Life from** 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

Friday

- **Pilates from** 9:00 - 9:45 am, held in Studio A
- **Gentle Yoga** from 4:00 - 5:00 pm, held in Studio A

Saturday

- **Gentle Yoga** from 8:15 - 9:15 am, held in Studio A

WATER CLASSES

Monday

- **Water Aerobics** 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

Tuesday

- **Water Aerobics** 6:45 - 7:45 pm

Wednesday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

Thursday

- **Water Aerobics**, 6:45 - 7:45 pm

Friday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

If you have questions or would like more information, please contact: Kathy Raiche-Stephens
kraiche-stephens@graniteymca.org

603.232.8666

SEPTEMBER GARDENING TIPS

September is an ideal time to plant cool-season crops, establish perennials, and prep your yard for the coming winter.

Planting and Sowing

- **Root crops:** Direct-sow carrots, beets, and radishes in soil with 6 to 8 hours of sun. Cover seeds lightly and keep them moist until germination.
- **Cool-season greens:** Plant spinach, lettuce, mustard greens, and Swiss chard.
- **Perennials and trees:** Add new perennials, shrubs, and trees. The soil is still warm, which helps roots grow before cold weather arrives.
- **Spring bulbs:** Order and prepare beds for spring-blooming bulbs like tulips and daffodils.

Maintenance and Cleanup

- **Mulching:** Add a 2- to 3-inch layer of mulch around new plantings and perennial beds to retain moisture and suppress weeds.
- **Weeding:** Pull small weeds early while fall rains help loosen the soil.
- **Dividing plants:** Dig up and divide crowded summer-blooming perennials like daylilies and irises.
- **Houseplants:** Move indoor plants to shadier spots outside to help them adjust to lower light before bringing them inside for the winter.

ZONE 4 BULBS FOR FALL PLANTING



Elegant, graceful, and chic are all words that can be used to describe the **Pretty Woman Orienpet Lily**. Large white (up to) 8" diameter blooms will adorn this statuesque, sweetly fragrant tree lily, that has strong stems that do not require staking. This tree lily will generally grow 3-4' the first year and up to an amazing 6-8' at maturity! You can expect 20-30 flowers on each plant by the third growing season! Great choice for naturalizing, vertical accent or back of the border plant! Plus, with this graceful beauty is **EASY TO GROW!**

Allium sphaerocephalum, also referred to as the **'Drumstick' Allium**, blooms in late June, producing 1" diameter flower heads. These wine-colored blooms sway in the wind on top of 24-30" sturdy stems. A magnificent plant with a long bloom time, these Allium add great interest and movement to the garden while also being deer resistant. They look amazing when planted among ornamental grasses and other low-growing perennials!



HERE ARE SOME INTERESTING FACTS ABOUT OLDER ADULTS:

- Only 3.6% of people over 65 years old are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone.
- 4 in 5 older adults will battle at least one chronic condition or illness such as heart disorders, arthritis, or osteoporosis. 50% will battle at least two.
- Elderly people occupy over 1/3 of all federally subsidized housing.
- Social isolation makes seniors more vulnerable to elder abuse.
- Minorities make up almost half of the older population: 42% of people 65 and older in the US are part of minority groups.
- The elderly are the fastest growing age group: The US Census Bureau indicates that individuals 85 and up are the fastest growing age group by percentage.
- 11,400 senior centers serve more than 1 million older adults every day.
- Senior citizens are the fastest growing demographic on Facebook. Research studies done by the Pew Internet & American Life Project found that 53% of Americans who are the ages of 65 or older are online and 34% of those numbers are on Facebook and similar social sites.
- Your brain never stops growing: We grow new neurons with time, and the brain is constantly reshaping itself in response to learning.
- 15 million older persons volunteer – nearly half of all adults 65 and older volunteer in some form.
- The average age of senior center participants is 75.
- Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income.

MEDITERRANEAN TABOULE AND HOMMUS LAYER DIP

Serves 12

Ingredients:

16 oz. Cedar's Roasted Red Pepper Hommus

14 oz. Cedar's Taboule Salad

1 cup Nature's Promise Sweet Baby Butter Lettuce

1 medium plum tomato, chopped

1 large cucumber, peeled and chopped

1 tbsp Taste of Inspiration Reduced Fat Crumbled Feta Cheese

Directions:

1. In an 8 x 8 baking dish, layer in the following order: hommus, taboule, lettuce, tomato and cucumber.
2. Sprinkle with feta cheese.
3. Serve with raw vegetables such as carrots and celery.

Dietitian's tip:

For the best flavor and texture, make this layer dip closer to when you plan to serve it.

Nutritional Information:

Amount per serving: Calories 140; Total Fat 10g; Saturated Fat 1g; cholesterol 0mg; Sodium 310mg; Carbohydrate 11g; Dietary Fiber 3g; Sugar 3g; Added Sugar 0g; Protein 2g



50S AND 60S POP CULTURE TRIVIA

1. Which animated TV family lived in the Stone Age town of Bedrock and became a 1960s hit?
2. Which British band caused screaming crowds and mass hysteria when they first toured America in 1964?
3. Which TV western followed the Cartwright family on the Ponderosa Ranch?
4. Which event in 1969 drew hundreds of thousands of music fans to a muddy farm in New York?
5. Which singer from Mississippi became known as the "King of Rock and Roll" in the 1950s?
6. Which toy craze from the 1950s had kids spinning a plastic ring around their waist?
7. Which 1950s sitcom featured a loveable, quick-thinking New York City housewife whose plans never quite went the way she expected?
8. Which sitcom about witchcraft starred Elizabeth Montgomery as a suburban wife who twitched her nose?
9. Which TV show sent Captain Kirk and Mr. Spock "where no man has gone before"?
10. Which car model did Ford introduce in 1964 that became an instant American classic?

1) The Flintstones 2) The Beatles 3) Bonanza 4) Woodstock 5) Elvis Presley 6) The Hula Hoop 7) I Love Lucy 8) Bewitched 9) Star Trek 10) The Ford Mustang

CLASSIC MOVIE TRIVIA

1. Which 1939 movie followed Dorothy down the Yellow Brick Road to the Emerald City?
2. Which 1942 film set in a Moroccan city starred Humphrey Bogart and Ingrid Bergman?
3. Which Christmas movie features George Bailey and the town of Bedford Falls?
4. What was the name of Elvis Presley's very first movie, released in 1956?
5. Which 1961 musical set in New York told a modern version of Romeo and Juliet?
6. Which movie musical starred Julie Andrews as a governess for the von Trapp family?
7. Which film adaptation of a Lerner and Loewe musical featured Eliza Doolittle and Professor Higgins?
8. Which 1952 musical showed Gene Kelly joyfully dancing with an umbrella in the rain?
9. Which 1962 film about a trial in a small Southern town starred Gregory Peck as Atticus Finch?
10. Which 1953 Audrey Hepburn movie followed a princess on an adventure in Rome?

1) The Wizard of Oz 2) Casablanca 3) It's a Wonderful Life 4) Love Me Tender 5) West Side Story 6) The Sound of Music 7) My Fair Lady 8) Singin' in the Rain 9) To Kill a Mockingbird 10) Roman Holiday

FABULOUS FAUX FLORAL PLANTERS

Members enjoyed crafting lifelike faux floral and succulent arrangements. They bring a touch of nature to your space without taking on the care needs of real plants! Katie Welch did a great sharing her expertise and supplies. It was a fun project and enjoyed by all.

