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| **September Purposeful Programming** | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| September 13th:  **Positive Thinking Day** | * **Brain Health University resources**:   + [BHU YouTube Video Links](https://mymasterpieceliving.com/resource/brain-health-university-youtube-links/)   + [BHU and Neurobics 10-Minute Topics](https://mymasterpieceliving.com/resource/neurobics-and-bhu-10-minute-topics/) * **TED Talks:**   + [The Secret of Becoming Mentally Strong](https://www.youtube.com/watch?v=TFbv757kup4)   + [A Simple Trick to Improve Positive Thinking](https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en)   + [Life's Third Act](https://www.ted.com/talks/jane_fonda_life_s_third_act?referrer=playlist-talks_to_make_you_feel_good_ab) * **Dr. Roger and Friends Podcast episode**: [Great Expectations](https://www.spreaker.com/user/masterpiece_living/expectations)   + Dr. Roger, Teresa and Danielle discuss the benefits of positive thinking and living and learning to adapt to life's curveballs in a healthful way. * **Book Recommendations**:   + Counter Clockwise: Mindful Health and the Power of Possibility: <https://www.amazon.com/dp/B0028M9EZK/ref>   + Positivity: <https://www.positivityratio.com> * **Articles:**    + [When You Think You're Positive (But You're Really Not)](https://mymasterpieceliving.com/resource/when-you-think-youre-positive-but-youre-really-not/) by Danielle Palli   + [The Neuroscience of Happiness](https://greatergood.berkeley.edu/article/item/the_neuroscience_of_happiness) (Greater Good Magazine)   + [The Power of Positive Thinking](https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking) (John Hopkins Medicine) |
| September 13th:  **National Grandparents Day** | * Host a movie outside with residents only, or families if permitted. Use this [Masterpiece Curated Movie List](https://mymasterpieceliving.com/resource/grandparent-movie-list/) and select a film that highlights successfully living grandparents. * Grandparents Day can be a great time for all the generations to tackle a genealogy project together. [This list of genealogy websites](https://www.familytreemagazine.com/premium/25-best-genealogy-websites-for-beginners/) might provide you with helpful information to get started. |
| September 19th:  **National Clean-Up Day** | * **Event: National Clean Up Day:** “… What would happen if everyone picked up at least one piece of litter on National Clean Up Day?” Join more than 2 million volunteers!   + <https://www.nationalcleanupday.org/> * **Fact Sheet:** [Litter in America Fact Sheet](https://kab.org/wp-content/uploads/2019/11/LitterinAmerica_FactSheet_LitterOverview.pdf) from Keep America Beautiful (kab.org) * **Woodshop Activity:** Make a Trash Pick-Up Stick/Tongs   + <https://www.instructables.com/id/DIY-Litter-Tongs/>   + <https://www.instructables.com/id/The-Litter-Kit/> * **Activity:** [Trash Treasure Hunt](http://www.mykidsadventures.com/wp-content/uploads/2013/09/jb-cleanup-treasure-hunt-list.pdf) idea for a group challenge. * **Art interest:** View numerous interesting [Trash Art](https://www.google.com/search?q=trash+art+ideas) ideas (Google images) * **Articles:**    + [Tips for Safely Picking up Litter](https://www.wikihow.com/Pick-Up-Litter#Using-Necessary-Tools-and-Safety-Materials)   + [How Litter Hurts Birds](https://www.thespruce.com/how-litter-hurts-birds-386484) |
| September 23rd  **National Fall Prevention Awareness Day**  (extended for a full week September 21-25) | * [Fall Prevention Awareness Week Resources](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week/#:~:text=Dates%3A%20September%2021%2D25%2C,prevent%20falls%20among%20older%20adults.) (National Council on Aging) * **Go4Life Resources:**   + Balance exercises (7min): <https://www.youtube.com/watch?v=DiXTIBVo1PI>   + 4 Lower Body Strength Exercises (10 min): <https://www.youtube.com/watch?v=TOKxtgKrGCQ>   + Strength Training Session (27 min): <https://www.youtube.com/watch?v=JejTelL05Qw>   + **Article**: [How Older Adults Can Get Started with Exercise](https://mymasterpieceliving.com/resource/how-older-adults-can-get-started-with-exercise/)   + Track your progress from month-to-month with this worksheet. Record your activities and watch your progress: [Monthly Progress Test](https://www.nia.nih.gov/sites/default/files/monthly-progress-test-fillable.pdf) * Run a version of **Vertical 360** or use some of the resources:   + Chair Yoga: <https://www.youtube.com/watch?v=U7NyggiAThc>   + [Home Hazard Checklist](https://mymasterpieceliving.com/resource/session-3-vertical-360-home-hazard-checklist/)   + [Vertical 360 10-minute Topics](https://mymasterpieceliving.com/resource/vertical-360-10-minute-topics/) * **Blogs by Dr. Roger**:   + [Before the Fall](https://mymasterpieceliving.com/resource/before-the-fall/)   + [We Are Meant to Move!](https://mymasterpieceliving.com/resource/we-are-meant-to-move/) |
| September 27th:  **Character Day** | * **Character Day** is an annual day in September for reviewing your character, who you are, who you would like to be, and how to develop these character strengths based on evidence-based research. This year’s theme is ***the relationship between character (strengths like empathy, grit, gratitude, and leadership) and screen use. When and how does technology amplify and foster our strengths as humans, and when is it better to turn it off?*** <https://www.letitripple.org/character-day/> * Check out the ***Film on Character****,* show it on your internal TV on September 27th. <https://www.letitripple.org/films/science-of-character/> * Order in advance and use these tools to discuss character:   <https://www.letitripple.org/character-day/discussion-kits/>   * Take the character strengths survey: <https://www.viacharacter.org/survey/account/register> |