



VET★COM

TAKE A PEEK AT WHAT'S HAPPENING HERE AT THE
BLUE GOOSE

GEORGIA WAR VETERANS NURSING HOME

September 2024



FEATURING

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GEORGIA WAR

WOULD LIKE TO WISH
YOU A MONTH FILLED
WITH LOVE, PEACE, AND
JOY.

WELCOME

Thomas Hubbard

Donald Cole

Edward Elliott

James Lomax

Lisa Alley

Pinnacle Honorable Mentions August 2024

Dr. Richard Sams

2nd Floor Staff

Shirley McNair

Yolanda Rhyne

Kalilah Jones

3rd Floor Staff

Constance Jones

Katherine Williams-Washington

Candace Schumann

Birthstone: Sapphire

Birth Flowers: Asters and Morning Glory

Dates to Remember:

September 2: Labor Day

September 8 - 14: National Healthcare Environmental Services Week

September 11: Patriot & Grandparents Day

September 15 - 21: National Security Office Appreciation Week

September 17: Constitution Day

September 21: International Day of Peace

September 26: Johnny Appleseed Day



September's Moon Phases

New Moon: September 3rd

First Quarter: September 11th

Full Moon: September 18th

Last Quarter: September 24th

INFECTION PREVENTION UPDATE

The Fall Virus Season is Approaching

As the fall season approaches, we must also welcome back those awful respiratory illnesses: The Flu, COVID-19, and RSV. The confluence of influenza, COVID-19, and respiratory syncytial virus (RSV), has many of us once again wary of what the upcoming respiratory virus season may bring. The spread of these respiratory viruses across the country means that long-term care communities must get prepared if they enter and spread through their facility. Georgia War Veterans Nursing Home believes that if we get prepared now for what this respiratory season may bring, we may avoid large outbreaks or widespread transmission within our facility. Our goal is to protect our residents, families, staff, and community. We are committed to following the guidance of the CDC to meet this goal. The guidelines describe implementation steps to help limit the spread of infection when a staff member or resident develops COVID-19 or any respiratory illness in our facility. Its guidance also offers the necessary steps to protect our families and other visitors from getting sick. Please note the following:

1. Masks are strongly recommended for **all staff and visitors.**
2. Practice social distancing when appropriate.
3. Please wash/sanitize your hands frequently.
4. If you are sick, please re-plan your visit when you are feeling better.
5. If you are an employee, and you are sick, please stay home and contact your supervisor.

Typical flu season usually starts in September or October with a peak between December and February; however, please be aware that we are already seeing an uptick of COVID-19 cases in the community. Once an individual has been infected with the virus, viral shedding begins within 24 to 48 hours, and it usually takes about 24 hours before symptoms begin. These can include fever or feeling feverish; a stuffy or runny nose; cough; muscle and body aches; headache; fatigue; and vomiting and diarrhea, which are more typical in children than in adults. Influenza can range from asymptomatic to severe illness. Symptoms of COVID-19 and RSV can be similar but take longer after exposure to manifest, usually between 2 and 14 days, but typically by day 5. People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness.

To protect yourself and your family, stay up to date with your immunizations (Flu, COVID, RSV, and Pneumococcal Pneumonia). For more information, visit www.CDC.com or visit your local health department.

DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

American Legion Department of Georgia	Little Debbie Cakes & Body Wash
American Legion Riders	BINGO Prizes and Assistance
American Legion Post 192 Auxiliary	Social, Body Wash, Razors, and Snack Cakes
American Legion Post 205 Auxiliary	Pizza Social
Augusta Museum of Art	Craft Kits
Chaplain Larry Jesion	Church Service
Combat Vets Motorcycle Club	BINGO and Candy
Disabled American Veterans	Ice Cream Social and Candy
Disabled American Veterans of Georgia	Annual Cookout
Delta Gems	BINGO Assistance
Elks Lodge 205	Watermelon Social
Evans VFW	Birthday Party, Blankets, and Cupcakes

DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

Faith Baptist Church

Sunday Church Service

Mackey House Music

Live Music

PenFed

Late Night BINGO and support

Project Lifting Spirits

Late Night Movie Events and Comfort
Items

The following individuals/organizations made contributions to our Resident Benefit Fund:

Stuart Bloom

THANK YOU!



WARRIOR OF THE MONTH



This month, I have the absolute pleasure of introducing the walking embodiment of gratitude. September 2024 Warrior of the Month is none other than Mr. George N. Clarke II. Even as a man of faith, he attributes only a small portion of his good fortune to religion. Mr. Clarke also has a strong belief in a sort of karmic balance. "The love, time, and energy you put out into the world will grow and come back to you. It's true; I have seen it time and time again. My whole life has been magic."

George, as he likes to be called, was born to parents ahead of their time. Mr. George Clarke Sr. and Mrs. Norma Zeigler wanted to make the world a better place with open minded ideas and words of wisdom that could have been interpreted differently for the time. What could this wisdom be, you might ask? Well, it's simple: "Treat everyone, no matter their color, no matter their wealth, no matter their education, just as you would want to be treated. The moment you short someone because of their appearance or means you cheat yourself." George believes that by living with this resolute belief as the pillar to his life, the world opened up an unimaginable number of opportunities to him.

For example, the one-only time George had alcohol turned into an incredible adventure. What started as a dinner out with friends turned into a total blur. The next morning, imagine George's surprise to have woken up in an ARMY barracks with no recollection of how he got there. Then double that surprise when his friend walked in and explained that he was in fact in the ARMY. His dear friend Brixler handed George a handgun and said, "You start on Monday." George, up to this point, had never held a gun. Teasingly, Brixler told him to pull the trigger. George did just that, and as the pistol recoiled high above his head, he decided that just wasn't for him. With much amusement, George shared, "Make sure to tell them that I did not drop the pistol, so that's still pretty good. If those barracks are still standing, there is an odd bullet somewhere in it." After that moment, George never had to hold a gun again. By his own description, the world decided to provide him with a position processing German POWs, and he never had to harm anyone: "...in my heart, I just could not have hurt anyone; I just don't have that in me." The good he put out into the world had touched his life, but it was not finished yet.

This "magic" was also what led him to "the most incredible girl I had ever met." Their courtship was short, but it was undeniably love at first sight. "Jean was an angel." Her family welcomed him and shared in his joys and achievements with the same pride as if he were their own son. This expansion of pure love and unconditional support carried the young couple through 66 years of blissful marriage. They welcomed two sons and years of joy and excitement. Family is clearly a defining factor in George's life. The unstoppable tears of pride came and went throughout our conversation about his family. Even when describing the loss of "his girl" and his first son, George Jr., he expressed gratitude. "Every moment meant something, and I was there to share it with them. That's part of the magic." The magic in the world even saw fit for George to find love again in Joy Fox. Although separated by space, love letters continue to pass between the two like star-crossed lovers.

As a closing question, I ask George, "What parting advice would you leave for the youth of today?" After a brief pause, he stated, "Honesty. Yes, always be honest and transparent. With family, friends, strangers, and colleges, be honest and transparent. People will not trust you if you do not truly trust them. You cannot lead without trust and respect for and from the people around you." This advice helped him work successfully as a publisher for The Daily Citizen News in Dalton, Georgia, and in raising his family. As his family continues to grow and thrive, he wants them to remember his legacy as being built by "magic" and sustained by "honesty." Congratulations, George, on being our Honest September Warrior of the Month!

