

Forster Woods Connection



September 2026

Harvesting Memories



August was filled with aloha, adventure, and plenty of new experiences at Forster Woods! We enjoyed visits from our monthly favorites, including Drum Circle, Bible Study, Singing with Judy, and our wonderful Pet Therapy teams. Some of the month's biggest hits included our bubbling volcano experiment, welcoming five new Corydoras to our Forster Fish Tank, and, best of all, our Taste of Hawaii! Participants explored Hawaiian culture while sampling a variety of tropical fruits and even taking a chance on Spam Musubi, a popular Hawaiian snack! Our trip through the tastes and traditions of Hawaii was such a hit that we're already looking forward to exploring more places and cultures together. As we say aloha to August and our island adventures, we're ready to trade the tropics for a new season of fun, friendship, and plenty of exciting experiences this September!



Celebrating National Adult Day Services Week

September brings a very special celebration to Forster Woods—National Adult Day Services Week! This week recognizes adult day programs across the country and the important role they play in supporting adults, caregivers, and families. Adult day services provide more than a safe place to spend the day; they create opportunities for friendship, independence, meaningful engagement, creativity, movement, and connection, all while providing valuable support and respite for caregivers.

Of course, we couldn't let a week celebrating everything we love about adult day services pass by without going BIG! We've planned what may just be our best week ever, packed with special guests, unforgettable activities, surprises, and plenty of opportunities to celebrate the amazing community we've built together at Forster Woods. We can't wait to show just how much fun adult day can be—stay tuned!

MSU Nursing Students

We're excited to welcome two new groups of MSU nursing students to Forster Woods beginning September 28th! We always look forward to the energy, new ideas, and meaningful connections the students bring, and we can't wait for them to become part of our Forster Woods community this fall!



Forster Woods
— Adult Day Services —

Craft Corner & Recipe of the Month



Making Slime

Materials:

- 8oz Elmers White Glue
- 2 Tbsp Contant Lens Solution
- 1 Tbsp Baking Soda
- Food coloring
- Bowl
- Mixing Utensil



Directions:

1. Start by squeezing the bottle of glue into a bowl. Add your food coloring if desired, and stir until combined.
2. Mix in baking soda.
3. Add 1 ½ tablespoons of lens solution and mix until combined. If it's too sticky, add ½ tbsp more solution at a time. The more you add, the thicker it'll be.
4. Using your hands, knead the slime until it holds together. It will be wet and gooey at first, but just keep kneading until it all comes together. Store slime in an air tight container!



Banana Pudding

Ingredients:

- 2 Cups Milk
- 5oz Instant Vanilla Pudding Mix
- 14oz Sweetened Condensed Milk
- 1 Tbsp Vanilla Extract
- 12oz Cool Whip
- 16oz Nilla Wafers
- 12 Small Bananas



Directions: 20 Servings

1. Place milk and pudding mix in a large bowl; beat or whisk for 2 minutes. Whisk in condensed milk until smooth.
2. Stir in vanilla, then fold in whipped topping.
3. Arrange a layer of wafers on the bottom of a glass serving bowl. Top with layer of banana slcies, then a layer of pudding mixture; repeat layers until all ingredients are used.
4. Serve and enjoy!



Forster Woods
— Adult Day Services —

National Adult Day Services Week

September 21st-25th



SEP. 21ST A TRIP TO FRANCE	ALL DAY  French Food Menu	11:15PM  Monet Inspired Water Lily Art	12:00PM  Baguette Bocce	1:00PM  France Travelogue
SEP 22ND FORSTER FIELD DAY	11:00AM  Forster Woods Field Day	12:00PM  Medals	1:00PM  Ice Cream & Bingo	
SEP. 23RD DAY OF THE KING	10:45AM  Elvis Trivia	11:15AM  Decorating Sunglasses & Scarves	12:00PM  Blue Suede Shoe Toss	1:00PM  Elvis Performance
SEP. 24TH CANINE HERO DAY	11:00AM  ELPD K9 Demonstration		1:00PM  Search & Rescue Presentation	
SEP. 25TH FESTIVE FRIDAY	11:00AM  Exotic Animal Petting Zoo		1:00PM  Forster Woods Fair	

