

The Friendly Times

Enjoying Late Summer - the Fifth Season

Did you know there are actually five seasons of the year? Traditionally, we have thought of nature as four seasons, divided by the equinoxes: spring, summer, fall, and winter. However, according to ancient Chinese medicine, late summer (from about August 5 – September 21) is a season within a season with its own energy and rhythm.

It is a more peaceful and tranquil time than summer but a more active time than fall. While the dynamic energy of summer is gone, the waning vigor of fall isn't here yet.

Time seems to stand still here in these few weeks. The golden light of evening glows brighter. Flowers



Supper on the Porch! What a great way to enjoy the bounty of the fifth season!

seem to bloom more abundantly. And nature's chorus of katydids, cicadas, crickets, birds, and squirrels reaches a crescendo! It feels like a very charmed time to be alive.

Late summer is that perfect moment when July's intense heat begins to fade, and we notice a smattering of days with cooler temperatures and lower humidity. It's the realization that the ride of summer has been a delight but that its unsustainable energy must end, and the decomposition of fall must begin.

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September Festival Fun!



Mushroom Festival



Longwood Wine & Jazz



Kennett Arts Festival

Enjoying the Arts & Lending a Hand



Jac Conner came and performed a concert for us! The residents enjoyed hearing from Jac, who is a local musician, with his Indie singing/songwriting. We enjoyed his singing and his guitar playing.



What a joy we experienced recently. Our very own baker, Ana, was showing us how to decorate cakes and tell us about the shop that she and her husband once owned.



We love having fresh flowers around our home and the residents enjoy making fresh arrangements!



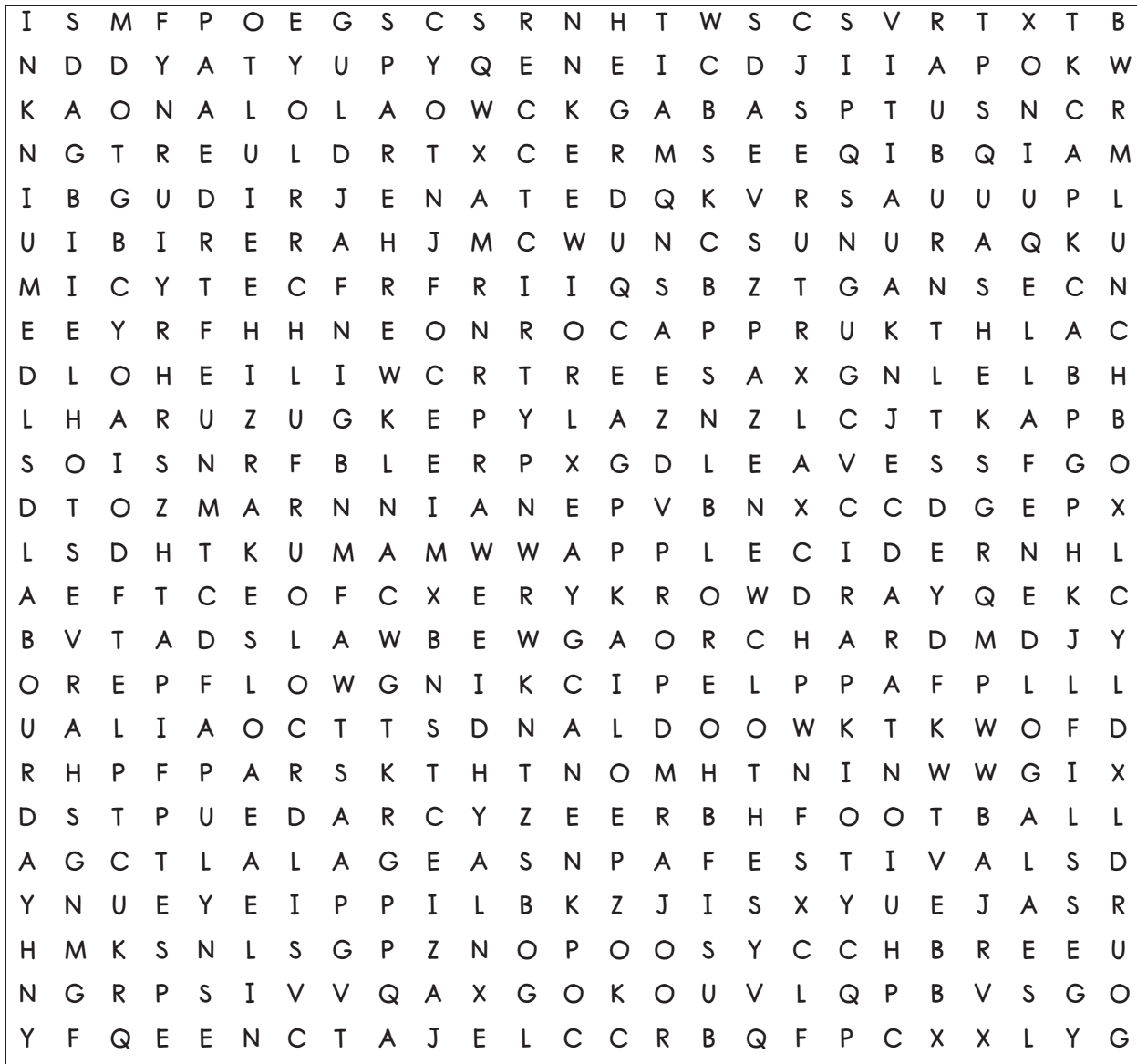
Part of the Montessori approach is to give back. Here we have Janet helping cut strawberries for our breakfast waffles!



