



Happy Independence Day!

July Fun Facts:

Birthstone: Ruby (which symbolizes contentment, love, passion, integrity)

Zodiac: June 21-July 22=Cancer; July 23- Aug 22=Leo

Flower: Water Lily

The month of July was named after Julius Caesar. Before this, July was called Quintilis, as it was the fifth month on the old calendar.

The exact half way point of the year is on July 3 (on a non-leap year)

Famous People Born in July....Dan Akroyd, Princess Diana, Pamela Anderson, Tom Cruise, Calvin Coolidge, Mitch Miller, Ann Landers, Merv Griffin, Gerald Ford, Lucy Arnaz, Amelia Earhart, Mick Jagger, Henry Ford, Delta Burke



The Dog Days of Summer...

Musical Entertainment and Special Theme Days...

- July 4 Independence Day
- July 15 J.Jay Brook entertains @ 2pm
- July 22 Italian Theme Day
- July 31 Jerry Vernon entertains @ 2pm

JULY Word Scramble:  
 ROMEFDE  
 RDAEPA  
 YIEBLTR  
 EDR  
 HTWEI  
 LBUE  
 CICPIN  
 RAIMEAC  
 OYDHIAL  
 UTTNOITSCNO  
 SKOIRWFER  
 DEINEPDTNNE



New Faces...  
 Welcome New Residents: Delores K., and Barb R., and Josephine B., Gladys M., Marian W., Florence M., Vivian P.  
 New BFM: Welcome to Diane (LPN)!!  
 New Volunteers: Jessica will join us Monday mornings!



July 2015

July is here, and with all of the rain June brought, we are hoping for many bright, hot and sunny days ahead!

We would like to share some tips on to staying healthy and safe this summer.

1. Stay hydrated. Don't forget to sip water throughout the day.
2. Keep your cool. Stay in an air conditioned area when it is very hot out to prevent heat stroke and hypothermia.
3. Stay in touch. Check on elderly neighbors in extreme heat. Have contact numbers to call in case of emergency.

4. Dress the part. Loose fitting cotton clothes are best in the heat.

5. Protect your eyes. Wear sunglasses to help preserve your vision.

6. Protect your skin and your head. Apply sunscreen regularly and wear a hat when outdoors.

7. Keep mosquitoes and ticks away. Wear insect repellent.

8. Exercise smart. Avoid exertion in the heat; exercise and spend time outdoors in the early morning or early evening.

9. Use caution around fireworks.

HAVE A HAPPY AND SAFE SUMMER!!



S

Please sign up for bus outings ahead of time; talk to Slavica or sign up on the sheet in the Activity Room!

M

All activities subject to change-see daily activity schedule posted by the Bread Basket

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F

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# July

10:15a Game Time with Lexi  
2p Residents Lead Bunco  
Game Basket in Bistro  
5

10:15a Devotion & Daily Chronicles  
10:30a Mind Stretch w/Jessica  
11a Senior Stretches  
2p Game w/Megan  
3:15 p Afternoon Movie on Big Screen  
6

10:15a Devotion & Daily Chronicles  
10:30a Trivia w/Linda  
11a Silver Sneakers  
11:30a Lunch Outing to Golden Apple  
3p Dominoes  
7

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Game w/Megan  
6p Movie Night on Big Screen  
1

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Megan's Pick  
6p Movie Night on Big Screen  
8

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Hangman  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bunco  
2

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Get Crafty  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bingo w/Cindy  
3p Shopping at Dollar General  
9

10:15a Devotion & Daily Chronicles  
10:30a Outdoors w/Linda  
2p Bingo  
6p Friday Night Movie and Popcorn  
3

10:15a Devotion & Daily Chronicles  
10:30a Fresh Air w/Linda  
2p Resident Council  
2:30p Bunco  
6p Friday Night Movie and Popcorn  
10

Independence Day  
10a Residents Lead Game of Choice  
2p Residents Lead Group Word Puzzle  
Game Basket in Bistro  
4

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Dominoes  
Game Basket in Bistro  
11

10:15a Game Time with Lexi  
2p Residents Lead Group Crossword Puzzle  
Game Basket in Bistro  
12

10:15a Devotion & Daily Chronicles  
10:30a Brain Games w/Jessica  
11a Senior Stretches  
2p Megan's Pick  
3:15p Afternoon Movie on Big Screen  
13

10:15a Devotion & Daily Chronicles  
10:30a Chat w/Linda  
11a Silver Sneakers  
11:30a Lunch Outing to Culver's  
3p Bingo  
14

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
**2p Musical Entertainment by J.Jay Brook**  
6p Movie Night on Big Screen  
15

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bunco  
16

10:15a Devotion & Daily Chronicles  
10:30a Courtyard Conversation w/Linda  
1:15p Food Committee  
2p Dominoes  
6p Friday Night Movie and Popcorn  
17

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Bunco  
Game Basket in Bistro  
18

10:15a Game Time with Lexi  
2p Residents Lead Dominoes  
Game Basket in Bistro  
19

10:15a Devotion & Daily Chronicles  
10:30a Question and Answer w/Jessica  
11a Senior Stretches  
2p Game w/Megan  
3:15p Afternoon Movie on Big Screen  
20

10:15a Devotion & Daily Chronicles  
10:30a Reminisce w/Linda  
11a Silver Sneakers  
11:30a Lunch Outing to The Island  
3p Dominoes  
21

Italian Theme  
10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p "Italy" Bingo and Italian Ice  
6p Movie Night on Big Screen  
22

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Get Artsy  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bingo w/Cindy  
3p Shopping at Dollar General  
23

10:15a Devotion & Daily Chronicles  
10:30a The Great Outdoors w/Linda  
2p Ice Cream and Bunco  
6p Friday Night Movie and Popcorn  
24

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Dominoes  
Game Basket in Bistro  
25

10:15a Game Time with Lexi  
2p Residents Lead Game of Choice  
Game Basket in Bistro  
26

10:15a Devotion & Daily Chronicles  
10:30a Word Games w/Jessica  
11a Senior Stretches  
2p Megan's Choice  
3:15p Afternoon Movie on Big Screen  
27

10:15a Devotion & Daily Chronicles  
10:30a Brain Teasers w/Linda  
11a Silver Sneakers  
11:30a Lunch Outing to Beggar's Pizza  
3p Bingo  
28

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Game w/Megan  
6p Movie Night on Big Screen  
29

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Hangman  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bunco  
30

10:15a Devotion & Daily Chronicles  
10:30a Fresh Air w/Linda  
**2p Musical Entertainment by Jerry Vernon**  
6p Friday Night Movie and Popcorn  
31

