



Celebrating September

Labor Day
September 7

Fall Equinox
September 22

Dožínky Festival
September 17-19



Barb M.
September 4

Lloyd S.
September 6

Dolores W.
September 8

Juanita P.
September 24

Ron S.
September 24

Gary H.
September 25

Jeanette K.
September 25

Rose B.
September 28

Welcome September

September welcomes the first days of fall, bringing cooler weather, colorful leaves, and plenty of seasonal fun. We'll celebrate local traditions with New Prague's beloved Dožínky Festival, enjoy the start of Oktoberfest with trivia and beer tasting, and recognize National Assisted Living Week, September 13-19. This year's theme, "Shining Through the Years," celebrates the memories, accomplishments, and lasting impact of older adults while recognizing the compassion and commitment of those who care for them. Stay tuned for future announcements highlighting National Assisted Living Week.

We need your help with two upcoming projects. Please drop off these items at the Activities Office:

- Favorite recipes for the second edition of the Praha Village cookbook
- Saved wine corks for a Crafty Ladies craft

Marlyn Anderson, Activities Director

Dožínky Festival

New Prague's annual Dožínky Festival returns September 17-19, 2026, celebrating the community's rich Czech heritage and agricultural roots. Now in its 42nd year, the festival features favorites such as the Car Cruise, Street Dance, Parade of Farm Pride, Czech food, live entertainment, vendors, and family activities. Founded in 1984 and inspired by the traditional Czech harvest celebration, Dožínky continues to bring residents and visitors together for a weekend of culture, community, and hometown pride.

The Car Cruise will take place on Friday, September 18, at 6:30 p.m. on Main Street. Residents can enjoy watching the parade of vintage and specialty vehicles from the North Patio.



Morning By Morning New Mercies I See

Summer and winter and springtime and harvest,
Sun, moon and stars in their courses above Join
with all nature in manifold witness To Thy great
faithfulness, mercy and love.

(*Great Is Thy Faithfulness*, vs.2, Lyrics: Thomas O.
Chisholm Music: William M. Runyan, 1923)

As God has created and sustained us, God also connects us with the rest of creation. We see the marvels of the world around us. We are struck with awe at the mighty mountains that have been thrust up from the bottoms of ancient seabeds. Mountains that have been carved by glaciers moving and then receding. Mountains that send forth creeks, streams, and rivers that have cut through glacial till. We see clean water for life. We feel the invitation to stewardship and care.

We see the wildlife around us with their beauty and uniqueness. Wildlife that shows our similarities in death and violence and neglect, but also within relationships, care, and love for one another.

The experience the carpet of wildflowers or the gps-precision planting of a sown field; brilliant color of sunrises and sunsets to the otherworldly glow of the northern lights; the transition of bud to the leaf to fall; deep darkness of night to snow blindness on a winter day.

Whether it be noticing the changes outside your window due to limited mobility, an ice cream bar on the patio, a push around our garden area, or simply soaking in the sun by one of the doors, connecting with nature brings us joy. I also name the changes of seasons that we may be facing spiritually within our lives: Change, Loss, Grief, Pruning, Buds of New hope, Community, Gentle Tending, God's Presence in Life and in Death.

Let us join our lives with those of Great Is Thy Faithfulness to be awed and filled with thanksgiving!

Peace of Christ,
Chaplain Jason

Hands at Work, Hearts in Service

As part of our Purposeful Living program, residents recently participated in a service project led by Pastor Jeanne and MaryCarol Wolf of St. Wenceslaus Catholic Church. Participants worked together to flatten, fold, and cut plastic bags that will be crocheted into "plarn" mats for individuals experiencing homelessness. The project provided a wonderful opportunity to give back to the community while spending time together and sharing a common purpose. The response was so enthusiastic that plans are already being made to offer this rewarding service project again in the coming months. A special thank you to everyone who donated plastic bags and to all the residents who participated in the project. Your generosity, time, and teamwork helped make this effort a success and will have a positive impact on those in need!



Please join us in extending a warm welcome to our newest residents, Janice H., Rosie H., and Don H.!

