

September 2021

Sea Breeze Adult Day Center

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September Events

Hispanic Heritage Month

Labor Day Event

Friday Sep 3rd

Live Music Event for International Country Music Day

Monday Sep 17th

2 pm – 3:00 pm

Laughter for Health

Presented by Empath Health

Monday Sep 27th

2 pm – 2:30 pm

*Refer to our monthly activities calendar on
our website for daily activities*

Arts & Craft Projects

Linen Lavender Sachet

Week of Sept 6th

Fall Basket Magnet

Week of Sep 6th

Happy Birthday

Ena
Doug
Mary Kay
Marge
Marjorie
Vickie



It will take another month for temperatures to cool down here in Florida, but nonetheless, fall is in the air. Northern birds start their long migration journey this month to spend the winter and early spring here in sunny Florida. If you are a bird watcher you will soon have many more birds to enjoy.

We ended our summer month with a fun-filled Pirate Day as a tribute to International Pirate Month. Fun it was!



Earlier in the month we also enjoyed a live musical event with Larry Lewis to celebrate Elvis Week. Larry has been coming to our center for over 4 years now and we still look forward to every one of his musical events.

As every month, September will be a busy and fun month with our Labor Day picnic luncheon and activities, another live musical event to celebrate International Country Music Day, great arts & craft projects and 6 birthdays, wow!

*“Autumn is a second spring when every leaf
is a flower.”*

- Albert Camus



Our new furry friend



August Sea shell craft project



Happy birthday Pat



Our early morning ladies enjoying each other's company

First, the News

On September 25, 1690, the first newspaper in America was published. Sadly for publisher Benjamin Harris, his *Publick Occurrences Both Forreign and Domestick* lasted for just one edition before British censors shut it down. Harris was the owner of Boston's London Coffee-House, an establishment frequented by the city's intellectual elite. The cafe was the premier venue for sharing news of the world and debating the philosophies of the era. Harris, a savvy businessman, knew he had a captive audience for his monthly publication. But Harris was also a known rabble-rouser. He had published inflammatory pamphlets in England before fleeing to the colonies to evade fines and imprisonment. Harris would eventually return to London and the news business, publishing his *London Post* from 1699 to 1706.



Pirate Day Party

Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

Master Class in Classical Music

September is hailed as Classical Music Month, but what exactly is classical music? Some historians estimate the beginning of Western music to around 1000 AD when plainsong or Gregorian chanting was the traditional music of the Church. Centuries passed, and harmony and melody evolved so that multiple voices or sounds could complement each other. By the Renaissance, this music moved out of the church and into the royal courts and noble manors of Europe. Composers, freed from strict Church conventions, could experiment. By the 1500s, their elaborate musical compositions could be printed in books, allowing both singers and players to "weave" their multiple musical parts together.

Opera became popular in Italy in the late 16th century and with it the *sonata*, instrumental interludes dominated by predictable chordal patterns and rhythms. This led to ever-larger orchestras. At last, in the 17th century, the Baroque masters of classical music—Vivaldi, Bach, Handel—composed complex, masterful concertos. Mozart, Haydn, Beethoven, and Chopin would follow, establishing classical music as both an era and enduring genre.



Our longtime entertainer, Larry Lewis, sang some Elvis tunes for Elvis Week