



National Assisted Living Week

Nourishing Life: Mind, Body and Spirit

Saturday, Sept. 12, 11 a.m. to 2 p.m.

National Assisted Living Week Celebration. Please see the back of this flier for details of the week's events.

Sunday, Sept. 13

Grandparents' Day Meal. The lunch meal will include creamy seafood bisque, hand-carved roast top round of beef, shrimp Newburg over sautéed grit cakes, mashed potatoes and gravy, roasted asparagus, and steamed fresh zucchini and summer squash. Guests are welcome and can eat for just \$8 per person.

Wednesday, Sept. 16, 6:30 p.m.

Comedian Brad Trackman. Nourish your spirit with laughter as a nationally known comedian entertains you. Brad's show is squeaky clean and he performs often for corporate gatherings. Brad has made TV appearances on Comedy Central, CBS's The Late Late Show, CBS's Comics Unleashed, CBS's Star Search with Arsenio Hall and several others. He has opened for Joan Rivers, Robin Williams, Dana Carvey and toured with Weird Al Yankovic. Check bradtrackman.com for more information.

Thursday, Sept. 17, 6:30 to 8:30 p.m.

Painting with Cheers Art Studio. Residents, along with one guest each, can paint a one-of-a-kind picture on canvas to take back to their apartment. Cheers Art Studio will provide everything that is needed to create a masterpiece! Team members are also encouraged to participate, but in order to ensure space, may not bring guests. Space is limited to the first 50 people who sign up. Residents and their guests and any team members who plan to participate should sign up at the front desk as soon as possible, no later than noon on Sept. 15.

Friday, Sept. 18

Wear your aubergine! If you have a Novant Health T-shirt or other aubergine clothing, please wear it in solidarity with our staff.

Saturday, Sept. 19, 2 p.m.

Stress management with yoga. Nourish your mind and body by learning stress management techniques through yoga. This will be held in the fitness room.