

What part of the zoo are you? Enhancing your relationships by understanding your personality type! Join us on Wednesday, July 26th at 1:30!

"Join us for an afternoon of fun and understanding as Debbie Goff, the Community Liaison for Kindred Hospice explains how understanding your personality can enhance all your relationships. Whether you are a golden retriever, a lion, a beaver or a an otter, you will be entertained by Goff's humorous and informative presentation. Based on the best selling book by Jim and Suzette Brawner, you will walk away with a heightened sense of well-being as you finally realize why you do the things that make you uniquely you".



Happiness in our Home!

Happy Birthday and Best Wishes to:

- Jean S - July 5th
- June M - July 5th
- Annn P - July 13th
- Russell L - July 21st

With the extreme hot temperatures, please, remember to drink plenty of fluids to stay hydrated throughout the day.

Medical Bus Transportation is available on Tuesday's and Friday's from 9:00AM-4:00PM. Please, see Rene Cwyl - LEC to reserve the bus. We would appreciate 2 weeks notice to be able to reschedule activities for the day.

We are looking for volunteers for the weekends from 9:00AM-11:30AM, 1:30PM-4:30PM and 6:30PM-8:00PM. Please, contact me, Rene Cwyl, LEC - (tinley parklec@enriching happiness.com). **We will be celebrating our 2 Year Anniversary on Thursday, August 2nd in the evening. Families are invited to join us or a picnic in the courtyard. We will also have an Alzheimer's Fundraiser Basket Raffle to support the Alzheimer's Association. Please, RSVP to Rene with the # of guests.



SUMMERTIME!

The nice weather is here and with that comes more time to spend outdoors. It is important to remember as we enjoy the warm temperatures to also take steps to protect ourselves from the harmful effects of the sun. Covering up and avoiding the peak hours of the sun are the best ways to avoid getting a sunburn. Wear a hat with a brim in the front. Wear sunglasses. Get in the shade whenever possible, especially during the peak hours of sunlight between 10am-4pm. Wear sunscreen when outdoors. Use sunscreen with a Sun Protection Factor (SPF

of 15 or higher. If you experience a sunburn with blisters, fever, chills, headahces or other feelings of illness, it is best to see a physician. These symptoms can be a sign that something else is going on, such as heat stroke. More serious sunburns will be treated like regular burns, which carry the risk of infection, so it is important to keep the wound clean and dry and follow the doctor's reccommendation for further treatment. Let's all enjoy the warm temperatures of summer, but be safe in the sun! Beverly Hoitsma Asst.R.N.C



S

10:30 Mary B's Ageless Grace with Patrice
10:30 Senior Strides with Colleen
11:00 Word Puzzles
1:30 Bible Study with Chaplin
1

M

10:30 Exercise
11:00 Miniature Golf
11:30 Wendy's Lunch Trip
2:00 Yahtzee
6:30 Wheel Of Fortune
2

T

10:30 Ageless Grace with Patrice
1:30 Blackjack with Sue
3:00 Quarter Bingo
6:30 Uno Card Game with Colleen
3

W

Independence Day
10:30 Exercise
11:00 Patriotic Trivia
1:30 Bean Bag Toss
3:00 Apple Pie with Ice Cream Social
4:00 Sing-A-Long
4

T

8:00 Beauty Salon
10:30 Donuts & Coffee
1:30 Walgreens Trip
2:30 Hynms/Praise with Chaplin Tia
3:15 Snack Bingo
6:30 Bunco with Colleen
5

F

10:30 Exercise
11:00 Pictionary
1:30 Luck of the Draw Bingo
2:45 Ice Cream Cones
3:30 Crochet
6:30 Wheel Of Fortune
6

S

10:30 Senior Strides with Colleen
1:30 King's in the Corner with Colleen
2:30 Bunco with Colleen
7

10:30 Senior Strides with Colleen
11:00 Word Searches
1:30 Bible Study with Chaplin
2:45 Inner Artist with Emily
8

10:30 Exercise
11:00 Brain Quest
11:30 Petey's II Lunch Trip
2:00 Chocolate Bingo
3:30 Bunco
6:30 Wheel of Fortune
9

10:30 Ageless Grace with Patrice
1:30 Blackjack with Sue
3:00 Quarter Bingo
6:30 Kings in the Corner with Colleen
10

10:30 Exercise
11:00 Charades
1:30 St. Stephen Church Mass
2:00 Games with Mary
3:00 Patio Social
4:00 Name That Tune
11