Heather Nichols,
Activities Director



CENTENNIAL BIRTHDAY BASH



CENTENNIAL BIRTHDAY BASH



CENTENNIAL BIRTHDAY BASH



ACTIVITIES WITH OUR VETS



ACTIVITIES WITH OUR VETS



ACTIVITIES WITH OUR VETS



ACTIVITIES WITH OUR VETS



PINE NEEDLE GARDEN CLUB



PINE NEEDLE GARDEN CLUB



PINE NEEDLE GARDEN CLUB



FUN AT THE BLUE GOOSE



FUN AT THE BLUE GOOSE



RIDDLE ME THIS

SOLUTIONS ON PG. 32

1. I come in waves. I go with cheers in early September, almost every year. Celebrate me with a day off; what am I—full of joy and scoff?
2. I am three, but feel like more; I offer rest to the working core. At summer's end, I'm a brief delight; What am I—that's not too tight?
3. I crackle and pop, but I'm not a box. With me, you cook your Labor Day stocks. Burgers and dogs, I make them feast-ready. What am I—always hot and steady?

WORD SCRAMBLE

SOLUTIONS ON PG. 32

Labor Day Word Scramble

Word Bank

Conditions

Labor

Union

Factory

Monday

Wages

Holiday

September

Worker

1. wrreok

2. innou

3. tfryaco

4. myodna

5. lbrao

6. ioyhlda

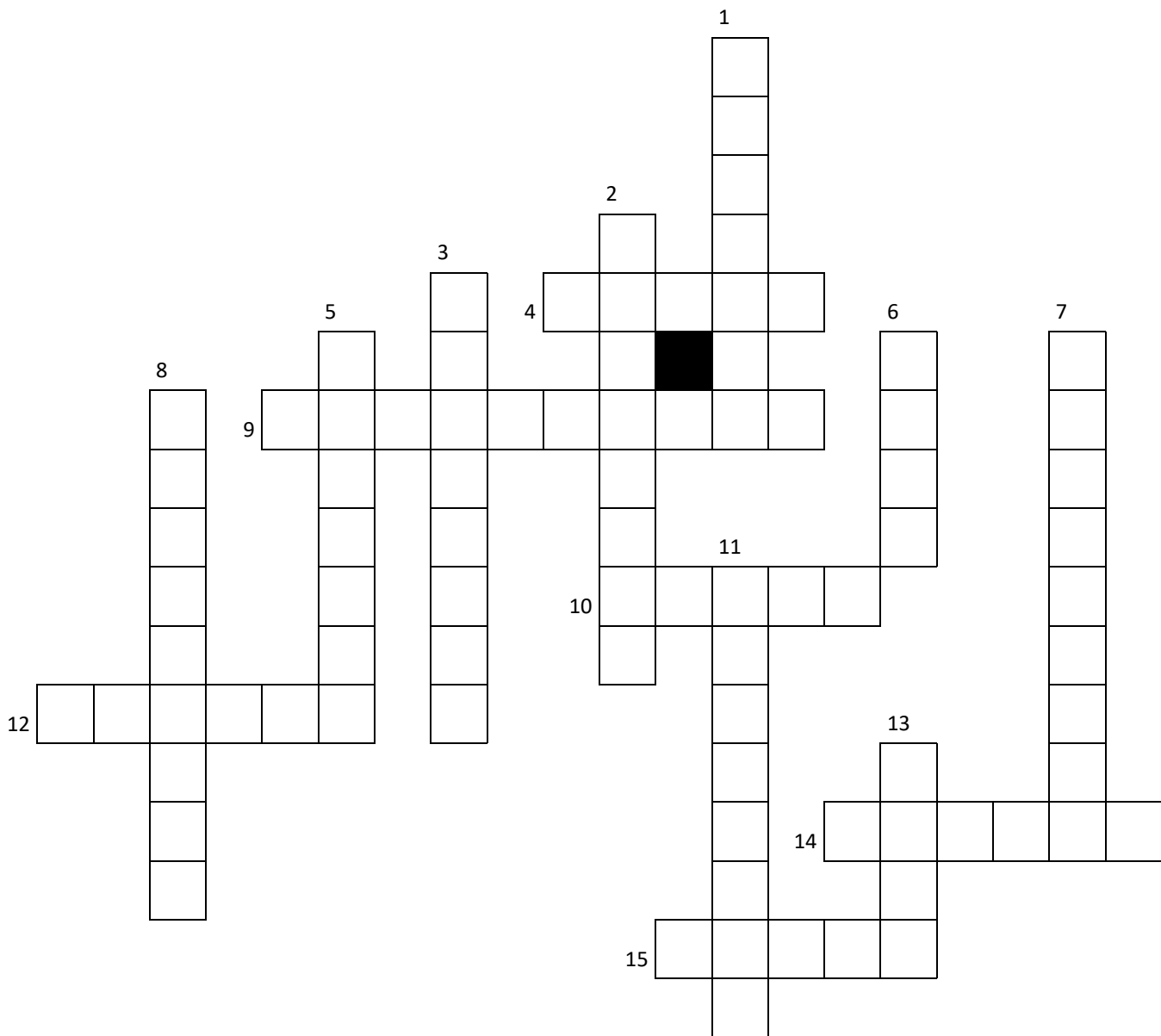
7. preeesmrb

8. ocndtiisno

9. sgwae

CROSSWORD PUZZLE

SOLUTIONS ON PG. 33



Across

4. Another word for work.
9. To help.
10. An act of joining
12. People you are related to.
14. Someone that gets paid to work.
15. I miss summer _____.

Down

1. A get together where you cook.
2. Grilled food is called
3. The _____ Anthem.
5. Christmas, Easter, 4th of July, Halloween
6. To sit still or sleep.
7. To be excited.
8. The 9th month of the year.
11. My mom is in the hair _____.
13. Something you do for money.

Word Bank

- | | |
|----------|------------|
| Work | Celebrate |
| National | Holiday |
| Industry | Family |
| Break | Union |
| Barbeque | Worker |
| Rest | Contribute |
| Cookout | September |
| Labor | |

Wordsearch

SOLUTIONS ON PG. 34

Labor Day

I F H Z I C E L E B R A T E A F L
 H V I F A T E W A F P S N Y V I N
 M H U R B S T A E T E E A J V N Q
 A O A D S Y J X C C O P N C D G X
 O N I C C T E K W V H T R L F W I
 E O M Y H M M O Q D X E P O A X X
 P R W F U I R O S J J M A J D H N
 R J I N W K E S N F S B S H J O R
 S E T U E B E V F D Z E W X I D G
 N V Z R G R O U E Y A R D N G P U
 A I S H G A C D A M C Y U A N W Y
 C Z Z N A V M D V T E R G R R A I
 I L O T Q W R R P B O N L Q I A U
 R C W F G O N Z E B X X T K S Y P
 E S I M B F G B A T U H B S T O S
 M M F A S E S L U L E M L G K T S
 A R L T R Z O K K F K P R F Y Z E

Peter Maguire	Achievements	First Monday
Labor Union	Celebrate	Americans
September	Labor Day	Congress
Parades	Workers	Honor

SCAVENGER HUNT

SOLUTIONS ON PG. 35



These (5) items below are hidden throughout the September's issue of the VetCom



PG. _____

PG. _____

PG. _____

PG. _____

PG. _____

SUDOKU PUZZLE

SOLUTIONS ON PG. 35

3	8		9			2		5
					8	7	3	
	6		3			9	8	
					3	5		1
9	1		5		7		2	3
7		3	1					
	3	5			1		9	
	7	4	6					
8		1			2		6	7