Outings and Special Events



- **Veteran Cafe** Veterans are invited to gather for coffee, treats, and conversation on Tuesday, September 1, at 9:30 a.m. in the Community Room. The event will feature a guest speaker presentation.
- **Grocery Shopping** Sign up to go shopping on Thursday, September 3 to Hy-Vee and Thursday, September 17 to Coborn's. The bus will leave Praha Village at 10:00 a.m.
- **National Cremation Society Presentation** Sign up to join us on Thursday, September 3 in the Community Room for a presentation by a guest speaker from the National Cremation Society. Learn about the importance of preplanning. Topics include available options, documentation, costs, and ways to clearly communicate your wishes to loved ones. Cupcakes and beverages provided.
- **Little Six Casino & Restaurant** Sign up to go to Little Six Casino & Restaurant on Wednesday, September 9. The restaurant has a breakfast combo for just \$7.77. The bus will leave Praha Village at 10:30 a.m.
- **Premier World Discovery Tour Presentation** Discover your next adventure! Sign up to learn about tour packages to popular destinations such as Cape Cod, the Grand Canyon, and Alaska with a representative from Premier World Discovery on Thursday, September 10, at 1:00 p.m. in the Community Room.
- **Crafty Ladies** Sign up to make a pumpkin craft on Monday, September 14 and a wine cork trivet on Monday, September 28 at 1:00 p.m. in the Creative Arts Room. Class sizes are limited.
- **Hear Here Pop-Up Clinic** Hear Here will be heard on Thursday, September 17 at 1:00 p.m. in the Community Room. Keep your hearing aids working their best with a quick tune-up.
- **Baking Social** Sign up for our Baking Social on Tuesday, September 29 at 1:00 p.m. in the Community Room. Enjoy a delicious serving of apple crisp while viewing *Aprons Through the Ages*.
- **Oktoberfest Beer Trivia & Tasting** Celebrate Oktoberfest with beer tasting and trivia on Thursday, September 24 at 3:00 p.m. in the Bistro.
- **Guest Speaker: Allison Nytes** Join us on Friday, September 25 at 3:30 p.m. in the Bistro as local high school teacher Allison shares her experience spending 24 hours aboard the USS Theodore Roosevelt aircraft carrier. Hear about her time at sea and life aboard an active Navy ship.

Joyful Chapters Book Club



Join Pastor Jeanne on Tuesday, September 1 at 1:00 p.m. in the Family Lounge for the discussion of *Theo of Golden* by Allen Levi. The story is about "Theo," an 86 year-old man who over time, purchases ninety-two pencil portraits of the people of Golden, done by a local artist. He meets each person, engages in conversation, and gives them their portrait. What unfolds is a story of friendship, giving and receiving, and generosity.

Grief Support Group NEW Time

Beginning Wednesday, September 2, Pastor Jason will be leading the Grief Support Group at a new time. The group will meet on the first and third Wednesdays of each month from 2:00-2:45 p.m. in the Family Lounge.

The Cholesterol Connection



Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.

Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fatlike substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL "bad" cholesterol. This type of cholesterol is considered bad because it creates a plaque—a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to heart attack and heart disease. High-density lipoprotein, or HDL cholesterol, helps carry excess cholesterol back to the liver, where LDL is broken down and removed from the body. Both LDL and HDL levels can be measured with a simple blood test, helping doctors assess overall cardiovascular health and risk.

Foods high in trans fats and many sources of saturated fat can raise LDL cholesterol and increase the risk of heart disease. Foods rich in unsaturated fats—such as olive oil, salmon, avocados, nuts, and seeds—can help improve cholesterol levels when they replace less healthy fats in the diet. Whole grains, fruits, and vegetables also support heart health.

Eating well is not the only way to improve cholesterol. Regular physical activity and maintaining a healthy weight can help lower cardiovascular risk and promote healthier cholesterol levels. Now that you know more about cholesterol, have a heart and pass your newfound knowledge along.

September Bingo Update



RESIDENT-LED BINGO - not listed on your Activities Calendar

Mondays at 2:00 p.m. in the Dining Room
Thursdays at 2:00 p.m. in the Dining Room
Saturdays at 2:00 p.m. in the Dining Room

PRIZE BINGO – FREE to play

Friday, September 25 at 2:00 p.m. in the Dining Room

NINE LETTER WORD PUZZLE

Can you find the 9-letter word in this puzzle? Last month's Answer:
BUTTERFLY

D	P	E
I	T	N
E	E	C

Word: _____

WOW!

Month Spotlight: The Magic of Recorded Music

In 1877, Thomas Edison demonstrated the phonograph, changing the way the world enjoyed music. From records and cassettes to CDs and digital music, listening has come a long way.

Music's magic remains timeless. A familiar melody can bring back treasured memories and transport us to another time in just a few notes.