8:00 Beauty Salon
10:30 Fruit Smoothies
1:30 Kohls Shopping Trip
2:30 Hymns/Praise with Chaplin Tia
3:30 Snack Bingo
6:30 Bunco with Colleen
12

10:30 Exercise
11:00 Basketball Hoops
1:30 Luck of the Draw Bingo
2:45 Ice Cream Sundaes
3:30 Bowling
6:30 Wheel Of Fortune
13

10:30 Senior Strides with Colleen
1:30 Bunco with Colleen
2:30 Charades with Colleen
8:00 Pizza with Brittany and Crystal
14

10:30 Mary B's Ageless Grace with Patrice
10:30 Senior Strides with Colleen
1:30 Bible Study with Chaplin
2:45 Inner Artist with Emily
15

10:30 Exercise
11:00 Balloon Volleyball
11:30 Bone Fish Grill Lunch Trip
2:30 Bean Bag Toss
3:30 Yahtzee
6:30 Wheel of Fortune
16

10:30 Ageless Grace with Patrice
1:30 Blackjack with Sue
3:00 Quarter Bingo
6:30 Shut the Box Dice Game with Colleen
17

10:30 Exercise
11:00 Pictionary
1:30 St. Stephen Church Rosary
2:00 Games with Mary
3:00 Prize Bingo by "A Loving Company-ALC"
18

8:00 Beauty Salon
10:30 Italian Pastries
1:30 General Dollar Trip
2:30 Hymns/Praise with Chaplin Tia
3:00 Italian Soda Bar
6:30 Snack Bingo with Colleen
19

10:30 Exercise
11:00 Charades
1:30 Luck of the Draw Bingo
2:30 Trinity Lutheran Church Service
3:30 Banana Splits
20

10:30 Senior Strides with Colleen
1:30 Chocolate Bingo with Samantha
2:45 Bean Bag Toss
4:00 Bunco
21

10:30 Senior Strides with Colleen
11:00 Word Searches
1:30 Bible Study with Chaplin
2:45 Inner Artist with Emily
22

10:30 Exercise
11:00 Brain Quest
11:30 Buca De Beppo Lunch Trip
2:30 Chocolate Bingo
4:00 Shut the Box Dice
6:30 Wheel Of Fortune
23

10:30 Ageless Grace with Patrice
1:30 Blackjack with Sue
2:30 Bingo Buck Country Store
6:30 Kings in the Corner with Colleen
24

10:30 Exercise
11:00 Basketball Hoops
1:30 St. Stephen Church Communion
2:00 Games with Mary
3:00 Patio Social
4:00 Name That Tune
25

8:00 Beauty Salon
10:30 Fruit Yogurt Parfaits
1:30 "Taming The Family Zoo" - Kindred Hospice
2:30 Hymns/Praise with Chaplin Tia
3:00 Marcus Cinema Trip
26

10:30 Exercise
11:00 Brain Quest
1:30 Luck of the Draw Bingo
2:45 Ice Cream Cones
3:30 Crochet
6:30 Puzzles
27

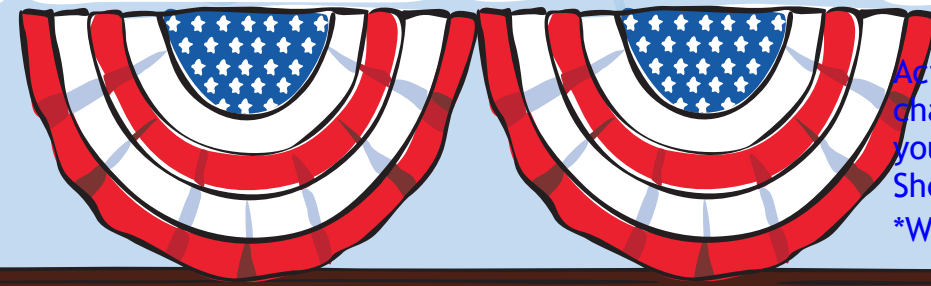
10:30 Senior Strides
1:30 Bunco
3:00 Scrabble
8:00 Social with Brittany and Crystal
28

10:30 Senior Strides with Colleen
11:00 Word Searches
1:30 Bible Study with Chaplin
2:45 Inner Artist with Emily
29

10:30 Exercise
11:00 Balloon Volleyball
11:30 Culver's Lunch Trip
2:00 Chocolate Bingo
4:00 Bunco
6:30 Wheel of Fortune
30

10:30 Ageless Grace with Patrice
1:30 Blackjack with Sue
3:00 Resident/Dining Council Meeting
6:30 Uno Card Game with Colleen
31

July



Activities are subject to change. Please check your Daily Activity Sheet.
Weather Permitting