PUZZLE 1

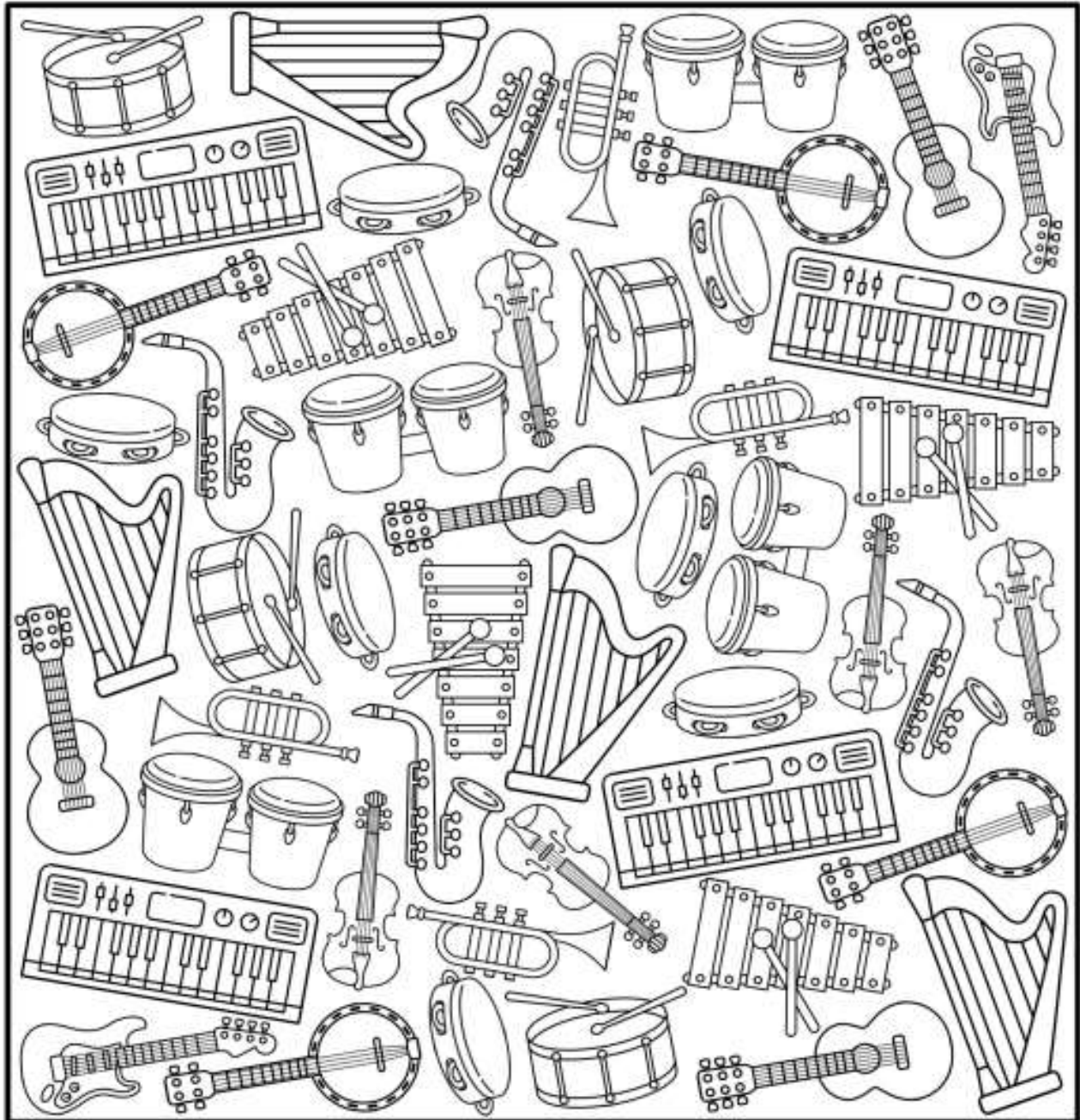
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	8	9	5					1	6
5					6		3		9
8	3	1					7		5
	2							6	
9		7					8	4	2
2		6			1				8
3	7					6	9	2	
1			3						7

PUZZLE 2

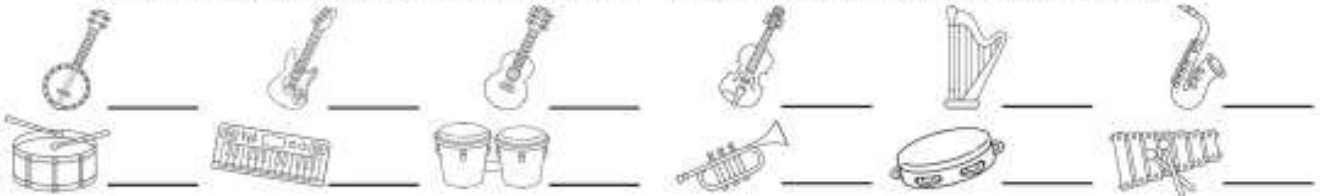
HIDDEN FIGURES PUZZLE

SOLUTIONS ON PG. 36

I Spy Musical Instruments





Search and color these 12 items - How many of each can you find?



Follow the Numbers

SOLUTIONS ON PG. 37

Follow Numbers 1 through 55

		4	9	6	18	17	16	35	34	32
		3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	30	46
3	2	9	8	13	12	31	30	19	48	47
9	3	6	7	8	20	12	17	18	19	31
8	4	5	22	9	10	11	16	40	20	32
10	5	26	23	10	42	41	15	39	21	33
14	6	25	24	11	12	13	14	39	22	47
8	7	14	15	16	17	18	19	20	23	46
21	34	33	32	31	40	27	26	25	24	55
23	35	18	19	30	29	28	27	28	29	54
24	36	30	32	31	5	2	50	51	52	53
38	37	38	39	46	47	48	49	44	55	54
39	20	33	44	45	29	52	53	45		
40	41	42	43	46	47	53	54	55		

