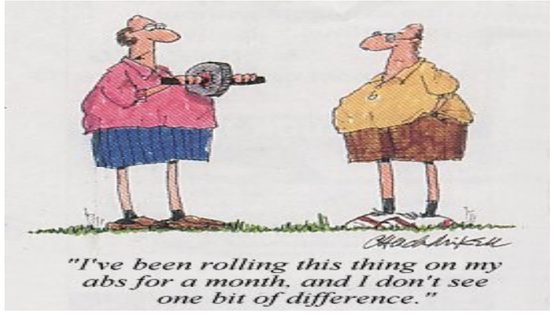
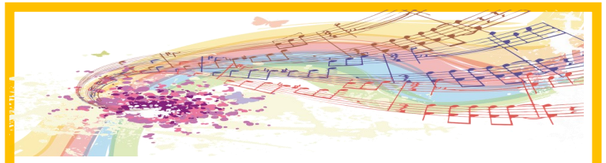
September 2025

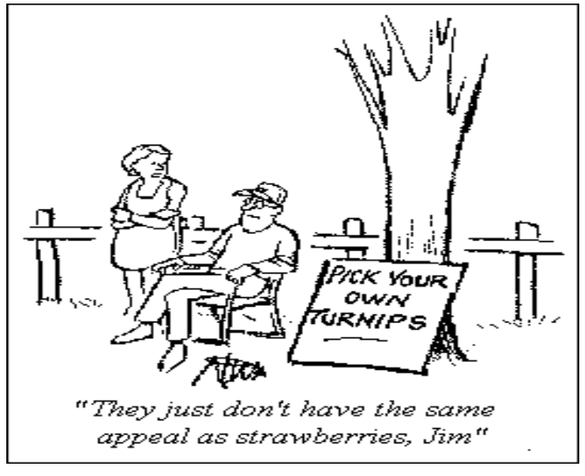
1st Joanie Delzer #413
2nd Helen Hamada #313
3rd Linda Kocina #122
4th Kari Hill #500
4th Vicky Walz #538
5th Margaret Shane #438
6th Carol Diller #224
9th Stephanie Gustafson #317
10th Steve Labo #324
13th Liz Stockton #506
14th Judy Wylie #116
16th Todd Cropper #436
17th Dee Espinoza #100
17th Jeffry Young #305
19th Joyce Looker #223
19th Eduard Simonian #414
24th Wanda McMahon #102
29th Star Wilson #521
29th Ammie Henry #130





Please join us Tuesday, September 9th in the dining room for celebration of September birthdays and welcoming new move-ins in at 2:30 PM. Larry Alan and Becky Jean will perform a variety of country music songs.

Don't Forget….
FISH food is Friday, September 5th this month in the dining room at 1 PM. Bring your own bags if you have any. Fresh produce and food boxes will be available.



The Tidbits is a monthly publication of the Knights of Pythias Retirement Center, whose goal is to promote friendship, charity & benevolence among all mankind.

SEPTEMBER 2025 Tidbits

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Stephen Adams, Resident Photographer

We are excited to welcome Susan V. on Mondays and Tuesdays as our silver sneakers and chair yoga teacher. Her hours are changing to Mondays at 2 PM (Silver sneakers (strength training with balls and bands provided) and Tuesdays at 3 PM (chair yoga). Mary Lawrence will still be teaching Silver Sneakers on Thursdays, but the time will be changed to 2 PM and Chair Yoga at 3 PM on Thursdays. I hope you can join us. The classes are held in the activity room (up the ramp– the old art room) Namaste!

You may be asking, why exercise? Here are a few comments from residents who have been taking the class consistently:

- "I like going to Silver Sneakers because it gets my blood circulating. It's good for my coordination. And it gives me a chance to socialize with friends". B.H.
- "My physical improvements have been amazing since starting the two classes, Silver Sneakers and Chair Yoga. I can actually open a jar of pickles now. I'm not always tripping on my own two feet, and all in all, my energy level is higher. I'm not saying it's easy...far, far from it, but the rewards are significant. Think about it...the hardest part of any exercise program is putting on your shoes, so just try it out once or twice. You do it at your own pace that's right for you and you will be pleased with how much better you feel." L.W.
- "You need exercise for better balance, a stronger core, confidence, for health, for fun and friends. What better reasons are needed? You need to dedicate to it for six months and you will see a difference and keep going!" D.P.

Other residents taking the class have reported feeling stronger, having less fear of falling, and feeling more positive. Some say their overall health has improved and they have lost weight. Why not give it a try?

Low Carb and Low Sugar Cheesecake

Do you crave cheesecake but are unable to Have any because of the sugar? Here is a delicious cheesecake from a website called *wholesomeyum* that is sweetened with Monk fruit. Monk fruit is a healthy alternative to sugar. Besti Powdered Monk Fruit Allulose Blend can be purchased at Walmart. Here is the recipe:

Almond Flour Cheesecake Crust

2 cups Blanched Almond Flour
1/3 cup unsalted butter
2 Tbs Besti Monk Fruit Allulose Blend
1 tsp. Vanilla Extract

Cheesecake Filling

32 oz. cream cheese (softened)
1 1/4 cups Besti Powdered Monk Fruit Allulose Blend
3 large eggs
1 Tbs lemon juice
1 tsp vanilla extract

Alternate toppings

Sugar free chocolate syrup or caramel
Sugar free whipped cream
Can also be made crustless

First, make your crust. Preheat the oven 350 degrees. Line a 9-inch springform pan with parchment paper. Stir the almond flour, melted butter, Besti Monk Fruit blend, and vanilla extract in a medium bowl until well combined. The dough will be slightly crumbly. Press the dough into the bottom of the prepared springform pan. Bake 10-12 minutes, until barely golden. Let cool at least 10 minutes.

Make the filling. Beat the cream cheese and powdered sweetener together at low to medium heat until fluffy. Beat in the eggs, one at a time. Beat in the lemon juice and vanilla extract. Keep the mixer at low to medium the whole time to avoid air bubbles.

Pour the filling into the pan over the crust. Smooth the top with a spatula (an icing spatula works great if you have one). Tap the pan on the counter several times to avoid air bubbles.

Bake 40-45 minutes, until the center is almost set but still jiggly. Remove from the oven but do not remove from the springform pan. Cool to room temperature, then refrigerate over night. Remove from the springform pan right before serving. Top with fresh berries.