

September 2010

Somerby of Mobile
901 Somerby Drive
Mobile, Alabama 36695
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Fax: (251) 662-2721
Good Times Line: (251) 662-2729
www.somerbyofmobile.com

DEPARTMENT DIRECTORS

Executive Director

Jane Scrivner

Asst. Executive Director

Linda Best

Resident Services Director

Ellen Alves

Director of Engineering

Ray Mahathy

Lifestyle Director

Debra Krulewicz

Director of Marketing & Sales

Jeff Minton

Director of Housekeeping

Jean Nobles

Director of Health Services

Alicia Austin

Memory Care Coordinator

Joyce Bauer

Director of Dining Services

Julia Coker

Executive Chef

Marilyn Bradley

Dining Room Manager

Brian Walsh

Birthday Bash!

HAPPY BIRTHDAY TO:

2nd Marie Frank

3rd John Frazier

7th Trudy Walker

10th Larleitta Hall

19th Dorothy Younce

20th Lynn Moulds

21st Marie Perryman
Mary "Sis" Slaughter

26th James Bray
Lois Watts

Please join us on
September 9th
at 2:00 p.m. as
we celebrate our
September Birthdays!



Somerby Senior Living Executive Chef Retreat & Workshop September 29th – October 1st

The Somerby Senior Living Executive Chefs will be attending an annual workshop to share creative ideas and learn new culinary innovations, while sharing and discussing resident preferences and suggestions. This year Somerby Senior Living has invited Top Chef Andrea Curto-Randazzo to lead this workshop. Together with Chef Andrea our Chef Marilyn will be developing several new Somerby signature menu items, along with a focus on more regional favorites as well. They will be working together for three days in Atlanta at the US Food's test kitchen. Our roundtable of Executive Chefs will receive further training on preparation of more healthy foods too. Lastly, the chefs will have an opportunity to find new products while they attend a vendor food show presented by US Foods.

Old Time Somerby Readers

“BABY SNOOKS AND DADDY” HALLOWEEN SHOW

Originally broadcast on November 1, 1946

Casting begins September 1st at 3:30 p.m.
in the Theatre

Set your calendars for the start of our next
old time radio show casting!





Masterpiece Living Spotlight » Verlie Antonidis



VERLIE ANTONIDIS is a woman with a mission. She is vivacious, loves life and hopes to live to be 100. Everything she does inspires all who have the blessing to know her. Verlie loves to travel and she doesn't let the number of her years keep her from this passion. She has watched the moon rise in 49 states as she traveled with her late husband and she hasn't let her widowhood stop the quest to see it all. Verlie is busily planning her next trips which include her annual trip to the Shakespeare Festival in Montgomery, AL at Christmastime, Washington, D.C. in the spring and in February you will find Verlie swishing down the snowy slopes of the mountains in Utah on an inner tube. In addition to snow "tubing", Verlie loves cruises. She has crossed the Atlantic on the Queen Mary, cruised the Meditteran to Greece and Turkey, and sailed the entire coast of South America to its tip. She has walked the 220 steps on the mountain in Rio de Janeiro to look in awe at the huge statue of Jesus

at the summit. Verlie's goal is to tour the Holy Land one day-I would be willing to bet that she'll achieve this goal.

When Verlie isn't traveling she's volunteering. Verlie knows her church's kitchen like she knows her own. She cooks dinner every Wednesday before the evening services; she also cooks for special occasions, like wedding receptions and parties.

Verlie's zest and quest to live life to its fullest becomes clearer when you understand that many of her accomplishments have been since her eyesight dimmed to darkness. This was the lifestyle that she and her husband shared. Verlie won't let her vision compromise her life. Verlie's positivity is the reason her life works. She believes that as one door is closed, another door opens. Verlie always chooses to walk through the open doors.

Weekly Fitness Schedule

The Fitness room is open 7 days a week from 7 a.m. until 7 p.m. Please exercise with a buddy! Always consult your physician prior to beginning any new exercise program.



Masterpiece Living

Have you gotten involved in Masterpiece Living yet? Would you like to learn more about this successful aging initiative?