SPOT THE DIFFERENCE PUZZLE

SOLUTIONS ON PG. 38



FIND EIGHT (8) DIFFERENCES

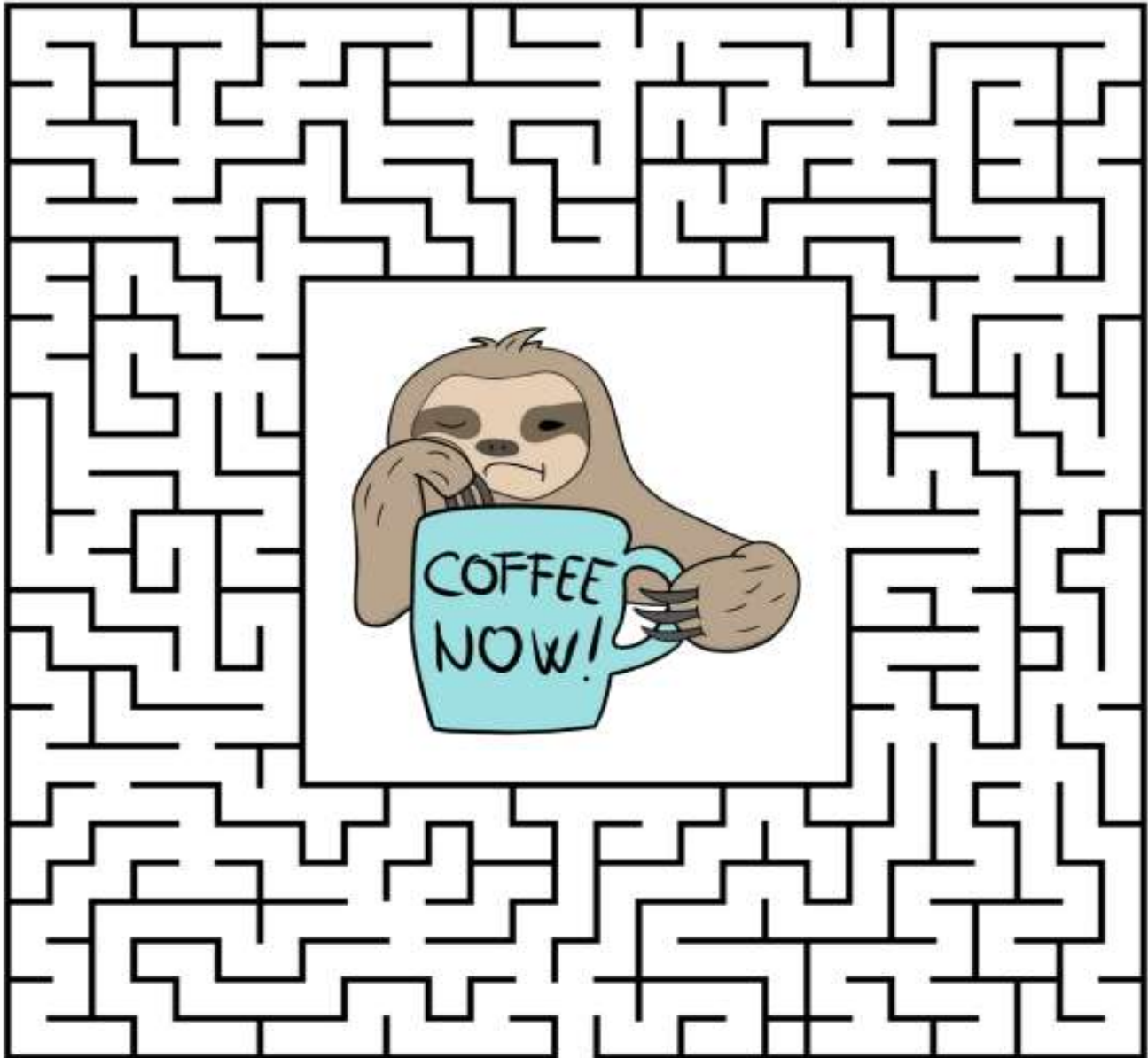


MAZE PUZZLE

SOLUTION ON PG. 39

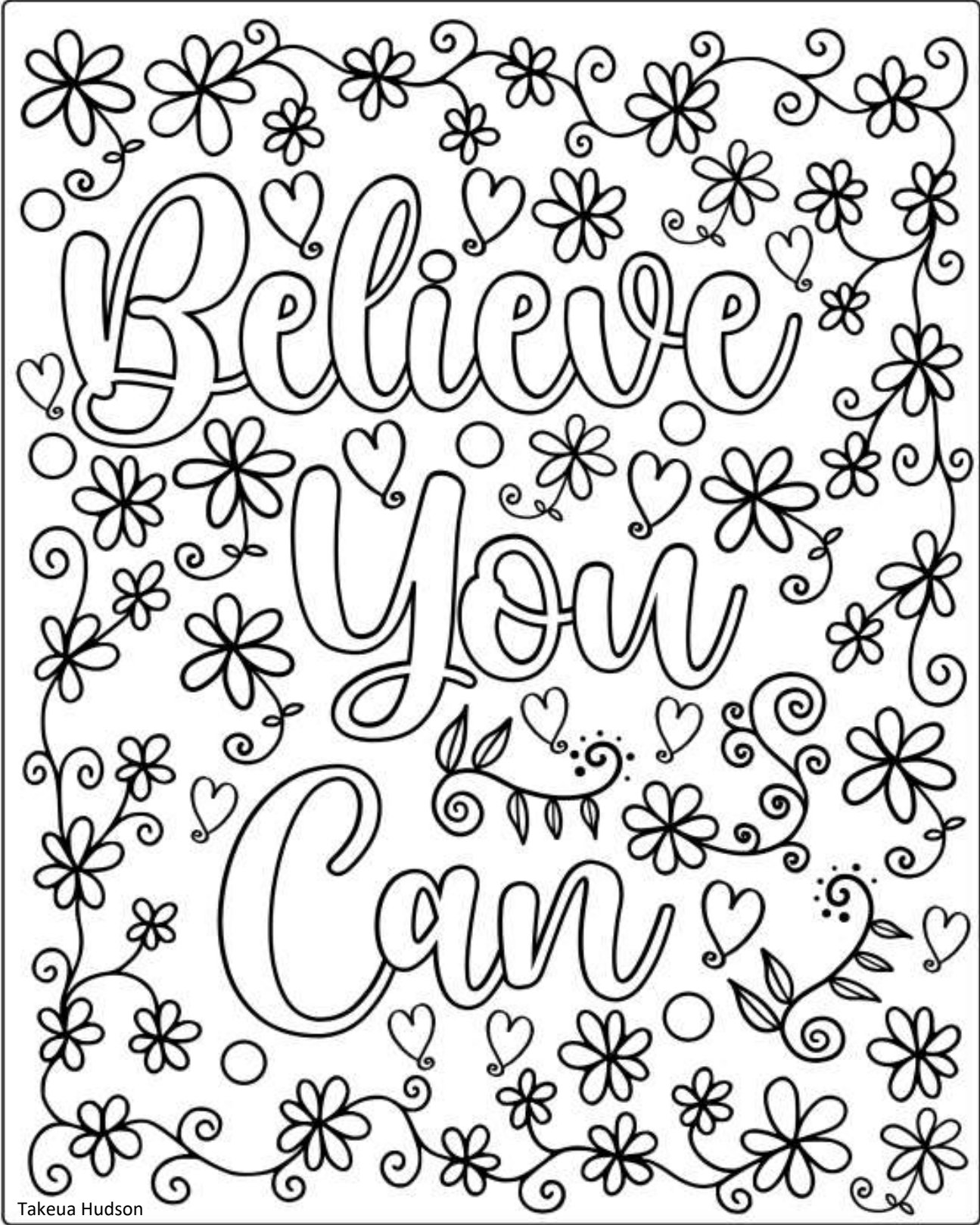
COFFEE LOVERS MAZE

A refill is needed. Can you help?

