

LOL-Life of Liberty, Inc.
Adult Day Program



THE LIBERTY STAR

MONTHLY NEWSLETTER

September 2026

The Newsletter Team

"Happy September" everyone! We hope you enjoy our monthly newsletter to keep you up to date on the happenings at LOL-Life of Liberty, Inc. Don't forget to check out our Facebook page too.

LOL Newsletter Team

DONATION REQUESTS

100 mini white canvas for painting
50 dry erase markers for classrooms
1 oz (100) paper cups for paint
2 (100 pc) material leaves for fall crafts
6 any color rolls of yarn
100 tablespoons and 100 teaspoons (silverware, not plastic please)

Holidays & National Observations

9/6 – Grandparents' Day
9/7 – Labor Day – LOL Closed
9/11 – Patriot Day
9/15 – National Hispanic Heritage Month
9/21 – World Alzheimer's Day
9/21 – National Suicide Prevention Day
9/29 – National Coffee

Monthly Observations

Better Breakfast Month
Classical Music Month
Hispanic Heritage Month
National Literacy Month
National Self Improvement Month
National Suicide Prevention Month
World Alzheimer's Month Day

Community Events & LOL Outings

9/7 - LABOR DAY – LOL CLOSED
Thursdays – Street Fair
9/19- Public Safety Breakfast (honoring our first responders) **ORDER YOUR BREAKFAST PLATE OR BURRITO**

President's Corner

Is it just me, or did September sneak up on us? I swear I blinked, and eight months flew by! Everywhere you look, retailers are already decking the halls with Christmas gear (slow down, Santa 🧑🏻). But here at LOL, we're pressing *pause* on the holiday fast-forward button and soaking up everything that makes Fall so magical.

This month, we're embracing all the warm, cozy, pumpkin-spiced goodness September has to offer: There's so much splendor in the month of September that we should adopt September and call it "Splendtember". Ok, maybe that might be pushing it a bit, but it sounds good!

🌸 **Fall Décor Takeover** – Get ready to see leaves hanging from our ceiling, our doors decked out in autumn colors, and pumpkins popping up everywhere.

🌸 **SoCal Fall Leaf Hunt** – Yes, Fall colors *do* exist here if you know where to look! Keep an eye out for those rare pops of gold and red.

🌸 **Creative Autumn Art** – We'll be painting with the richest oranges, yellows, and deep autumn shades to capture the season's beauty.

🌸 **Seasonal Vibes Everywhere** – From pumpkin spice chai to cozy Fall scents floating through the facility, you'll feel autumn wrapping you up like a warm blanket.

🌸 **Gratitude & Gathering** – We'll be celebrating Thanksgiving together, honoring the season of thankfulness in true LOL fashion.

So, grab your scarves (yes, even if it's 85° outside), sip something pumpkin-y spicy, and join us as we welcome September. The month of planning, creating, and celebrating the beauty of Fall is upon us. Find your September splendor and create or do something "splendificant".

🌸 Happy September

- **Debra Howard, CEO/President/Founder**

"PROMOTING SUCCESSFUL INDEPENDENCE"

Facility #374603642 320 North Horne Street, Oceanside, CA 760.433.5411 (office) 760.433.5414 (fax) www.lollife.org

Fundraiser Menu

9/4 – Spaghetti and meat sauce and green salad
9/11 – Cheesy Nachos and green salad
9/18 – Giant Burritos and salad
9/25 – Tuna Melt Sandwich with lettuce and tomato
Beverage and Dessert served with every meal

September Birthdays

We would like to wish a Happy Birthday and Happy Anniversary to our fellow team members and program participants.



Program Participants' Birthdays

NANCY 9/7; BYRON 9/21; BEN D 9/25; ELISA 9/29

Program Participants' Anniversaries

LUIS 10 YRS; OSCAR B 17 YRS; SARALY 13 YRS, RICARDO R 7 YRS

Staff

9/3 - Gina Y.

PARTICIPANT ARTWORK



STAFF CORNER

EMPLOYEE OF THE MONTH



Ms. Betty

COOKING WITH OUR CEO - GREEN GODDESS SMOOTHIE

Ingredients:

Apples (fresh or frozen)
Avocado (fresh or frozen)
Pineapple (fresh or frozen)
Mango (fresh or frozen)
Banana (fresh or frozen)
8-10oz Pineapple Juice
Spinach (fresh or frozen)
Matcha (optional)
protein powder (optional)
ice

Instructions:

Place diced fruits and vegetables in the container of a power blender. Add ice, pineapple juice, protein powder and matcha. Blend on smoothie setting for about 1-1/2 minutes or as long as you like. Approximately 350 calories

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