



# TWIN OAKS AT STONE RIDGE

## September 2026 Newsletter

### FUN FACTS ABOUT APPLES

**They float!** Apples are 25% air - which is why they float and bobbing for apples is so fun.

**Rose family:** Apples are part of the Rose family. Really! Like distant cousins - they are also related to peaches, pears and plums.

**Lots of seeds:** Apples have about 5- 10 seed each. If you cut them straight across the middle side to side, they form a star. Remember the story of Johnny Appleseed? Have you ever planted an apple tree?

**Super Healthy:** Apples contain lots of fiber and vitamins for keeping a body strong! Maybe an apple a day really does keep the doctor away!

**Tree time:** It takes 4-5 years for an apple tree to actually grow an apple. People have been eating apples for thousands of years! There are 7500 different kinds of apples (known as cultivars) some varieties are good for snacking, some cooking (any pie fans out there?) and others for making cider.

What is your favorite apple variety?  
What is your favorite way to eat apples?

(Dawn likes a pink lady apple sliced with a side of peanut butter and dark chocolate! Yum!)  
Happy Snacking!

### WHAT THE FLOCK?

September Bird of the Month-  
Mallard Duck

The Mallard is a familiar duck found year-round in Missouri frequenting ponds, lakes, parks and the back patio here at Stone Ridge!

The male has the classic large green head with a thin white ring around its neck, a yellow beak and orange legs and feet. He makes a softer flat sound versus the female's distinct loud quack.

The female is brown with a blue and white wing mark (known as a speculum) and an orange and black bill. The juveniles look similar but have a yellow bill. The female is the caretaker and provider of the brood and will typically lay 7-10 eggs that are plain and whitish to greenish in color. Incubation is about 26-30 days.

The Mallard prefers to feed in shallow water and tips forward to feed on vegetation, dunking their heads to take a nibble. They also feed on seeds, plants, aquatic insects and will come to ground feeders especially those offering corn. (Thanks Bob - the ducks sure are fun to see!)

Debra Scheer 09/11

Terry Reelitz 09/27

Carolyn Shirley 09/30



### FLU SHOT CLINIC INTEREST?

For a variety of reasons, AW Healthcare will NOT be doing a Flu Shot Clinic this year. In years past we have only had a handful of residents take advantage of this service. Before we put in the effort of finding a different company that could provide the service this year, we wanted to see how many people were actually interested versus how many can get the flu shot at there doctors office or local pharmacy. Next week a very short survey will be put in your white drop box on the door to your apartment and in mailboxes for the villa residents. Please complete the survey & return to the office by Monday 9/7 We would like 100% participation of the survey.



## TRASH ROOM RULE REMINDER

Adult diapers, depends, and Styrofoam are not recycleable. Yet we still find these items in the recycle bins. These items need to go into the trash.

**Please Please Please- we are begging you!** Tie your trash bags before throwing them down the trash shoot.

If the bag has a liquid, sauce, or really anything that could spill/splash/etc., don't throw the bag down the trash chute. Walk it down to the bins in the 1<sup>st</sup> floor trash room.

Recently Terry came to work on a Monday to a real mess in the trash room. Someone had thrown a bag down the chute that contained what appeared to be spaghetti sauce. The bag broke and the sauce got all over the walls. This incident occurred over the weekend that happened to be during one of the recent heat waves. Therefore the sauce baked onto the walls for possibly several days making it very hard to clean up. Since we only have Terry for a few days each week, we cannot afford for him to be tied up for hours scrubbing the walls of the trash room.



## DOE'S JEWELRY SALE



WEDS  
09/09  
10-NOON  
1<sup>ST</sup> FLOOR  
COMMUNITY  
ROOM

HANDMADE JEWELRY BY RESIDENT DOE MILLER

All items \$5 each!

Start your Christmas shopping early!

Would be a great addition to your

Operation Shoebox donation!

SAVE THE DATE!

FALL  
Festival

WEDNESDAY OCTOBER 14TH

4:30-7PM

AT TWIN OAKS AT HERITAGE POINTE

MORE DETAILS TO COME!