We enjoyed a wonderful trip to the Delaware Valley Opera production of "The Stronger" by Misha Dutkan and "Cavalleria Rusticana" by Pietro Mascagni.

September Word Search

Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



ACORN
APPLECIDER
APPLEPICKING
APPLEPIE
APPLES
AUBURN
AUTUMN
BACKPACK
BACKTOSCHOOL
BOOKS

BREEZY
CHESTNUTS
COLOURFUL
COOLER
DECIDUOUS
FALL
FALLEQUINOX
FALLFAIR
FESTIVALS
FOOTBALL

FORAGING
FRIENDS
GOLDEN
GOURD
GRANDPARENTSDAY
HARVEST
HIBERNATE
JACKET
LABOURDAY
LEAVES

LUNCHBOX
MAPLE
MIGRATE
NATUREHIKE
NEWCLOTHES
NEWTEACHER
NINTHMONTH
OAK
ORCHARD
RAKE

RIPE
SCARECROW
SCENIC
SHORTERDAYS
SQUASH
SQUIRREL
TRAILS
TREES
WOODLANDS
YARDWORK

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During late summer, spring and summer's active, bright, engaged energy gives way to shorter daylight hours and quiet, contemplative seasons of late fall and winter. People are eager to savor the color and bounty of the season before the beauty begins to fade.

September weekends are filled with festivals and outdoor celebrations like the Mushroom Festival, the Longwood Wine & Jazz Festival, and the Kennett Arts Festival. The Kennett Farmer's Market overflows with the season's bounty, and hayrides, corn mazes, apple orchards, and pumpkin patches are popular weekend destinations for families.

All these activities historically stem from traditions following a successful harvest. Crop fields and gardens explode with edible grains, nuts, fruits, and vegetables. Only a bountiful season can create a feeling of security and fulfillment. Because of the plentiful food supply, late summer is a naturally giving time of year.

We're somewhat disconnected from this yearly cycle in modern times because food is always readily available. We don't feel the natural surge of contentment that arises in late summer, knowing that our bellies will be full for weeks without worry. But in earlier times, when the work of the harvest was done and people had more than enough to go around, taking a break to celebrate with friends and family was eagerly anticipated. In addition, this generosity often extended to sharing the harvest with those perhaps a bit less fortunate.

There is a sense that everything is working together for the greater good. So relax and enjoy this lovely fifth season of the year.



Poetry Corner September

by Lucy Maude Montgomery

*Lo! a ripe sheaf of many golden days
Gleaned by the year in autumn's harvest ways,
With here and there, blood-tinted as an ember,
Some crimson poppy of a late delight
Atoning in its splendor for the flight
Of summer blooms and joys
This is September.*



Recently Antionette was able to celebrate her 97th birthday with friends and family at Friends Home! It was a wonderful celebration! Many Happy Returns!

Happy September Birthday

September 5 - Leon Witt

September 12 - George Gray

September 15 - Shirley Graver

September 26 - Irene Miller