See Debra Krulewicz or Ellen Alves. 662-2729

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby	Walking Club Meet in the Lobby
9:00 am	Water Aerobics 1st Floor – Pool		Water Aerobics 1st Floor – Pool		Water Aerobics 1st Floor – Pool
10:00 am	Level 1 Exercises The Inn	Yoga The Inn	Level 1 Exercises The Inn	Level 1 Exercises The Inn	Level 1 Exercises The Inn
	Level 2 Exercises Somery Room	Level 2 Exercises Somery Room	Yoga Somery Room		Level 2 Exercises Somery Room
11:00 am	Wii Balance The Inn	Balance Class with Lisa Somery Room	Wii Balance The Inn	Wii Bowling The Inn	
		Wii Tennis The Inn		Conductorcise Somery Room	
1:00 pm				Balance Class with Lisa Somery Room	
2:30 pm	Water Exercise Pool		Water Exercise Pool		Water Exercise Pool
3:45 pm	Tai Chi Somery Room		Personal Fitness by appt.		Personal Fitness by Appt.
	Wii In the Alcove, Left of the main elevator on the 3rd floor	Wii In the Alcove, Left of the main elevator on the 3rd floor	Wii In the Alcove, Left of the main elevator on the 3rd floor	Wii In the Alcove, Left of the main elevator on the 3rd floor	Wii In the Alcove, Left of the main elevator on the 3rd floor



Masterpiece Moments



“CHINESE WONDERS”

Thursday the 16th

Trekking the World, Ancient Routes of China
2:00 p.m. in the Theater

Let's travel to the mysterious world of China through the magic of DVD.
Lunch and Dinner will feature Chinese cuisine

Cocktail Party
3:00 p.m. in the Library

KNIT WITS

Every Monday at 10:00 a.m. in the Library

Join Beverly Dennis and Knit Wits in the library every Monday. The ladies will be happy to teach you how to knit. This caring group of ladies create prayer shawls to give to those who need comforting.

SCRABBLE CLUB

Every Monday at 7:30 p.m. in the Somerby Room

Do you love Scrabble? Gather with your neighbors for this resident led game of word challenge!

MPL 101

Wednesday, September 1st at 2:00 p.m. in the Theater

Newcomers join Debra in the Theater to learn about this exciting culture that we live at Somerby. Fill out the first of your three Lifestyle Inventories and make an appointment with Debra to fill out your Health Risk Assessment.

NEUROBICS

Monday 13th, 20th & 27 at 11:00 a.m. in the Theater

Join Debra in the Theater for this informative Masterpiece Living seminar. Discover how memory works and the steps that you can take to improve your memory skills!

WATER COLORS WITH NANCY

Every Tuesday at 1:00 p.m. in the Arts & Crafts room

Beginners welcome! Join Nancy and your neighbors in the Arts and Crafts room to learn to paint with watercolors.

FAST FRIENDS

Tuesday the 21st at 2:00 p.m. in the Somerby Room

Meet and greet your neighbors in this fun, fast paced question and answer session!

NEW RESIDENT WELCOME SOCIAL

Tuesday the 27th at 4:00 p.m. in the Somerby Room

Join us as we welcome your new neighbors.

SCRAPBOOKING CLUB

Tuesday the 28th at 10:30 a.m. in the
Arts & Crafts Room

Feel free to bring your own pictures and supplies to work on your personal photo collection, or help Fran work on Somerby's 2010 scrapbook.

GREAT COURSES: THE HUMAN BODY- HOW WE FAIL, HOW WE HEAL

Tuesday the 28th at 2:00 p.m. in the Theater

Learning is for a lifetime. Join us as we begin a new program; Great Courses by Masterpiece Living. DVD & discussion group.

OLD TIME SOMERBY READER CASTING

“Baby Snooks & Daddy”

Every Wednesday at 3:30 in the Theater

PHOTOGRAPHY CLUB

Wednesday the 14th at 1:00 p.m. in the Theater

Experienced or Beginners- join us in the theater for discussion on our work, how to use digital medium and the love of photography.

PBS MASTERPIECE MUSIC THEATER

Every Wednesday Evening at 7:30 p.m. in the Theater.

Experience great music as only PBS can provide it! This month we will enjoy-John Tesh, Woody Guthrie, Tony Bennett, the 3 Tenors and the men of Celtic Thunder.

MEN'S CLUB BREAKFAST

Every Thursday at 8 :00 a.m. in the Dining Room – Alcove

Gentlemen, join Jeff and the guys for “man” time!

