July Activities Continued

* Ladies Lunch Outing - The Cabana - Thursday, July 13

The Cabana is an outdoor waterfront dining atmosphere. It's seafood with a great view. Signup sheets are in the hallway by the lobby and don't forget to bring \$ for lunch! Bus leaves at 11:45

* Shakespeare in the Park, —Sunday, July 22

The Comedy of Errors is one of William Shakespeare's early plays. It is his shortest and one of his most farcical comedies, with a major part of the humor coming from slapstick and mistaken identity. Tom will be driving you and the bus leaves at 3. Price \$10. Please sign up on the sheets in the hallway near the lobby.

* Visit Fruit Stands — Tuesday, July 24

This is a great opportunity to pick up some fresh local produce. Please sign up on the sheets in the hallway near the lobby. The buss leaves at 1:30pm

* Walk the Farmer's Market—Saturday, July 28

The Anacortes Farmer's Market is the best place to get local produce, mingle with local artists and buy some wonderful crafts. They have live music and good food too so bring along some cash for spending and enjoy being outdoors. Sign up in the hallway near the lobby. The bus will be leaving at 11:15.

* Guy's Outing - Thursday, July 26

Calling all guys! Pete and John will be taking you on another wild adventure for lunch. The bus leaves at 11:15 and you'll need to sign up in the hallway near the lobby.

Note: Please check the calendar for other activities not listed.

Seafarers Music Concert

July 11th—Skagit Swings all Stars July 18th—Swing Connection July 25th—A'town Big Band

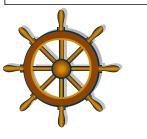


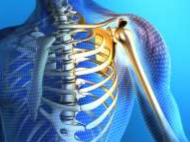
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July 2018





Pete Kovach Executive Director

Casandra Roberts Business Office Manager

Leah Yanega Community Relations Director

Tammy Scott Health Services Director

Becca Booker-DeMonbreun Activities Director

Ian McAllaster Food Services Director

John Fuik Maintenance Director

Susie Devo Resident Relations

There are several things that you may be doing with your shoulder right now that could be causing damage to your shoulder. Something as simple as how you wash under your arms can be a good thing or a bad thing depending on how you move your shoulder as you do it.

Wouldn't you like to have a guide for what things are good and what things are bad for the shoulder? At the next healthy living talk, on Monday July 2nd at 10:30 in Captains **Crossing**, I'm going to outline general principles for how your shoulder works and what you can do to keep it healthy, and what you should avoid to keep from hurting it. We have finally finished remodeling our kitchen so we will actually have homemade treats for you again.

CLIPPER

Healthy Living Talk With **Martin Iverson**

The shoulder could be the most used and abused joint in the body. At the same time it is the most technically complex and complicated joint. More things can go wrong at the shoulder than you can shake a stick at. That, is if your shoulder is working well enough to actually shake a stick.

Chandler's Square Residents' Council Meeting June 19, 2018

Present: Harvey O. Harry B. Mary Lou M. Maxine L. Genevieve T. Dee H. Becca B-D

Meeting was called to order at 2:30pm. The following discussions took place:

Old Business:

The Fireside Room will now be called and labeled as the Library. This is to highlight the renovation and rejuvenation of the room.

The Library is being reorganized by Anne J. The categories will be as follows: Fiction (hardback & paperbacks), Nonfiction, and Large Print. Anne will be starting a Library Committee. If you have any questions or suggestions please contact her.

The major moving of furniture around the building has concluded. There are still some final details to finish up the Lobby and Library.

All of the interior sprinklers have been replaced.

The resident committee is still looking for a Secretary. Please consider volunteering! If you have any questions, please contact a member of the committee.

New Business:

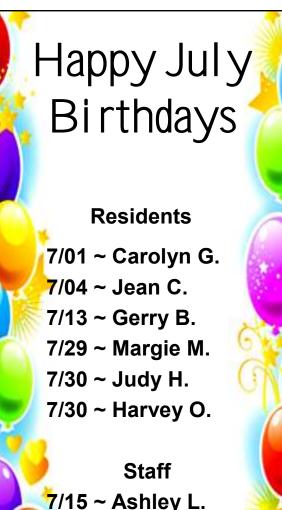
The Resident Council has a cash box that Maxine will store in her apartment. It can be used if and when the need arises, such as, a book sale.

Some residents like the music that is being played in the Dining Room and some residents do not. Please talk to the Dining Room staff about making changes during a meal time. During activities the music with be turned off. The in between time the music will be turned back on.

