



September Birthdays at OLOV

- 1 Connie Guerra**
- 3 Lucille StClair**
- 4 Elda Alls**
- 6 Christine StClair**
- 6 Phyllis Garland**
- 10 Billie Neal**
- 14 Barbara Waldis**
- 16 Marie Davis**
- 19 Anne Willard**
- 28 Nancy Watkins**
- 29 Margaret Wood**

This month the Birthday Party will be on the **fourth Wednesday** in September. Check your calendars and come on down!

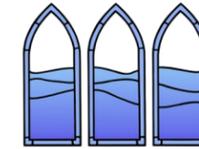


Your birthday's not this month? No worries! What's a birthday party without friends?

Everyone's invited!

Valley Voices

A publication for the residents, families, and friends of Our Lady of the Valley



Our Lady
OF THE VALLEY
RETIREMENT COMMUNITY

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September 2019

Last Month at OLOV

August officially ended our Summer Staycations! We kicked off August with a visit from the Little Critters Traveling Petting Zoo and yummy refreshments. We got to enjoy petting miniature donkeys, goats, a llama, an alpaca, a duck, a chicken, and some bunnies. We continued the summer fun with cosmos on the porch with the Star Dusters and a caricature artist. We spend a day out on Smith Mountain Lake, eating lunch at Mitchell's Marina and then enjoying a guided pontoon boat ride. Then, we enjoyed a concert by Marc Baskind, while we ate ice cream from Homestead Creamery! Another trip we made in August, was to the Bedford D-Day Memorial for a guided tour and a wonderful lunch at Liberty Station. We ended the month with an event where anyone who wanted to join could make their very own flower arrangement with an assortment of beautiful flowers. We look forward to see what the fall months have in store for us!



September is:

Summer into Fall Month

Football Month

2: Labor Day

8: Grandparents Day

8-14: National Assisted Living Week

23: First Day of Autumn

27: Fall Foliage Friday



How May We Help You?

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Pastor's Corner

I can see clearly now the rain is gone; I can see all obstacles in my way. Gone are the dark clouds that had me blind, it's gonna be a bright, bright sunshiny day!

Johnny Nash penned those words for his #1 song in 1972. Wow, that was 47 years ago, and still the melody resonates.

Routinely I hear this song in the pages of my memory as I talk with individuals about their circumstances; and I recognize the metaphorical value if applied appropriately.

At times, all of us feel as though dark clouds have been following us around. What a relief, when those clouds seem to dissipate and the sunshine, we have pined away for shines through. God's Rainbow is revealed, almost as if he is giving his promise to you alone that everything is going to be alright!

When traveling this journey of life, sometimes our way becomes obscure, the decisions we once made so easily, now have become difficult. sometimes we might say: I just don't know which way to turn. At that moment I like to share the words from the second stanza;

"Here is the rainbow I've been praying for, it's gonna be a bright, bright sunshiny day"!

During some of the darkest days of my journey, wondering which direction to turn, what option is best, I've found that you can rarely trust your emotions. We must learn to rely on the Bible,

"Thy word is a lamp unto my feet, and a light unto my path." Psalm 119:105 (KJV)

My prayer for you this month, of September is that everyday you study God's word as you would a trusted map to plan your next cross-country trip. My experience tells me of the great number of obstacles that can be avoided when you say: "I can see clearly now"

Yours in Christ, Pastor Al



Upcoming Events

Thursday, September 5: Goodies with Grandparents

Join us on the front porch for some goodies to celebrate Grandparents Day. Invite your family to come celebrate this special day together at 5:30pm.

National Assisted Living Week (September 8-14) — "A Spark of Creativity"

Monday, September 9

In honor of National Assisted Living Week we will be handing out beautiful Carnations during lunch on this day.

Tuesday, September 10

Join us on the front porch for Sparklers and Cider at 6pm.

Wednesday, September 11

We're heading out to Buchanan for the spectacular Sunflower Festival! Wednesday, September 11 is their Senior Education Day. We will be able to walk through the sunflowers as well as learn all about the sunflowers at Beaver Dam Farm. The cost is \$3 per person. We will be departing from Our Lady of the Valley at 9:30am and returning in time for lunch.

Thursday, September 12

We're heading out to visit the Taubman Museum of Art to get a spark of creativity. Admission is free and we will be leaving Our Lady of the Valley at 10:30am and returning in time for lunch. The Taubman honors naturalistic elements of the Roanoke region. Purposeful use was taken with both materials and architectural decisions which as the 77-foot glass peak in the atrium, which recalls the point of the Roanoke Star, and the undulating roofline, which reflects the Blue Ridge Mountains.

Friday, September 13

Join us on the front porch for some Ice Cream Sundaes to end the week of celebrating National Assisted Living Week. We'll have different ice cream flavors with many different types of toppings to choose from!

Sunday, September 29

We're heading out to the Vinton War Memorial where the Star City Sounds Chorus is presenting Sing! The cost is \$10 per person. We will be departing from Our Lady of the Valley at 3:15pm.

