

## Connie's Corner

### Benefits of Exercising

How to do sit ups: Lay down with hands behind your head . . . WOW . . . this is a good position for a nap! Just kidding! My monthly tip is about reminding you how important it is to exercise. After age 30, you begin to lose as much as 3% to 5% muscle mass per decade . . . Less muscle means greater weakness and less mobility, both of which may increase your risk of falls and fractures. I'm not just talking about adding years to your life, I'm taking about adding life to your years by getting your circulation through exercising. It helps boost energy, and helps maintain your independence. It also helps protect your heart, and assists with boosting your mood and your memory! Emerald Bay has an excellent exercise class Monday—Friday at 9:30 am in the back dining room area. It is done while sitting, and is appropriate for all ages and stages of mobility. Please come by and give it a try. I know it will make your day! Remember, "We do not stop exercising because we grow old—we grow old because we stop exercising." Kenneth Cooper, MD Happy Fall Ya-All!

### When Tomorrow Starts Without Me

When tomorrow starts without me, please try to understand, that an angel came and called my name, and took me by the hand. The angel said my place was ready, in Heaven far above, and that I'd have to leave behind all those I dearly loved. But when I walked through Heaven's Gates, I felt so much at home, for God looked down and smiled at me and told me, "Welcome Home." So when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right there in your heart.



We are sad to say goodbye to a very special lady, Lois Valitchka, who

passed on July 30, 2019. She was 94. She loved to help make cut-out decorations for the resident's doors and the windows around the building. She will be dearly missed.



We also say goodbye to another special guy, Harvey Holl, who passed

away on September 2, 2019. Harvey always had a smile and was a kind soul. His passion was reading and watching movies. Harvey farmed his whole life, and was a bachelor.



BAKA presents  
**EMERALD BAY**  
RETIREMENT COMMUNITY

650 Centennial Centre Blvd.  
Hobart, WI 54155

Phone: (920) 544-5041

### Emerald Bay Directory

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# MONTHLY Newsletter

### FROM THE EXECUTIVE DIRECTOR'S DESK



Fall is here, and our weather is changing. Be sure that you are wearing appropriate clothing if you are going outside. The fall leaves will be changing, and next month we will be having our annual fall bus tour to see the beautiful colors around the countryside.

The expansion is coming along very well. The showers are being installed, and the walls are being plastered. Please remember to refrain from going back to the construction area, due to there being a lot of trucks going in and out. We hope to be able to start giving some tours

next month. We are currently taking deposits for the apartments. We have already sold 9 of the 28 units. If you know anyone that is looking, please make sure to give them Emerald Bay's contact information, which is on the back of this newsletter.

~ Tabatha Luepke  
Executive Director

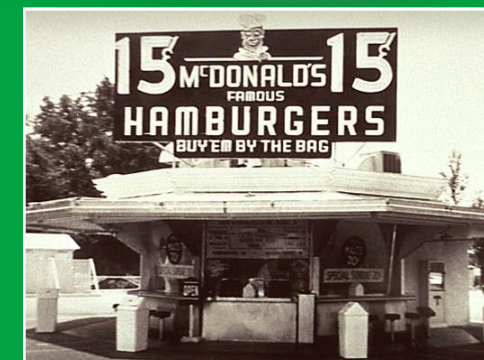
### Quote of the Month:

*Don't let yesterday take up too much of today.*

### Resident Testimonial ~

*I really like the people here, especially the RA staff. I took care of my wife for six years, and I have total respect and appreciation for what the RA's do for me and the other residents here at Emerald Bay.*

~ Melvin



### 1940 COST OF LIVING

LIVING	
New House	\$3,925.00
Average Income	\$1,725.00 per year
New Car	\$850.00
Average Rent	\$30.00 per month
Tuition to Harvard University	\$420.00 per year
Movie Ticket	.30¢ each
Gasoline	.12¢ per gallon
United States Postage Stamp	.3¢ each
FOOD	
Granulated Sugar	.59¢ for 10 pounds
Vitamin D Milk	.51¢ per gallon
Ground Coffee	.42¢ per pound
Bacon	.40¢ per pound
Eggs	.19¢ per dozen
Fresh Ground Hamburger	.15¢ per pound
Fresh Baked Bread	.8¢ per loaf

### Family Tree



If you are interested in working on your Family Tree, please see Kris in Activities.



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## Meet Our New Residents!