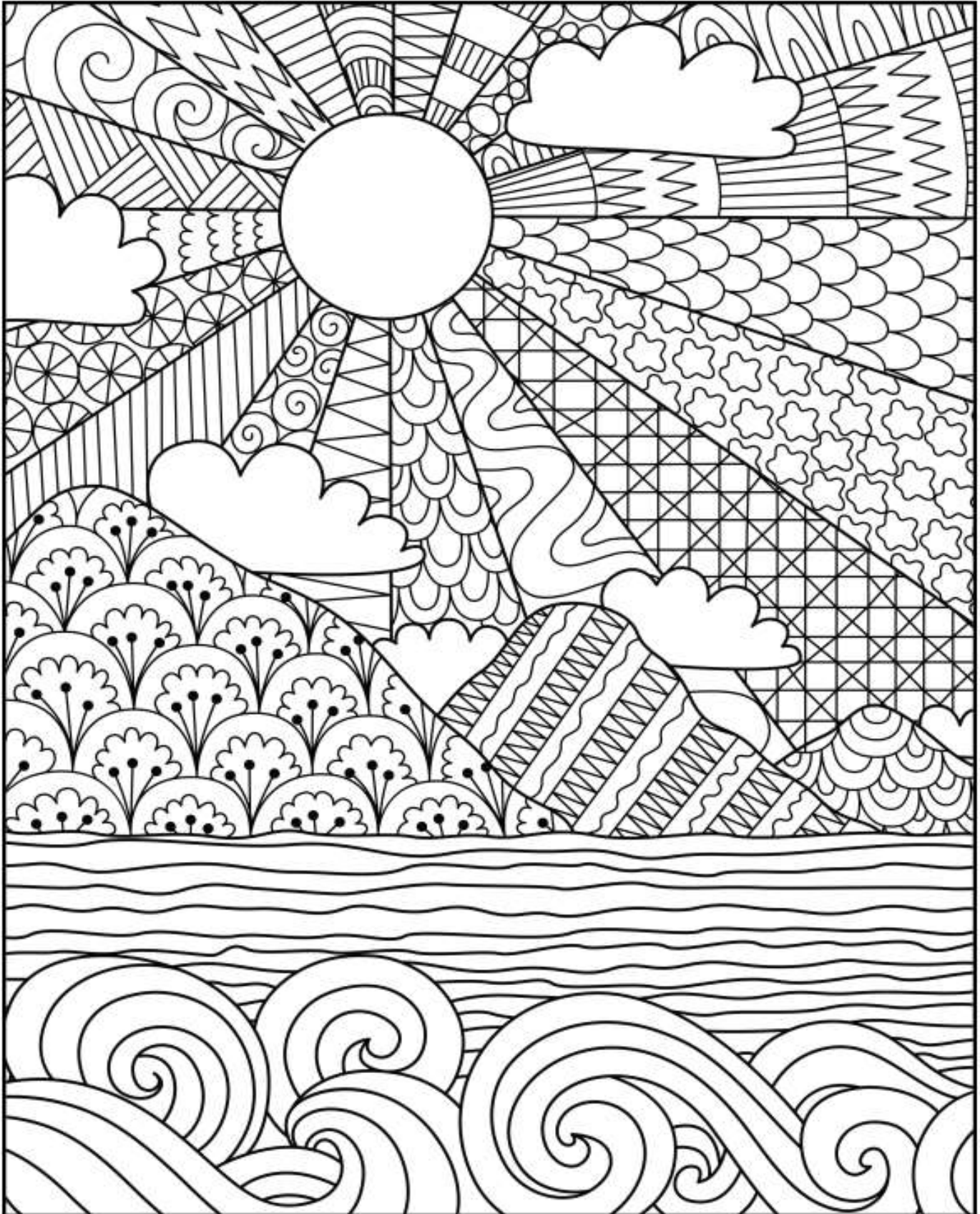


SEASONEDTIMES.COM

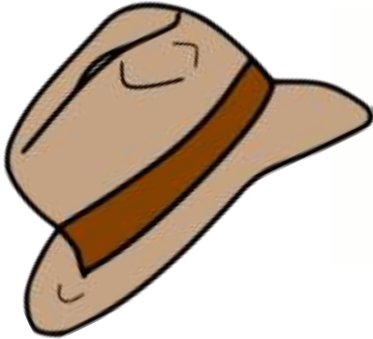
COLORING PAGE



COLORING PAGE



Hidden Name Contest



Congratulations!

August 2024 Hidden Name
Contest Winners



Walter Robinson



Kadesha Gartrell

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member.

If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

Good Luck!



THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

Circuit Breaker

I sincerely pray that you are finding moments of peace and tranquility, even amid chaos and confusion. Most people understand what peace is but what exactly is tranquility, one may wonder? Merriam-Webster defines it as "the quality or state of being tranquil," another way of saying free of agitation, disturbance, and turmoil. Stated differently, you are experiencing a state of calmness, serenity, mental clarity, and absence of anxiety. I prefer to describe you as being cool, calm, and collected.

With everything going on in their lives, many individuals find it quite difficult to locate that quiet area where they can just unwind for a minute. Before losing our cool, we need to give ourselves some space and time to just unwind. Take a moment to consider this: even a circuit breaker trips the switch when the circuit becomes overloaded to prevent damaging anything connected to it. I want to urge you to calm down, slow down, and take a moment to simply breathe so you don't hurt those around you. Stop what you're doing, find a safe secure location, and focus on just breathing.

1. Take a comfy seat or lie down.
2. Shut your eyes.
3. Place one hand on your abdomen and one on your chest.
4. Take a four-second breath through your nose, allowing your abdomen to expand.
5. Hold your breath for two seconds.
6. Breathe out through your lips gently and steadily for approximately six seconds.
7. Continue for three to ten minutes.

THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

When you are stressed or nervous, this breathing technique can help you become more conscious and focused on the here and now. You have probably heard the proverb "Rome wasn't built in a day." There are individuals nearby who are willing to support and assist you; you don't have to or be able to do everything yourself! Kindly request assistance before your circuit goes offline. 1 Peter 5:7 serves as a reminder to me that since the Lord is concerned about us, He wants us to give Him all our worries and problems. The good news is that He is capable of handling it. Whatever is attempting to control you, I think God is capable of handling it! There are a lot of pointless and meaningless things that weigh us down and cause us anxiety. The proverb "Worry about nothing, pray about everything" comes to mind. Take your burdens to the Lord and leave them there! Give it a try; you might find it enjoyable!

Lord, help us to reach the point and place where we put all our trust in you and realize that nothing is too difficult for you to handle on our behalf. May your peace that surpasses our understanding keep our hearts and minds through Christ Jesus our Lord day-by-day, hour-by-hour, and minute-by-minute! Amen.

Sincerely yours,

Timothy E. Lark

We would like to thank the following individuals for their donations:

In Memory of Patrick Barney

David and Suzanne Smith

Master Buick GMC

Sandra & Curtis MacDonald

Nancy Barney

RIDDLE ME THIS

SOLUTIONS

1. I come in waves. I go with cheers in early September, almost every year. Celebrate me with a day off; what am I—full of joy and scoff? **Labor Day**
2. I am three, but feel like more. I offer rest to the working core. At summer's end, I'm a brief delight. What am I—that's not too tight? **Labor Day Weekend**
3. I crackle and pop, but I'm not a box. With me, you cook your Labor Day stocks. Burgers and dogs, I make them feast-ready. What am I—always hot and steady? **Grill**

