



# September 2019

1503 Fourth Street NW, Albuquerque NM 87102

Call 1-844-366-2472

Hours of operation: Monday thru Friday 8:30am -3:30pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3	4 11am-1pm Retrain Your Brain 12p-1p Gentle Chair Yoga	5 	6	7
8	9 Happy Teddy Bear Day! 	10	11 11am-1pm Retrain Your Brain	12	13 	14
15	16 11:00a-12:30p Alternative Behavior Strategies 12:30-3:00 Paint & Coffee Hour	17	18 11am-1pm Retrain Your Brain	19	20	21 Clean Up  the World Our Place... Our Planet... Our Responsibility
22 	23	24	25 11am-1pm Retrain Your Brain	26	27	28 National Good Neighbors Day 
29	30	 <p>SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH</p> <p>SUPPORT • ADVOCATE • CURE</p>		<p>September is National Preparedness Month</p>  <p>Prepare. Plan. Stay Informed. </p>		

**September 2– OFFICE CLOSED** Do you get weekends off work? Lunch breaks? Paid vacation? An eight-hour work day? Social security? If you said “yes” to any of these questions, you can thank labor unions and the U.S. labor movement for it. Many of the most basic benefits we enjoy at our jobs today were the result of years of hard-fought battles and the legislation they inspired. On the first Monday in September, we take the day off to celebrate Labor Day and reflect on the American worker’s contributions to our country.

**September 5** is Cheese Pizza Day, a day to indulge in a slice (or two) of the classic and simple cheese pizza

**September 9** is Teddy Bear Day, a day to bring out all your teddy bears and thank them for their company, the fun times you have had with them, and for all the days and nights they comforted you.

**September 13** is Roald Dahl Day, a holiday dedicated to one of the world’s greatest storytellers. Celebrated every year on the anniversary of his birthday, the unofficial holiday celebrates all the characters created by the much loved and read children’s author whose most popular books included Charlie and the Chocolate Factory, Matilda and The Fantastic Mr. Fox.

**September 18** is Rice Krispy Treat Day, an unofficial holiday dedicated to the no-bake, quick to make yummy gooey sweet treat.

**September 21** The third Saturday in September is National CleanUp Day in the United States. National CleanUp Day was created by hiking enthusiasts Steve Jewett and Bill Willoughby in partnership with Clean Trails, a nonprofit that works to keep the outdoors clean. The unofficial holiday raises awareness about cleanliness and reducing litter.

**September 22** is designated as Hobbit Day (Lord of the Rings) because it is the birthdate of two of JRR Tolkien's main characters - Bilbo Baggins and Frodo Baggins. Bilbo Baggins, the protagonist of Tolkien’s hugely popular 1937 children's novel, The Hobbit, was born on September 22, Third Age 2890. Frodo Baggins, the central character in the LOTR trilogy, on the other hand, is 78 years younger than Bilbo, having been born in the Third Age year of 2968.

**September 28** Neighbors are an integral part of our social lives – whether at home or at work. Good Neighbor Day is an annual holiday that promotes neighborliness and niceness towards people who surround us. The holiday was created by Becky Mattson of Arizona in the 1970s as a way to encourage neighbors to be good to each other. In 1978, then American President, Jimmy Carter issued a proclamation that designated September 24, 1978 as National Good Neighbor Day. In 2004, the United States Senate passed a resolution to celebrate September 26, 2004 as National Good Neighbor Day.