

September News & Info.

This month we observe:

Rosh Hashanah, Labor Day, Yom Kippur, Peace
Fall begins at the Autumn equinox 9/22 at 3:21
p.m.

Journey to Health

Starting this fall, it is time to focus on you and your overall health! Each month will have a different health focus, from physical, to financial to mental health and more. Look for Journey to Health programs, which are recognized by a HEART.



On the last Friday of the month, we will rendezvous to review what we learned.

We start out in September with *Fall Prevention and Safety Awareness*. See page 4 for classes and programs on this topic.

Cups at the Center

BRING YOUR OWN!

Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, microparticles, which poison the environment and animals, especially marine life and, ultimately, us. Think of your grandchildren and bring your own reusable cup or water bottle!!



OK



OK



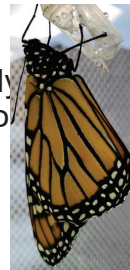
OK

Herndon Senior Center Fun Fact

Days center was closed	409
(excl. Sundays and Public Holidays)	
Days Staff was NOT on site	0
Days center was partially open	27
Total meals delivered by HSC.....	37,456
The most meals delivered in one day.....	714
HSC Email subscribers	549
Issues of the weekly News & Info.....	60
Wellness calls made	1,093
Most frequently (ab)used word.....	pivot

The Monarch Butterfly Nursery News

All seven caterpillars survived and the last ones have been released into the wild and may already be on their way to



Sasha, The Monarch Whisperer pictured below.