WORD SCRAMBLE

SOLUTIONS

Labor Day Word Scramble

Word Bank

Conditions

Labor

Union

Factory

Monday

Wages

Holiday

September

Worker

1. wrreok

WORKER

2. innou

UNION

3. tfryaco

FACTORY

4. myodna

MONDAY

5. lbrao

LABOR

6. ioyhlda

HOLIDAY

7. preeesmr

SEPTEMBER

8. ocndtiisno

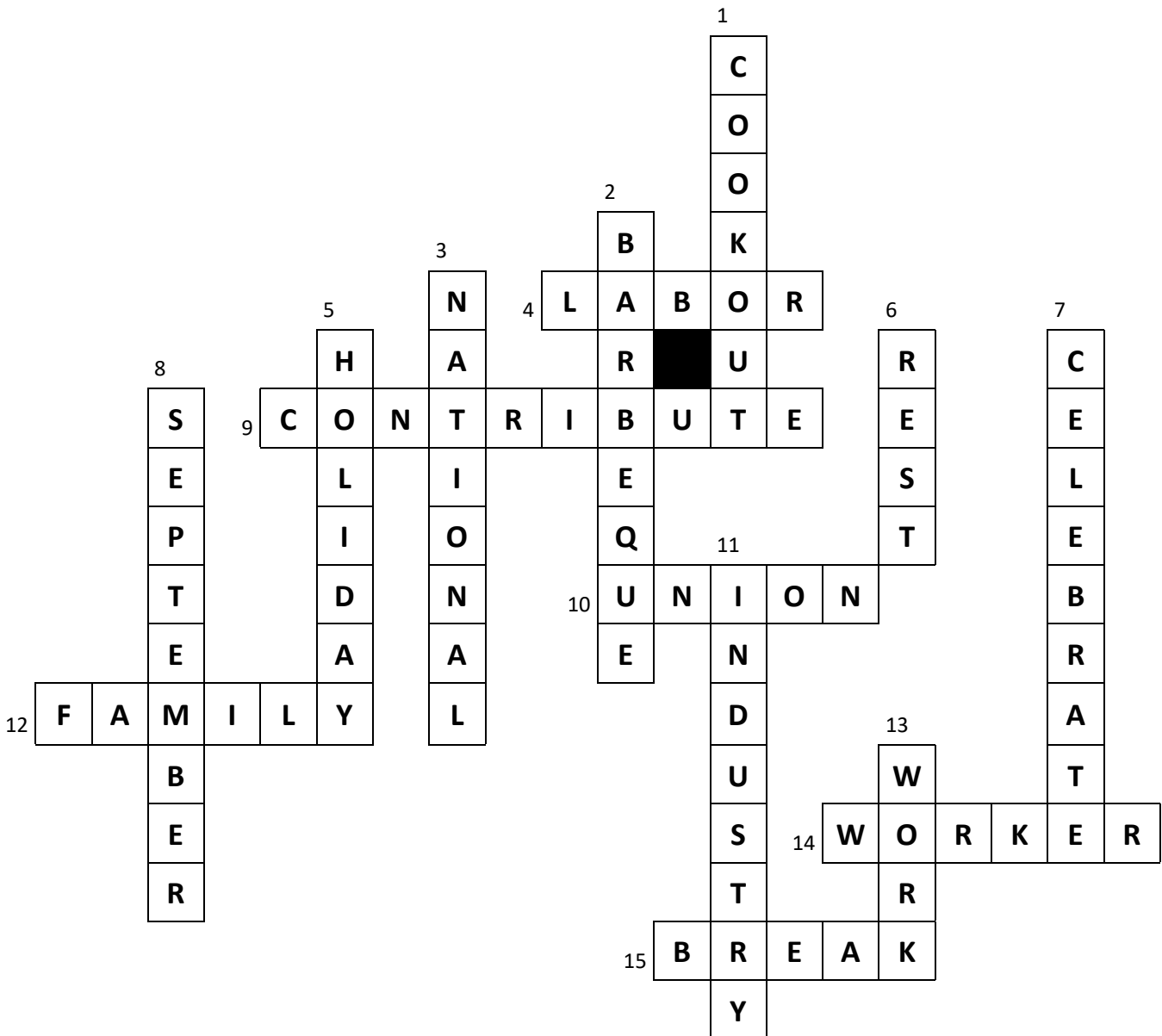
CONDITIONS

9. sgwae

WAGES

CROSSWORD PUZZLE

SOLUTIONS



Across

4. Another word for work.
9. To help.
10. An act of joining
12. People you are related to.
14. Someone that gets paid to work.
15. I miss summer _____.

Down

1. A get together where you cook.
2. Grilled food is called
3. The _____ Anthem.
5. Christmas, Easter, 4th of July, Halloween
6. To sit still or sleep.
7. To be excited.
8. The 9th month of the year.
11. My mom is in the hair _____.
13. Something you do for money.

Word Bank

- | | |
|----------|------------|
| Work | Celebrate |
| National | Holiday |
| Industry | Family |
| Break | Union |
| Barbeque | Worker |
| Rest | Contribute |
| Cookout | September |
| Labor | |

Wordsearch

SOLUTIONS

Labor Day



Peter Maguire	Achievements	First Monday
Labor Union	Celebrate	Americans
September	Labor Day	Congress
Parades	Workers	Honor

SCAVENGER HUNT

SOLUTIONS



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PG. 2



PG. 5



PG. 24



PG. 26



PG. 18

SUDOKU

3	8	7	9	6	4	2	1	5
5	4	9	2	1	8	7	3	6
1	6	2	3	7	5	9	8	4
4	2	6	8	9	3	5	7	1
9	1	8	5	4	7	6	2	3
7	5	3	1	2	6	8	4	9
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8	9	1	4	5	2	3	6	7

PUZZLE 1

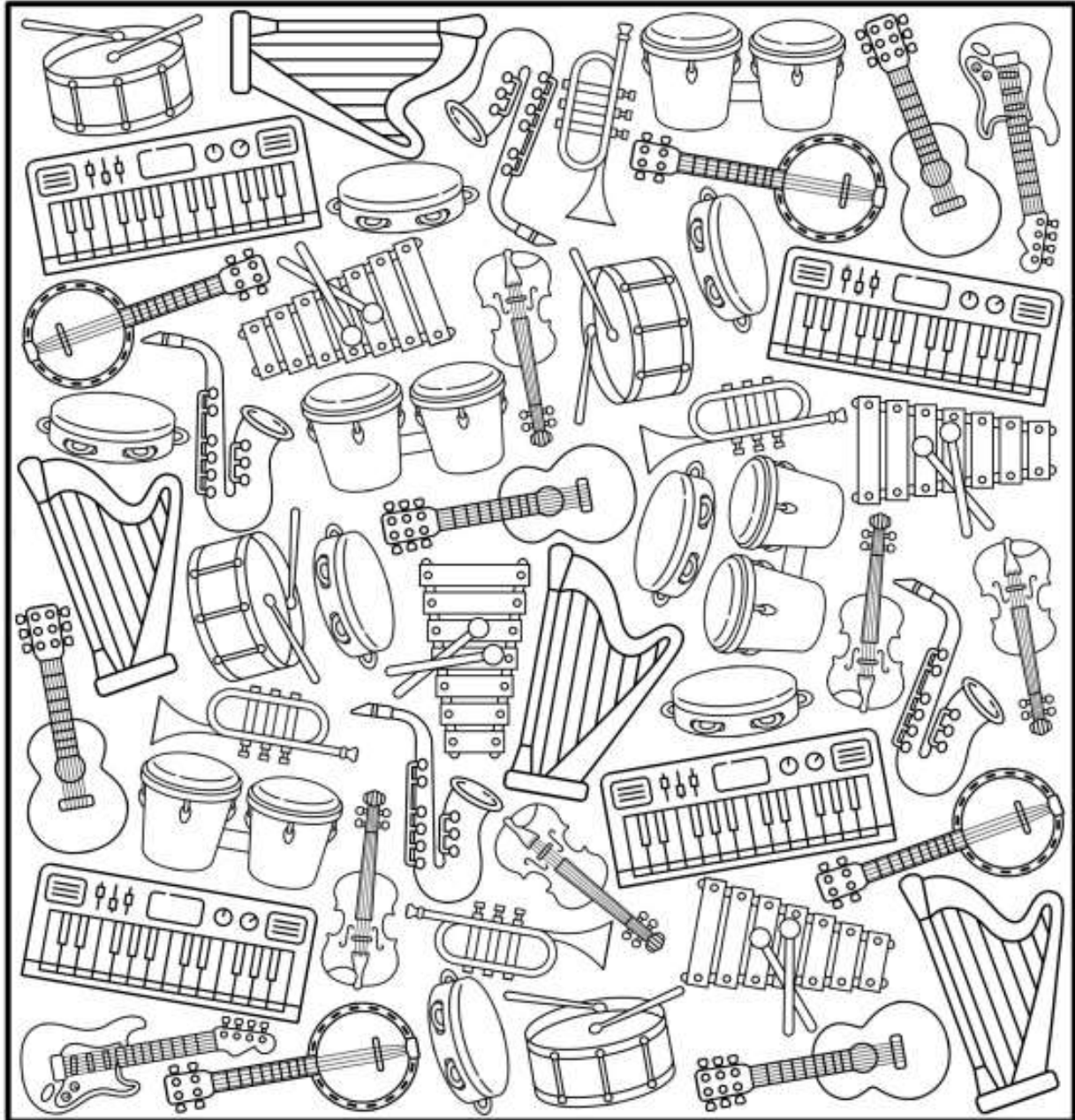
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4	2	5	7	9	8	1	6	3
9	6	7	1	3	5	8	4	2
2	5	6	9	1	7	4	3	8
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1	9	4	3	8	2	6	5	7

PUZZLE 2

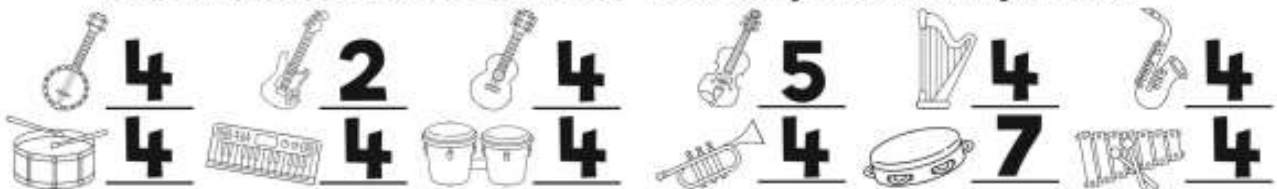
HIDDEN FIGURES PUZZLE

SOLUTIONS

I Spy Musical Instruments



Search and color these 12 items - How many of each can you find?



