

BB'S HOME AWAY FROM HOME

SENIOR COMMUNITY NEWSLETTER

♥ WARM HEARTS • FALL FUN • STAYING ACTIVE • MAKING MEMORIES ♥

TOP NEWS



STRONGER TOGETHER

Friendship makes every day brighter. Thank you to our amazing seniors for spreading joy and kindness!



HEALTHY & HAPPY

Stay active, drink water, eat well, and take time to rest. Small steps lead to big results!



BRAIN BOOST

Keep your mind sharp with puzzles, games, trivia and learning something new.



CELEBRATE LIFE

Birthdays, milestones & everyday moments—we celebrate them all right here at home!

INNOVATION AT WORK

BUILDING COMMUNITY. CREATING MEMORIES. ♥



At BB's Home Away From Home Adult Day Center, we believe every day is a new opportunity to connect, learn, and grow together. From meaningful activities to warm conversations, we're here to make each moment count.

*You're not just part of our center—
you're part of our family. ♥*



A NOTE FROM OUR TEAM



“Our vision is to turn everyday moments into meaningful memories. We lead with heart—because the care you give becomes the joy our seniors carry home.” ♥

SEPTEMBER SPOTLIGHT

MOVE



Gentle stretches, walking, chair exercises & dance. ♥

CONNECT



Conversation, cards, group games & friendship. ♥

CREATE



Coloring, crafts, music & seasonal activities. ♥

LAUGH



Jokes, memories, storytelling & fun! ♥

GROW



Brain games, trivia, puzzles & new skills. ♥

CELEBRATE



Birthdays, milestones & everyday wins. ♥

THIS MONTH'S ENCOURAGEMENT

“Small steps still move you forward. A smile is still a victory. And one good moment can become a beautiful memory.” ♥



BRAIN BOOST: Try a puzzle, trivia question, or new word each day.



HEART BOOST: Tell someone one thing you appreciate about them.



BODY BOOST: Stretch gently, take a short walk, or dance to a favorite song.



JOY BOOST: Wear a favorite color and make today feel special!

Hello ♥
SEPTEMBER!

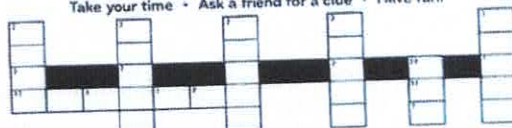
*New Month
New Blessings
New Memories* ♥

LET'S MAKE IT A GREAT ONE!

SENIOR FUN CORNER

FALL CROSSWORD

Take your time • Ask a friend for a clue • Have fun!



ACROSS

1. A colorful season that begins in September (6).
2. We rake them in the yard (5).
3. Cozy outerwear for cool weather (6).
4. A warm, spicy fall drink (6).
5. A harvest season crop (5).

DOWN

1. They change color in the fall (5).
2. Month this newsletter is for (9).
3. Drives south for the winter (7).
4. We sit by it when it's chilly (4).
5. A fun fall activity (6).
6. Sweet treat made from apples (5).



THANK YOU
for being part of our family! ♥

STAY CONNECTED
Laugh a little. Love a lot.
Live well. ♥



SEPTEMBER SMILE CHALLENGE
Write down three things that made you smile this month. Share one with a friend! ♥