BOOK REVIEW/READING:

SOUTH OF BROAD BY PAT CONROY

Every Thursday at 11:00 a.m. in the Den

A book reading and so much more! Join your neighbors as we read and discuss not only the readings but the authors techniques as well.

CONDUCTORCISE

Every Thursday at 2:00 p.m. in the Somerby Room

Have you ever wondered why conductors are so fit? The physical movements that a conductor does while leading an orchestra provide an excellent no impact aerobic workout. Gather with your neighbors in the Somerby Room for our newest addition to our physical fitness program.

FUN WITH WORDS

Thursday the 30th at 2:00 p.m. in the Theater

Words have so many meanings. Join Jeff as he continues this often comedic look at the English language.

LEARN TO PLAY- RUMMIKUB, UPWORDS, SKIPBO & DOMINOES

Every Friday at 2:00 p.m. in the Game Nook

By Resident Request. Meet Debra in the Game Nook to learn how to play the games that your neighbors play in on a regular basis.

PIANO BAR

Every Friday at 4:00 p.m. in the Library

BYOB, we'll provide the mixers and snacks!

MEMORIES FOR YOU!

Tuesday, September 14th at 2:00 p.m. in the Lobby

By Request. . . Memories for You, playing all the music you know and love!

DING-A-LINGS

Every Saturday at 11:00 a.m. in the Den

Interested in learning to play the hand bells? This is the group for you. Beverly Dennis will guide you through the process and bring you up to performance level in no time.

WINE CLUB

Saturday the 18th at 3:00 p.m. in the Den

Are you a wine enthusiast? Or would you like to sample different types of wine and learn about the mastery of fermenting a grape into such a wonderful beverage? Join us as we sample and discover Dessert wines.