Follow the Numbers

SOLUTIONS

		4	9	6	18	17	16	35	34	32
		3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	30	46
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8	4	5	22	9	10	11	16	40	20	32
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14	6	25	24	11	12	13	14	39	22	47
8	7	14	15	16	17	18	19	20	23	46
21	34	33	32	31	40	27	26	25	24	55
23	35	18	19	30	29	28	27	28	29	54
24	36	30	32	31	5	2	50	51	52	53
38	37	38	39	46	47	48	49	44	55	54
39	20	33	44	45	29	52	53	45		
40	41	42	43	46	47	53	54	55		

SPOT THE DIFFERENCE PUZZLE

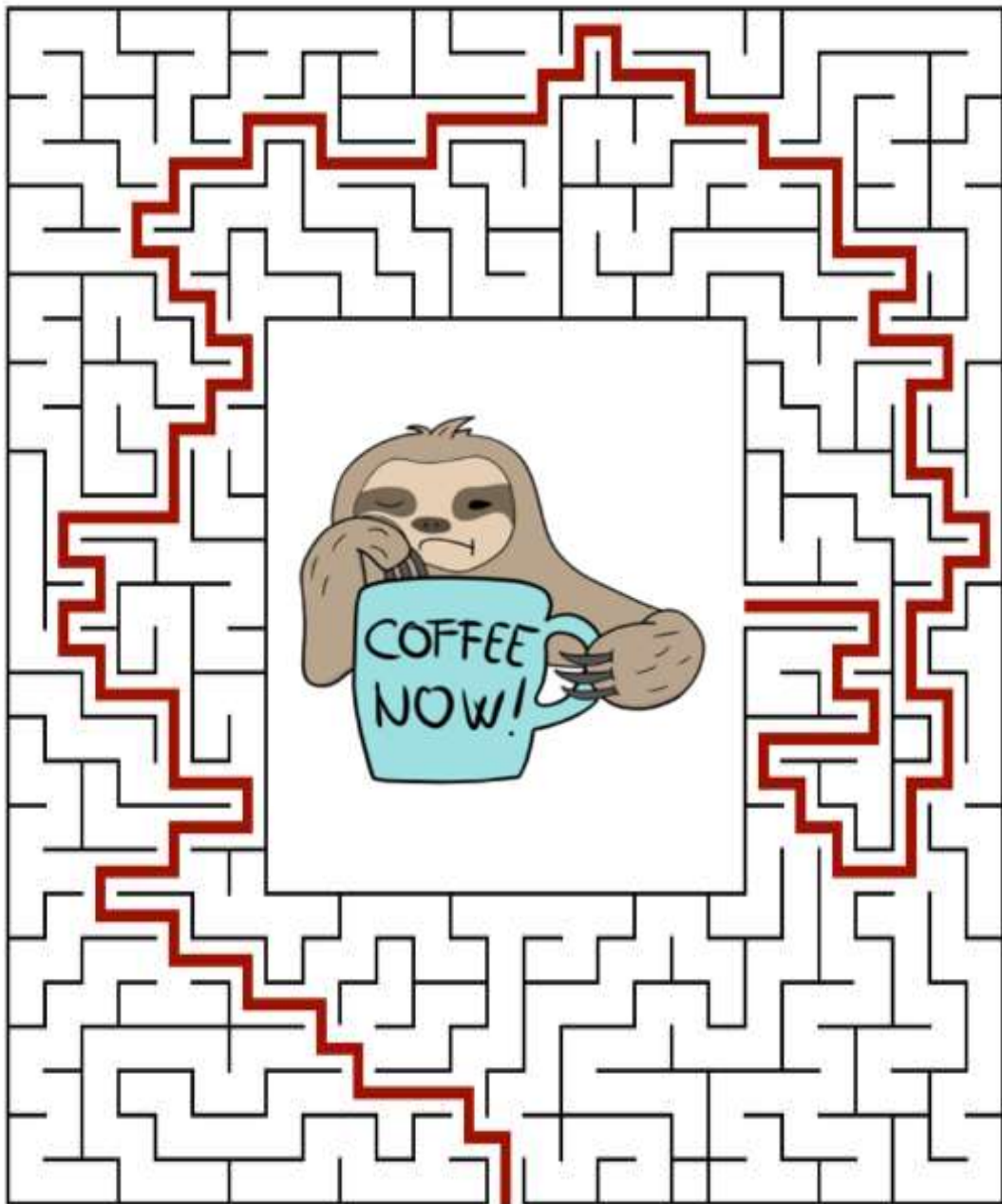
SOLUTIONS



MAZE PUZZLE

SOLUTION

Coffee Lovers Solution



Happy Birthday

WISHING THESE WONDERFUL RESIDENTS AND STAFF
A HAPPY BIRTHDAY THIS MONTH!

Residents

Jeffrey Burns	Sept 03
Thomas Johnson	Sept 05
Ignatius Sanders	Sept 07
John Parker	Sept 10
Howard Garnell	Sept 14
Nathel Moon	Sept 21
Arlie Underwood	Sept 21
Morris Crew	Sept 22
Dennis Venson	Sept 23

Staff

Lisa Hadden	Sept 02
Jordan Fields-Thomas	Sept 05
Larry Noble	Sept 10
Janice Taylor	Sept 11
Katherine Washington	Sept 15
Dejone Smith	Sept 20
Latasha Elam	Sept 22
John McKenzie	Sept 22
Arnesha Ramsey	Sept 25
Timothy Lark	Sept 26
Tamika Williams	Sept 29
Stephanie Nichols	Sept 30



Resident Menu – September 2024

Sunday 9/1	Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6	Saturday 9/7
Tropical Fruit Oatmeal Scrambled Eggs Turkey Sausage Patty	Pineapple Grits Sausage & Cheese Breakfast Casserole	Tropical Fruit Cream of Wheat Scrambled Eggs Grilled Ham Toast	BREAKFAST Peaches Grits Scrambled Eggs Turkey Bacon	Fresh Blueberries French Toast Scrambled Eggs Grilled Ham	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Oatmeal Scrambled Eggs Bacon Toast
Roasted Pork Loin Dijon Roasted Potatoes Mixed Vegetables Ice Cream Cornbread	Salisbury Steak Mashed Potatoes Broccoli Cookie Dinner Roll	Fried Fish Baked Yams Green Beans Pie Dinner Roll	LUNCH Meat Loaf Mashed Potatoes Roasted Vegetables Angel Food Cake with Strawberries Dinner Roll	Teriyaki Chicken Fried Rice Oriental Vegetables Peaches Dinner Roll	BBQ Pork Rib Macaroni & Cheese Collard Greens Watermelon Dinner Roll	Balsamic Glazed Chicken White Rice Squash Medley Jell-O Dinner Roll
Baked Ham Turnip Greens Macaroni & Cheese Peach Cobbler Cornbread	BBQ Pork Sandwich Coleslaw Baked Beans Tropical Fruit	Tuna Salad Sandwich Southwest Tortilla Soup Pasta Salad Chocolate Pudding	DINNER Greek Chicken Zucchini Rice Pilaf Chocolate Chip Cookie	Philly Cheesesteak Steamed Carrots Baked Fries Vanilla Pudding	Lasagna Green Beans Garlic Bread Cobbler	Sloppy Joe Sandwich Roasted Zucchini Baked Chips Jell-O
Sunday 9/8	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14
Tropical Fruit Scrambled Eggs Corned Beef Hash Grits	Pears Scrambled Eggs Sausage Crispy Hash Browns	Tropical Fruit Scrambled Eggs Sliced Ham Pancakes	BREAKFAST Pineapple Scrambled Eggs Biscuit with Sausage Gravy	Peaches Scrambled Eggs Pork Bacon French Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Tropical Fruit Scrambled Eggs Turkey Sausage Patty Banana Muffin
Baked Ham Cornbread Stuffing Green Beans Chocolate Cake Dinner Roll	Fried Pork Chop Roasted Yams Green Peas Fruit Cobbler Dinner Roll	Baked Ziti Garlic Bread Spinach Jell-O	LUNCH Fried Shrimp Hushpuppies Coleslaw Cookie	Country Fried Steak Baked Sweet Potato Steamed Cabbage Snickerdoodle Cookie Dinner Roll	Fried Chicken Roasted Potatoes Collard Greens Pudding Cornbread	Sausage, Peppers & Onions Vegetable Medley Jell-O Dinner Roll
Grilled Chicken Lima Beans Glazed Carrots Vanilla Pudding	Beef Bean Chili White Rice Broccoli & Cauliflower Peaches Cornbread	Italian Pork Loin Pinto Beans Squash & Red Peppers Pudding	DINNER Lemon Pepper Chicken Roasted Potatoes Spinach Tropical Fruit	Meatloaf with Gravy Mashed Potatoes Brussel Sprouts Peaches	Spaghetti with Meat Sauce Mixed Vegetables Grapes Garlic Bread	Chicken Tenders Potato Wedges Steamed Carrots Ice Cream







