

# Clean Hands Pure Hearts Adult Day Center

*Hello September....*

*Seasons Greeting!*  
*Jumping right Into Fall!*

Autumn is here, and so are exciting events, fresh activities, and cozy moments at our Adult Day Center! This season is all about joy, connection, and plenty of fall-themed fun—let's make it unforgettable together.

## A Fall Poem for Our Friends at Clean Hands Pure Hearts

Golden leaves drift soft and slow,  
September breezes gently blow.  
Laughter warms these autumn days,  
As friendships shine in countless ways.

At Clean Hands Pure Hearts, we gather near,  
Sharing stories we all hold dear.  
With caring hands and open roads,  
We serve with love in Hampton Roads.

Pumpkins glow and apples gleam,  
Each new day brings a cherished dream.  
Together we find joy that lasts,  
Honoring memories, present and past.

So as the season paints the skies,  
We celebrate with grateful eyes.  
For here, each heart has found its part—  
In the family of Clean Hands Pure Hearts.



*Upcoming Field Trips*

**September 4**

**Norfolk Zoo**



**September 19<sup>th</sup>**  
**Chesapeake City BBQ**



## What's New??

### Nutritious Meals with The Rouse Café

We are excited to share that we have partnered with The Rouse Café to provide fresh, nutritious meals for our participants every day. Good food brings people together, and we are proud to serve meals that not only taste great but also support healthy living.



## September Birthdays



**Mr. Grady PARTICIPANT**

**September 22**



**Shakita Davis STAFF**

**September 27th**

Check out some of the meals they have been served so far! All dietary restrictions are followed!



We also offer in-home care for our loved ones who are unable to attend the center! Ask us how to get started!