SUN

MON

TUE

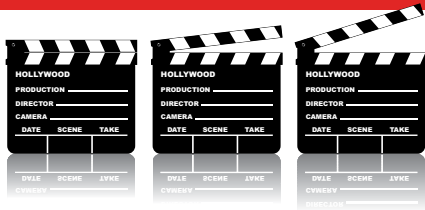
WED

THU

FRI

SAT

<p>Someryby of Mobile 901 Someryby Drive • Mobile, Alabama 36695 Phone: (251)776-1455 Fax: (251) 662-2721 Good Times Line: (251) 662-2729</p>				<p>9:00 a.m. Winn Dixie 10:00 a.m. Flower Committee 10:00 a.m. Yoga 11:00 a.m. Bible Study 1:00 p.m. Bridge 2:00 p.m. MPL 11 2:00 p.m. Cryptograms 3:30 p.m. Old Time Someryby Readers 7:30 p.m. PBS Masterpiece Music-John Tesh</p> <p style="text-align: center; font-size: 2em;">1</p>	<p>8:00 a.m. Men's Club Breakfast 9-12:00 p.m. Merchants Bank 11:00 a.m. Book Review/Reading: South of Broad <i>Pat Conroy</i> 1:00 p.m. Men's Poker 2:30 p.m. Conductorcize with Ray 3:30 p.m. Bingo for Bucks 7:30 p.m. Bridge with John</p> <p style="text-align: center; font-size: 2em;">2</p>	<p>10-12:00 p.m. Walmart 11:00 a.m. - 2:00 p.m. Premiere Jewelry Booth 1:00 p.m. Odyssey 1:00 p.m. Bridge 2:00 p.m. Learn to Play-Rummikub 4:00 p.m. Piano Bar 6:00 p.m. Guy's Night Out</p> <p style="text-align: center; font-size: 2em;">3</p>	<p>10:00 a.m. Flower Committee 11:00 a.m. Hand bells 11:30 a.m. Lunch and a Movie-Cracker Barrel & Carmike Cinema 2:00 p.m. Movies -New Releases 7:00 p.m. Bingo for Bucks</p> <p style="text-align: center; font-size: 2em;">4</p>
<p>11:00 a.m. Sunday Services 2:00 p.m. Movie's From Yesterday 2:30 p.m. Music with Gerry 3:00 p.m. Coffee Café 3:00 p.m. Billards</p> <p style="text-align: center; font-size: 2em;">5</p>	<p>10:00 a.m. Nit Wits 10:30 a.m. Shopping the Eastern Shore 11:00 a.m. Garden Home Meeting 11:00 a.m. Scattagories 1:00 p.m. Bridge 4:30 pm Wine Bar 7:30 p.m. Scrabble Club</p> <p style="text-align: center; font-size: 2em;">6</p>	<p>9:00 a.m. Uncle Doug's Produce 9-12:00 p.m. Merchants Bank 11:00 a.m. IL Town Hall Meeting 1:00 p.m. Watercolor 3:30 p.m. Bingo 7:30 p.m. Dominoes Club</p> <p style="text-align: center; font-size: 2em;">7</p>	<p>9:00 a.m. Winn Dixie 10:00 a.m. Flower Committee 10:00 a.m. Yoga 11:00 a.m. Bible Study 11:00 a.m. Blood Pressure Checks 1:00 p.m. Bridge 2:00 p.m. Cryptograms 3:30 p.m. Old Time Someryby Readers 7:30 p.m. PBS Masterpiece Music-Woody Guthrie</p> <p style="text-align: center; font-size: 2em;">8</p>	<p>8:00 a.m. Men's Club Breakfast 9-12:00 p.m. Merchants Bank 10:00 a.m. Conductorcize 11:00 a.m. Book Review/Reading: South of Broad 1:00 p.m. Men's Poker 3:30 p.m. Bingo for Bucks 7:30 p.m. Bridge with John 7:30 p.m. USA Music</p> <p style="text-align: center; font-size: 2em;">9</p>	<p>10-12:00 p.m. Walmart 1:00 p.m. Odyssey 1:00 p.m. Bridge 2:00 p.m. Shopping Hobby Lobby 2:00 p.m. Learn to Play--Upwords 4:00 p.m. Piano Bar</p> <p style="text-align: center; font-size: 2em;">10</p>	<p>10:00 a.m. Flower Committee 11:00 a.m. Kid's Hour, Pizza & Moonwalk 11:00 a.m. Hand bells 2:00 p.m. Movies -New Releases 7:00 p.m. Bingo for Bucks 8:00 p.m. Mobile Symphony</p> <p style="text-align: center; font-size: 1.2em;">Happy Grandparent's Day!</p> <p style="text-align: center; font-size: 2em;">11</p>	
<p>11:00 a.m. Sunday Services 2:00 p.m. Movie's From Yesterday 2:30 p.m. Music with Gerry 3:00 p.m. Coffee Café 3:00 p.m. Billards</p> <p style="text-align: center; font-size: 2em;">12</p>	<p>10:00 a.m. Nit Wits 10:30 a.m. Pensacola Naval Museum 11:00 a.m. Scattagories 11:00 a.m. Neurobics 1:00 p.m. Bridge 4:30 p.m. Pre Dinner Rosh Hashanna Festive Gathering 4:30 p.m. Wine Bar 7:30 p.m. Scrabble Club</p> <p style="text-align: center; font-size: 2em;">13</p>	<p>9:00 a.m. Uncle Doug's Produce 9-12:00 p.m. Merchants Bank 11:00 a.m. Mobility Review Fair 1:00 p.m. Photography Club 1:00 p.m. Watercolor 2:00 p.m. Memories for You 3:30 p.m. Bingo 7:30 p.m. Dominoes Club 7:30 p.m. USA Music</p> <p style="text-align: center; font-size: 2em;">14</p>	<p>9:00 a.m. Winn Dixie 10:00 a.m. Flower Committee 10:00 a.m. Yoga 11:00 a.m. Bible Study 1:00 p.m. Bridge 2:00 p.m. Cryptograms 3:30 p.m. Old Time Someryby Readers 4:00 p.m. Dine Around Town: Fuego 7:30 p.m. PBS Masterpiece Music-Tony Bennett</p> <p style="text-align: center; font-size: 2em;">15</p>	<p>Theme: Chinese Wonders 8:00 a.m. Men's Club Breakfast 9-12:00 p.m. Merchants Bank 10:00 a.m. Conductorcize 11:00 a.m. Book Review/Reading 1:00 p.m. Trekking the World Great routes of China 1:00 p.m. Men's Poker 3:30 p.m. Bingo for Bucks 4-5:00 p.m. Cocktail Party 7:30 p.m. Bridge with John</p> <p style="text-align: center; font-size: 2em;">16</p>	<p>10-12:00 p.m. Walmart 1:00 p.m. Odyssey 1:00 p.m. Bridge 2:00 p.m. Paul Rasp & Mary Kay On Piano 4:00 p.m. Piano Bar 8:00 p.m. Hard Rock in Biloxi presents Debbie Reynolds</p> <p style="text-align: center; font-size: 2em;">17</p>	<p>10:00 a.m. Photography Club Shooting-Mobile Botanical Garden's 10:00 a.m. Flower Committee 11:00 a.m. Hand bells 2:00 p.m. Movies -New Releases 3:00 p.m. Wine Club 4:00 p.m. Evening Casino Trip 7:00 p.m. Bingo for Bucks</p> <p style="text-align: center; font-size: 2em;">18</p>	
<p>11:00 a.m. Sunday Services 2:00 p.m. Movie's From Yesterday 2:30 p.m. Music with Gerry 3:00 p.m. Coffee Café 3:00 p.m. Billards</p> <p style="text-align: center; font-size: 2em;">19</p>	<p>10:00 a.m. Nit Wits 10:30 a.m. Casino Trip 11:00 a.m. Neurobics 11:00 a.m. Scattagories 1:00 p.m. Bridge 4:30 p.m. Wine Bar 7:30 p.m. Scrabble Club</p> <p style="text-align: center; font-size: 2em;">20</p>	<p>9:00 a.m. Uncle Doug's Produce 9-12:00 p.m. Merchants Bank 1:00 p.m. Watercolor 2:00 p.m. Fast Friends 3:30 p.m. Bingo 7:30 p.m. Dominoes Club</p> <p style="text-align: center; font-size: 2em;">21</p>	<p>9:00 a.m. Winn Dixie 10:00 a.m. Flower Committee 10:00 a.m. Yoga 11:00 a.m. Bible Study 1:00 p.m. Bridge 2:00 p.m. Cryptograms 3:30 p.m. Old Time Someryby Readers 7:30 p.m. PBS Masterpiece Music-The 3 Tenors</p> <p style="text-align: center; font-size: 2em;">22</p>	<p>8:00 a.m. Men's Club Breakfast 9-12:00 p.m. Merchants Bank 10:00 a.m. Conductorcize 11:00 a.m. Book Review/Reading: 1:00 p.m. Men's Poker 2:00 p.m. Birthday Bash! 3:30 p.m. Bingo for Bucks 7:30 p.m. Bridge with John</p> <p style="text-align: center; font-size: 2em;">23</p>	<p>10-12:00 p.m. Walmart 1:00 p.m. Odyssey 1:00 p.m. Bridge 2:00 p.m. Learn to Play-- Dominoes 4:00 p.m. Piano Bar</p> <p style="text-align: center; font-size: 2em;">24</p>	<p>10:00 a.m. Flower Committee 11:00 a.m. Hand bells 2:00 p.m. Movies -New Releases 7:00 p.m. Bingo for Bucks 8:00 p.m. Mobile Theater Guild "Red, White & Tuna"</p> <p style="text-align: center; font-size: 2em;">25</p>	
<p>11:00 a.m. Sunday Services 2:00 p.m. Movie's From Yesterday 2:30 p.m. Music with Gerry 3:00 p.m. Coffee Café 3:00 p.m. Billards 2:30 p.m. Mobile Chamber Music: Daedalus String Quartet</p> <p style="text-align: center; font-size: 2em;">26</p>	<p>10:00 a.m. Nit Wits 10:30 a.m. Historic Tour of Mobile with Robert Glennon 11:00 a.m. Neurobics 2:00 p.m. Scattagories 4:00 p.m. Bridge 4:00 p.m. New Resident Welcome Social 7:30 p.m. Scrabble Club</p> <p style="text-align: center; font-size: 2em;">27</p>	<p>9:00 a.m. Uncle Doug's Produce 9-12:00 p.m. Merchants Bank 10:30 a.m. Scrapbooking Club 1:00 p.m. Watercolor 2 pm Food Committee 2:00 p.m. Great Courses: The Human Body: How We fail, How We Heal 3:30 p.m. Bingo 7:30 Dominoes Club</p> <p style="text-align: center; font-size: 2em;">28</p>	<p>9:00 a.m. Winn Dixie 10:00 a.m. Flower Committee 10:00 a.m. Yoga 11:00 a.m. Bible Study 1:00 p.m. Bridge 2:00 p.m. Cryptograms 3:30 p.m. Music 3:30 p.m. Old Time Someryby Readers 7:30 p.m. PBS Masterpiece Music-Celtic Thunder</p> <p style="text-align: center; font-size: 2em;">29</p>	<p>8:00 a.m. Men's Club Breakfast 9-12:00 p.m. Merchants Bank 10:00 a.m. Catholic Mass 11:00 a.m. Book Review/Reading 1:00 p.m. Men's Poker 2:00 p.m. Activities Meeting Jeff's Fun with Words 2:00 p.m. Jeff's Fun with Words 3:30 p.m. Bingo for Bucks 7:30 p.m. Bridge with John</p> <p style="text-align: center; font-size: 2em;">30</p>			