Menu items are subject to change based on supply and availability.

Resident Menu – September 2024

Sunday 9/15	Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20	Saturday 9/21
Fresh Blueberries Oatmeal Scrambled Eggs Turkey Bacon Toast	Peaches Pancakes Scrambled Eggs Pork Sausage Patty	Biscuit Grits Scrambled Eggs Grilled Ham	Pineapple French Toast Scrambled Eggs Turkey Sausage Patty	Tropical Fruit Grits Scrambled Eggs Bacon Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Pears Oatmeal Scrambled Eggs Turkey Bacon Toast
BREAKFAST						
Baked Swiss Steak Garlic Mashed Potatoes Green Beans Berry Cobbler Dinner Roll	Baked Chicken Baked Potatoes Turnip Greens Pound Cake Dinner Roll	Roasted Ginger Pork Rice Pilaf Asian Vegetables Banana Pudding Dinner Roll	Spaghetti with Meatballs Green Beans Yellow Cake Garlic Bread	Roasted Turkey with Gravy Steamed Rice Mixed Vegetables Brownie Dinner Roll	Fried Fish Rice Pilaf Collard Greens Apple Pie Dinner Roll	BBQ Chicken Roasted Sweet Potatoes Zucchini Jell-O Dinner Roll
LUNCH						
Smothered Pork Chop Mexican Rice Mixed Vegetables Jell-O Dinner Roll	Philly Cheesesteak Sweet Potato Fries Coleslaw Chocolate Cake	Grilled Chicken Sandwich Vegetable Soup Fruit Salad Crackers	Tuna Salad Crackers Chicken Noodle Soup Chocolate Pudding	Beef Pot Roast Mashed Potatoes Green Beans Sugar Cookie	Cheeseburger Sweet Potato Fries Mixed Vegetables Jell-O	Baked Ham Macaroni & Cheese Green Beans Pineapple Dinner Roll
DINNER						
Sunday 9/22	Monday 9/23	Tuesday 9/24	Wednesday 9/25	Thursday 9/26	Friday 9/27	Saturday 9/28
Fresh Blueberries Scrambled Eggs Pork Bacon Pancakes	Pineapple Scrambled Eggs Corned Beef Hash Grits	Strawberries Scrambled Eggs Sliced Ham Breakfast Potatoes	Tropical Fruit Scrambled Eggs Pork Sausage Patty French Toast	Cantaloupe Scrambled Eggs Turkey Bacon Hash Browns	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Scrambled Eggs Turkey Sausage Patty Pancakes
BREAKFAST						
Country Fried Steak Steamed Potatoes Green Beans Key Lime Pie Dinner Roll	Chicken Pot Pot Pie Brussel Sprouts Cobbler Dinner Roll	BBQ Pork Loin Butter Beans Cabbage Watermelon Cornbread	Lasagna Cooked Spinach Peaches Garlic Bread	Chili Lime Chicken Lemon Rice Pilaf Zucchini & Yellow Squash Carrot Cake Dinner Roll	Crispy Baked Tilapia Hushuppies Collard Greens Banana Pudding Cornbread	Chicken & Dumplings Steamed Broccoli Apple Pie
LUNCH						
Fried Chicken Sweet Potato Squash Ice Cream Cornbread	Hot Dog on a Bun Baked Beans Asian Slaw Chocolate Pudding	Tuna Salad Potato Soup Crackers/Bread Chocolate Chip Cookie	Chili Steamed Rice Carrots Lemon Pudding	Brunswick Stew Rice Spinach Ice Cream Dinner Roll	Chicken Tenders French Fries Mixed Vegetables Peanut Butter Cookie	Cheeseburger Potato Salad Green Beans Watermelon
DINNER						
Menu items are subject to change based on supply and availability.						



SEPTEMBER 2024

	Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	Family Visits Faith Baptist Church @ 2:30		3 9:00 Coffee Club 10:00 News with Friends 2:30 UNO & Card Games 7:00 BINGO with CMVA Riders	4 8:30 Barber – 5 th Floor 10:00 Walk-A-Thon on each unit 2:30 Wood Working 7:00 BINGO with DAV	5 9:00 Movie & Popcorn on each unit 2:30 Ice-Cream Social with DAV	6 9:00 Coffee Club 10:00 The Word with Chaplain Lark 2:30 Sentimental Reflections	7 Family Visits
8	Family Visits	9 9:00 Coffee Club 10:00 Music in Motion 2:30 BINGO	10 9:00 Coffee Club 10:00 News with Friends 2:30 Connect 4 Games	11 8:30 Barber – 4 th Floor 10:00 Chaplain Larry 10:00 Pineneedle Flower Club 2:30 Morris Museum of Arts Crafts	12 9:00 Movie & Popcorn on each unit 2:30 Tapple Memory Challenge	13 9:00 Coffee Club 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	14 Family Visits
15	Family Visits Mackey House Music @ 2:30	16 9:00 Coffee Club 10:00 Fun & Games 2:30 BINGO with Evans VFW	17 9:00 Coffee Club 10:00 News with Friends 2:30 Tapple Memory Challenge	18 8:30 Barber – 3 rd Floor 10:00 Music in Motion 2:30 Social with Elks Lodge	19 9:00 Movie & Popcorn on each unit 2:30 Social with AL Post 192	20 9:00 Coffee Club 10:00 The Word with Chaplain Lark 2:30 Sentimental Reflections	21 Family Visits Resident Poker Game with Hubbell @10:00
22	Family Visits	23 9:00 Coffee Club 10:00 Pet Therapy 2:30 Walk-A-Thon on each unit 7:00 BINGO	24 9:00 Coffee Club 10:00 News with Friends 2:30 Social with AL Post 205	25 8:30 Barber – 2 nd Floor 10:00 Chaplain Larry 2:30 Monthly Birthday Party	26 9:00 Coffee Club 10:00 Tic-Tac-Toss 2:30 Veggie Bar with KCC 7:00 Late Night Movie	27 9:00 Coffee Club 10:00 The Word with Chaplain Lark 2:30 Ice Cream Social	28 Family Visits
29	Family Visits Church of Christ @ 2:30	30 9:00 Coffee Club 10:00 News with Friends 2:30 BINGO					

Activities are subject to change based on Resident interest and safety; One-on-one activities occur on each floor



TO ALL OF OUR VETERANS, FAMILIES,
FRIENDS, STAFF, FACULTY, AND
CONTRIBUTORS.



GEORGIA WAR VETERANS NURSING HOME