There is a desire for better commutation to the residents about changes at Chandler's Square. One such case is the replacement of the library carpet. After Anna took the time to organize all the books, all of her work was undone without notice. This was upsetting to the residents, for good reason. Becca took the time to put the books back in their original places.

There is desire for some seats in the Eagles Nest in the North Wing. This has been passed along to Pete.

The meeting was adjourned at 2:45pm. Respectfully submitted, Becca B-D, Interim Secretary



7/25 ~ Esteban R.





June Birthday Celebration



Library Overflow Party – Monday, July 2 Please join us in the library to pursue the duplicate library books. If you would like one of the duplicate books you may take it with you. The leftovers will be removed. This event is from 1-2pm.

July Birthday Party—Tuesday, July 3 Come and join the fun in celebrating our July birthdays. We will have cake and ice-cream along with a fun raffle. It will be in the Dining Room at 2:30.

* Parade for the 4th of July-Wednesday Sign up to watch the 4th of July parade. There is a possibility to ride the bus and be in the Anacortes parade, this is still being worked on. The group watching the parade will leave at 10:30 and be back at 12:30. These times are subject to change based on weather and number of participants. Please sign up in the hallway near the lobby.

* Trip to Snowgoose Produce—Thursday, July 5 Hop on board the bus and head to Snowgoose Produce for some wonderful ice cream. The bus will be leaving at 1:30. Snowgoose only accepts CASH. Please sign up in the hallway near the lobby.

* Picnic — Thursday, July 12

It's a picnic! Enjoy the fresh air and visiting with your friends while eating a delicious lunch prepared by us. The bus will be leaving at 11:30. Please sign up in the hallway near the lobby.

* Swedish Pancakes—Saturday, July 14 Travel with us to Mt. Vernon to enjoy Swedish pancakes at the Elks Lodge. Top your pancakes off with lingonberry jam and savor the breakfast. The bus leaves at 9:30. Please sign up on the sheets in the hallway near the lobby.

* Shopping at Walgreens—Tuesday, July 17 Walgreens is offering a 20% discount for Seniors! We have a trip once a month on the third Tuesday for you to take advantage of this offer. The bus will be leaving at 1:15. Please sign up in the hallway near the lobby.

See next page for more activities ——>

Guess Who?



Can you guess who this resident or staff member is? Drop your guesses off in the bag by the activities office.

We are looking for more photos to continue doing this. If you have a photo you would like to submit please talk to Becca or Jess. We will scan the photo and return it to you ASAP.

The front office will be closed and there will be no transport on <u>Wednesday July 4th</u> to celebrate our **Nation's Independence.**







July Movies At The Theater – Saturday & Sunday's Starting at 2:30pm



2hr 30m - Playing July 7 & 8 The Dirty Dozen 1967 PG In this Academy Award-winning World War II action flick from director Robert Aldrich, a U.S. Army major is handed a near-impossible assignment: Turn a group of conscripted convicts into a crack fighting unit and then send them on a mission to destroy a villa filled with Nazi brass. Cast: Lee Marvin, Ernest Borgnine, Charles Bronson, Jim Brown, John Cassavetes, Richard Jaeckel, George Kennedy, Ralph Meeker, Robert Ryan, Donald Sutherland, Telly Savalas, Clint Walker, Robert Webber Genre: Classic War Movie

The Greatest Showman 2017 PG 1hr 45m – Playing July 14 & 15 Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Cast: Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, Zendaya, Diahann Carroll, Paul Sparks, Fredric Lehne, Natasha Liu Bordizzo, Yahya Abdul-Mateen II Genre: Musical

2011 R 2hr 8m – Playing July 21 & 22 The Intouchables Based on a true story, a quadriplegic aristocrat's world is turned upside down when he hires a good-humored ex-con as his caretaker. The unlikely duo overcomes adversity of every flavor as they shatter preconceptions of love, life and each other. Cast: François Cluzet, Omar Sy, Anne Le Ny, Audrey Fleurot, Clotilde Mollet, Gregoire Oestermann, Joséphine de Meaux, Marie-Laure Descoureaux, Cyril Mendy Genre: French Comedy < This Movie is in French with English Subtitles>

The Return of the Pink Panther 1975 G 1hr 53m – Playing July 28 & 29 A singing Marlon Brando stars as Sky Masterson opposite Frank Sinatra in this musical take on Damon Runyon's Manhattan short stories. One of the richest scores to spring from Broadway to Hollywood includes such classic songs as "Luck Be a Lady." Cast: Marlon Brando, Jean Simmons, Frank Sinatra, Vivian Blaine, Robert Keith Genre: Classic Musical