This Month's Movies

SATURDAYS



4th - **DATE NIGHT (2010)**

Starring: Steve Carell, Tina Fey
Rated PG13

11th - **MY NAME IS KAHN (2010)**

Starring: Shah Rukh Khan, Kajol
PG13

18th - **LAST SONG (2010)**

Starring: Miley Cyrus, Greg Kinnear
PG

25th - **SISTERHOOD OF THE TRAVELING PANTS – 1 (2005)**

Starring: Amber Taumldyn, Alexis Bledel
PG

SUNDAYS



5th - **SLEEPLESS IN SEATTLE (1993)**

Starring: Tom Hanks, Meg Ryan
PG

12th - **BUTCH CASSIDY AND THE SUNDANCE KID (1969)**

Starring: Robert Redford, Paul Newman
PG

19th - **DEFINITELY, MAYBE (2007)**

Starring: Ryan Reynolds, Isla Fisher
PG13

26th - **A LEAGUE OF THEIR OWN**

Starring: Tom Hanks, Geena Davis & Madonna
PG

MOVIES BEGIN AT 2 PM

Popcorn served 15 minutes prior to showtime.
THEATER, 3rd Floor

TOWN HALL MEETINGS

Garden Homes

Monday, 6th
11:00 am
Somerby Room

Independent Living/Villas

Tuesday, 7th
11:00 am
Somerby Room

The Inn

Thursday, 9th
2:00 pm
Living Room of the Inn

Somerby Shuttle

Please sign up with the concierge one hour prior to the trip departure. All trips leave from the Main Lobby.

ERRANDS

Bank, Post Office, and Public Library

Every Monday beginning @ 9:15 am.

GROCERY

Winn Dixie, every Wednesday at 9:00 am

Walmart, every Friday @ 10:00 am & 11:00 am

RELIGIOUS

Springhill Avenue Temple

Fridays @ 5:00 pm

St. Paul Lutheran Church

Sundays @ 9:30 am

Our Savior Catholic Church

Sundays @ 10:45 am

ASSOCIATE OF THE MONTH

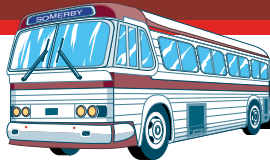
NICHOLAS BAKER

Nicholas "Nick" Baker has been employed with Somerby as an Associate in Dining Services for nine months. Nick's position of Dining room server requires great patience, expertise and skill, along with the ability to have a sense of humor and the desire to serve. Nick was selected as associate of the month based on his ability to not only achieve, but exceed in all of these requirements. Nick takes great care of the residents, treating each of them as if they were his own family. In his spare time, Nick enjoys video games and likes to go to the flea market.



CONGRATULATIONS NICK ON A JOB WELL DONE!

Out & About



Minimum of six required for all trips. Be sure to sign up for the trip of your choice two days prior to the event.

ODYSSEY

University of South Alabama

Every Friday at 1:00 p.m.

This is an senior adult educational opportunity provided by the University of South Alabama. Preregistration is required. For questions please contact the concierge.

GUY'S NIGHT OUT

Friday, September 3rd, 6:00 p.m.

September's destination is the Shriner's Club for steaks and beer! Sign up at the concierge desk please.

