

🌿 September Monthly Overview | Friendship Salem Terrace 🌿

Did you know September gets its name from the Latin word *septem*, meaning seven? Once the seventh month of the Roman calendar, it now marks the beginning of fall — and a vibrant season of connection, celebration, and purpose here at Friendship Salem Terrace!

This month, we're thrilled to spotlight **National Assisted Living Week (Sept 7–13)** with the theme “**Ageless Adventures.**” Each day features destination-themed fun — from Paris to Hawaii, NYC to China — with music, movement, creativity, and culture.



BLOOD DRIVE

Thursday, September 11th
12 PM - 4 PM

Multipurpose Room
1851 Harrogate Dr.
Salem, VA 24153

REGISTER NOW!

🌟 Highlights include:

- Grandparents Day with Valkyrie Acrobatics
- Decades Party with DJ Josh Urban
- The Legacy Podcast Workshop
- Paint Like Monet, Tai Chi, Taste of Tuscany, and more
- Shared programs across all levels of care

Blood Drive: Thursday, Sept 11 | 12–4 PM | Multipurpose Room
In honor of **Patriot Day** and the 23rd anniversary of 9/11, we're hosting a blood drive. One pint can save up to 3 lives!

🏠 **Don't miss the D-Day Trip on Tuesday, Sept 17**, sharing stories and music that honor our veterans and bridge generations.

As always, our community is filled with heart, spirit, and purpose — and we can't wait to see where September

takes us. Here's to another month of making memories and meaningful moments together. 💖

Mike Puckett

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Grandparents Day CELEBRATION

SEPTEMBER 7TH
2:00PM

Music / Reflection / Dessert
The Cambridge Dining Room

RSVP

DAY TRIP BRISTOL, VA

\$65

Sept. 10th

Itinerary

- Depart From Building at 8:45AM
- Rest Area Stop at MM 108 (Radford) 9:30AM
- Rest Area Stop at MM 61 (Rural Retreat) 11:00AM
- Lunch at Dip Dog Stand 12:00PM – 1:00PM
- The Abingdon Historic District 1:30PM – 3:00PM
- State Street in Bristol 3:30PM – 4:30PM
- Dinner at 620 & State 4:30PM – 6:30PM
- Rest Area Stop at MM 61 (Rural Retreat) 7:30PM
- Rest Area Stop at MM 108 (Radford) 9:00PM
- Return to Building at 10:15PM

National Assisted Living Week

September 7-13, 2025: "Ageless Adventure"

This year's theme for National Assisted Living Week® is "Ageless Adventure." Please use the resources below - including a planning guide, promotional resources, products, and graphics - to celebrate "Ageless Adventure" during NALW this year. Participants are asked to share their celebrations throughout the week on social media with #NALW.

About National Assisted Living Week

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care. Celebrate National Assisted Living Week!

October Look Ahead



Coffee WITH A COP

Join your friends, neighbors,
and local police officers

Wednesday, October 1st at 10:00 AM
1851 Harrogate Dr. Salem, VA 24153

No agenda or speeches, just a chance to ask questions,
and get to know the officers in your community!



PASTOR APPRECIATION BREAKFAST

Join us in celebrating you, our esteemed local church leaders, and the invaluable contributions you make to our community. Your dedication deserves our heartfelt recognition!

WEDNESDAY OCTOBER 15TH - 8:30AM
1851 Harrogate Dr. Salem, VA 24153
540-556-0017
RSVP Requested but not required:

RSVP



SAVE THE DATE

GOOD THINGS AHEAD