201 Hillside Ct., East Lansing, MI 48823 | (517)349-3101 | www.forsterwoods.org

September Special Events



Special Dates

- Sep. 7th  Closed: Labor Day
- Sep. 9th  Bible Study
- Sep. 10th  Movie Showing
- Sep. 15th  Drum Circle
- Sep. 16th  Karaoke/Dance Party
- Sep. 17th  Pet Therapy
- Sep. 18th  Singing w/ Judy
- Sep. 18th  Pet Therapy
- Sep. 21st  A Taste of France
- Sep. 21st  Pet Therapy
- Sep. 22nd  Forster Field Day
- Sep. 23rd  Elvis Performance
- Sep. 24th  ELPD K9 Demonstration
- Sep. 24th  Search & Rescue Visit
- Sep. 25th  Exotic Petting Zoo
- Sep. 25th  Forster Fair
- Sep. 28th  Singing w/ Judy

September Birthdays

5th - Ken S.

9th - Merrillyn S.

14th - Petra M.

16th - Matthew T.

23rd - Kathy V.

24th - James G.

25th - Julie M.



HAPPY
BIRTHDAY

September 2026



Opportunity in the Community

Club Create Crafts

Club Create is a free monthly art experience for people with disabilities featuring activities such as visual art, music, dance, or drama, along with a snack and time to socialize.

The group meets at Peckham and participants should enter through the south entrance.

RSVP: Riley Barelotti at
rbarelotti@peckham.org.

When: September 9th | 4-530pm

Where: 3510 Capital City Blvd. Lansing,
MI 48806

R.E. Olds Museum Free Guided Tours

Guided tours of the museum are available every Friday and Saturday at 1:00 PM. Tours are approximately 45 minutes long and are included with regular museum admission at no additional cost. No RSVP or advance registration is required—simply arrive a few minutes early to purchase your admission tickets before the tour begins.

Where: 240 Museum Dr. Lansing,
MI 48933

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For a tour call: (517)455-4888

“August Memories”





Participant Spotlight: Peter T.



Peter has been part of our Forster Woods family for many years, and throughout that time, we've loved getting to know his artistic, passionate, and determined personality. Peter enjoys being part of everything happening throughout the day, whether he's carefully completing his favorite wooden puzzles, joining us for crafts, or getting up to dance during karaoke and our parties.

There are a few things that really make Peter light up! He loves Pet Therapy and any opportunity to spend time petting animals, and he's always engaged during our monthly Drum Circle. Another favorite is Singing with Judy, especially *How Much Is That Doggie in the Window?* As soon as that song begins, you can count on hearing Peter's enthusiastic barks from anywhere in the room! We also love seeing his excitement when a favorite special guest comes through our doors.

And if we're having a party, Peter is always ready for the fun—especially when there's a special themed drink involved! Those have a habit of disappearing from his cup in record time.

Fun Fact: Peter loves *Harry Potter and the Chamber of Secrets*, a favorite he shares with quite a few of our staff members! Peter's sweet nature, determination, and enthusiasm make him uniquely Peter, and we're so grateful for all the joy he brings to our Forster Woods family!



Ways to Support

Your support makes all things possible here at Forster Woods and there are several ways you can contribute and make a difference. Every donation helps us provide vital resources for our individual clients. From meals and personal care items to therapeutic activities and special events, your generosity directly supports their well-being. You can visit our website at www.forsterwoods.org or simply scan the QR code to make a donation today!



Amazon Wishlist

Our Amazon Wishlist is filled with supplies we use daily—craft materials, office items, and other essentials for our program. By purchasing an item, you make a direct impact on the lives of our clients, helping us create enriching experiences and maintain a well equipped space. Just scan the QR code for our Wishlist and see how you can help!



Donate



Supporting Adults. Empowering Families. Building Community.

Our program provides meaningful daytime support for adults who benefit from structure, social engagement, and compassionate care. Through enriching activities, personalized attention, and a welcoming environment, participants remain active, connected, and valued members of the community.

We also support families and caregivers by providing trusted daytime care and peace of mind. Together, we are building a stronger, more inclusive community where adults can thrive and families feel supported.

Program Impact

- Adults maintain independence and meaningful daily routines
- Reduce social isolation and build friendships
- Support veterans, older adults, and individuals needing daytime care
- Provide respite and support for family caregivers

Program Sponsors & Community Partners

We are grateful to the organizations and community partners whose support helps make our program possible.