LUNCH AND A MOVIE:

**Carmike Theater and lunch
at Cracker Barrel**

11:30 a.m.

Please sign up at the concierge desk.

SHOPPING THE EASTERN SHORE

Monday, September 6th, 10:30 a.m.

Wear your comfy shoes – this outside mall has everything you could want!

SHOPPING HOBBY LOBBY

Friday, September 10th, 2:00 p.m.

Jump aboard the bus and head for the nearby Hobby Lobby! This is your opportunity to replenish all of your arts and craft supplies.

MOBILE SYMPHONY

Saturday, September 11th, 8:00 p.m.

"Pines of Rome" Music featuring Jenny Gregoire, violinist and highlighting Roman great works. Tickets \$15-\$55. Call 432-7080 to reserve your ticket.

PENSACOLA NAVAL AIR MUSEUM

Monday, September 13th, 10:30 a.m.

Travel to Pensacola the easy way – with us! We'll explore the aircraft that has defended our shores for many wars as well as in peace time. Lunch location will be decided by the group.

USA MUSIC PERFORMANCE

**Laidlaw Performing Arts on the campus of
University of South Alabama.**

Tuesday, September 14th at 7:30 p.m.

Featuring Daniel Driskell in a faculty piano recital. Tickets available at the door for \$3.00.

DEBBIE REYNOLDS IN CONCERT

The Hard Rock Casino in Biloxi, MS presents Debbie Reynolds in concert. Showtime is 8:00 p.m., the bus will be leaving a 6:00 p.m. sharp. Tickets are on sale now for \$19.99 and up – through Ticket Master.

MOBILE BOTANICAL GARDENS HERB DAY

Saturday, September 18th at 10:30 a.m.

This is our photo shoot for the month. Everyone is invited to join the photography club for this outing. Herbs will be for sale and recipes available for tasting.

EVENING CASINO TRIP PALACE RESORT-BILOXI

Saturday, September 18th at 4:00 p.m..

Test your luck at the slots or cards. Great food and wonderful company!

MOBILE THEATER GUILD PRESENTS "RED, WHITE & TUNA"

Saturday, September 25th at 8:00 p.m.

Play by Jaston Williams, Joe Sears and Ed Howard. Two great actors create an entire Texas town in this hilarious third installment of Greater Tuna Trilogy. Tickets \$14 and can be purchased by calling 433-7513.

MOBILE CHAMBER MUSIC – DAEDALUS STRING QUARTET Davidson High School

Sunday September 26th at 2:30 p.m.

Tickets are \$20.00 at the door.

HISTORIC TOUR OF MOBILE guided by Author Robert Glennon

**Featuring: Kudjo, the last slave ship
to the America's**

Monday, September 27th, 10:30 a.m .

Hop aboard the bus and join Mr. Glennon as he guides us around Mobile pointing out the historic sites of this monumental period of American History. We will see the grave of Kudjo and the routes that the slaves took from port to post. Lunch location will be determined by the group.



Physical Therapy And Occupational Therapy Services Provided At Somerby

- Balance, strength and flexibility evaluation and treatment as indicated
- Home safety assessment with recommendations on adaptive equipment and durable medical equipment
- Fall prevention
- Low vision and hearing loss education and access to available resources
- Arthritis education and exercises
- Energy conservation techniques
- Cognitive programs to stimulate memory and provide adaptations for increased safety and independence
- Powered scooter and wheelchair assessment and training COPD education
- Rehabilitation after surgery such as total joint replacement and spinal surgery

Tips For Preventing Falls

LIGHTING: Make sure to use the highest wattage allowed in the bulb. Use night lights when getting up in the middle of the night. Keep a flashlight by your bed for emergencies.

CLUTTER: Keep pathways cleared of shoes, electrical cords, and magazines.

THROW RUGS: Rugs can be a tripping hazard. They should be tacked down, have a non-skid back, or be taken up.

LACK OF HAND RAILS: Don't use the sink, soap, or towel holder as they are not designed to hold the weight of a person. Install grab bars or handrails in the bathroom.

UNEVEN WALKING SURFACES: Avoid broken sidewalks or broken, worn steps.

PETS: Be aware of where your pet is as they can get underfoot or jump and cause a fall.

**If you would like further information, please contact
Providence Hospital Therapy Services at (251) 639-2096**