### Welcome Larry

Larry was born in 1943 in Green Bay, where he lived his whole life. After graduating, he worked at Kroger's Grocery Store where he stocked shelves and worked in the produce department. After leaving there, he took some industrial schooling. Larry married Joan, and they had three children together. He later married a lovely lady named Sue. Larry worked for the City of Green Bay for over 24 years. He started out in the garbage department, where he worked for about six years. He then worked for the street department paving roads, and then in the custodial department before finally retiring. After leaving the city, Larry became a Jehovah's witness. Larry enjoys reading, and also loved riding his Harley back in the day. And of course he is an avid Packers fan!



### Welcome Don

Don was born in 1940 in Menasha. After graduating, he went to the University of Oshkosh for Architecture. While he was there, he played basketball and took the state championship. He then transferred to Arizona State University where he switched his

major to Construction Engineering and continued playing college basketball. Don spent most of his life in California where he worked as a Project Engineer. He also held positions of Fire Chief, and Parks & Recreation Supervisor, and taught country line dancing. He LOVES the outdoors and enjoyed fishing, swimming, and golfing. He has two children with his first wife, and is now married to a wonderful woman named Jeanette. Don moved to WI last year.

## A Little Senior Humor

A couple went to the state fair every year, and every year the husband told his wife that he wanted to go for a helicopter ride, and every time she replied, "No way! It's fifty bucks, and fifty bucks is fifty bucks!"

Ten years went by, and this time the husband pleaded, "I really want to go on a helicopter ride—I'm 87, and who knows if I'll ever have the chance again."

The pilot overheard their arguing and said, "I tell you what, if I give you a ride and neither one of you utter one peep, and I mean not ONE peep, I won't charge you a dime."

So the pilot takes them up and pulls every helicopter trick in the book, climbing high, diving low, and twirling round and round, but he never heard them make a peep.

After the pilot landed, he turned around and saw that only the husband was sitting in the back seat. He said, "What happened to your wife?"

The man replied, "Well . . . I was going to yell at you when she fell out, but fifty bucks is fifty bucks!"

\*\*\*\*\*  
\* OH MY GOSH \*  
\* I'M RICH! \*  
\* I have silver in my hair, \*  
\* gold in my teeth, \*  
\* crystals in my kidneys, \*  
\* sugar in my blood, \*  
\* lead in my bum, \*  
\* iron in my arteries, \*  
\* and an inexhaustible \*  
\* supply of natural gas! \*  
\* I never thought I would \*  
\* accumulate such wealth! \*  
\*\*\*\*\*

## BAKA presents EMERALD BAY Dates to Remember — RETIREMENT COMMUNITY — Events happening in September

Sept 2nd Labor Day

Sept 5th Trip to Wal-Greens

Sept 5th Fox River Boat Tour

Sept 8th Grandparents Day

Sept 10th PODIATRY DAY

Sept 10th Marionette's Sing-A-Long / Ice Cream Social

Sept 11th Music Entertainment by Eddie Biebel

Sept 12th Trip to Wal-Mart / Picnic at Wildlife Sanctuary

Sept 12th FIRE DRILL

Sept 16th Piano & Guitar Music with Carrie Frechetti

Sept 17th RESIDENT COUNCIL MEETING

Sept 18th Tea Party

Sept 19th Trip to Wal-Greens

Sept 19th Country Clydesdales & Stone Barn Outing

Sept 26th Trip to Dollar Tree / Lunch Outing

Sept 30th Violin Music with Kimberly

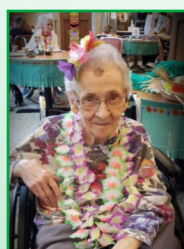
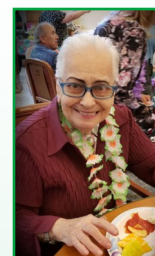
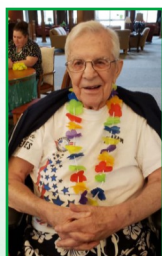
### September Birthdays

1st	Leroy M	16th	Chet K
4th	Lillian H	22nd	Veronica
4th	Louise H	23rd	Lois H
9th	Dick S	24th	Verna L
12th	Hazel T		
14th	Marie M		





## Summer Luau





## Fun Times in August

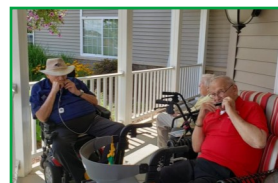
Music in the Park



Music Entertainment



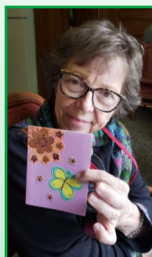
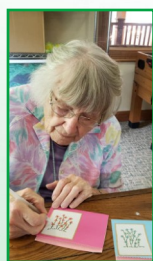
Enjoying the Porch



Margarita's!



Card Making



A Visit from Charlotte the Pig



Patio Games

