



By Discovery Senior Living

440 Town Center Place • Columbia, SC 29229 • (803) 828-3322

### Welcome, New Residents!

We are pleased to welcome all of our wonderful new residents! We know that you will enjoy the delightful retirement lifestyle at Discovery Village at Sandhill with a beautiful new apartment home, new friends, new activities and a staff who can't wait to meet and serve you! **Invite your friends and neighbors to come take a look. If they decide to move into our new community, YOU will receive a \$2,000 reward!** You must register your friend or neighbor with our Sales Team before they make a visit in order to be eligible for the \$2,000 reward.

### Light Up the Sky

Fireworks have been a Fourth of July tradition since the early days of our nation's independence. The American Pyrotechnics Association estimates that over 14,000 fireworks shows take place on July 4 across the country, from small towns to major cities.

### Sweet and Savory

The sweet-and-salty combination of fluffy waffles and fried chicken drizzled with maple syrup is celebrated on July 30, National Chicken and Waffles Day. A Harlem restaurant popularized the dish in the 1940s when it served the pairing to late-night customers.

### Focus on Eye Health

Carrots are well-known for their eye-healthy nutrients, but blueberries, spinach, eggs, fatty fish and dark chocolate have also been shown to help guard against cataracts and age-related macular degeneration.

## July 2019

### Your Community Team

Joel Childers	Executive Director
DJ Douglas	Business Officer Manager
Jonathan Close	Director of Facility Operations
Abby Johnson	Senior Lifestyle Counselor
Kathy Wikle	Senior Lifestyle Counselor
Lisbeth Rawl	Director of Culinary Services
Ginger Jones	Director of Recreation & Events




### Office Hours

Monday–Friday	8:30am–5:00pm
Saturday & Sunday	by appointment



### Ice Cream Additions

Long summer days provide plenty of chances to enjoy the season's classic refreshing treat, ice cream. When it comes to adding a final flourish to a dish or cone, about half of Americans favor hot fudge, according to poll results.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:30  Morning Exchange 10:00  Tai Chi♥ 11:00  Cranium 1:00  Mahjong Madness 4:00  Meet Your Neighbor Mixer	2 10:00  Morning Moves♥ 11:00  Pokeno 2:00  Game Show Wii Family Feud 4:00  Tech Talk📺	3 9:30  Morning Exchange 11:00  Bananagrams 1:00  Shopping Trip✓ 3:00  Bingo with Tyler 4:00  Walk about Wednesday♥ 7:00  Movie & Popcorn	4 <b>Independence Day</b> 10:00  Fitness Fun♥ 11:00  Mexican Train Dominoes 2:00  Wii Bowling 6:00  Rockin’ Red, White & Blue Celebration✓	5 9:30  Morning Exchange 10:00  Stretch & Stroll♥ 11:00  Dabble at Scrabble 2:00  LRC with Discovery Bucks 4:00  Happy Hour Music With John Bomba♪ 7:15  Friday Night Flicks	6 10:00  Gym Time ♥ 11:00  Spades 2:00  Corn Hole 3:00  Board Game Bonanza 7:00  Classic Movie	
	7 10:00  Sunday Times 1:00  Dealer’s Choice 3:00  Sunday Matinee 5:00  Music with Katie Gandy ♫	8 9:30  Morning Exchange 10:00  Tai Chi♥ 11:00  Cranium 1:00  Mahjong Madness 4:00  Meet Your Neighbor Mixer	9 10:00  Morning Moves♥ 11:00  Lunch Bunch - Tiffany’s✓ 2:00  Crafters’ Corner Rock Painting 4:00  Activities Committee	10 9:30  Morning Exchange 11:00  Bananagrams 1:00  Shopping Trip✓ 3:00  Game Show Wii Jeopardy 4:00  Walk about Wednesday♥ 7:00  Movie & Popcorn	11 10:00  Chair Yoga♥ 11:00  Pedicures✓ 2:00  Wii Bowling 4:00  Trivia Thursday 7:00  Club Fair	12 9:30  Morning Exchange 10:00  Stretch & Stroll♥ 11:00  Dabble at Scrabble 2:00  Bingo Bash 6:30  Blue Indigo Jazz & Poetry \$25✓ 7:15  Friday Night Flicks	13 9:00  Soda City Market 11:00  Farkle 2:00  Corn Hole 3:00  Bridge 7:00  Classic Movie
	14 10:00  Sunday Times 1:00  Dealer’s Choice 3:00  Sunday Matinee	15 9:30  Morning Exchange 10:00  Tai Chi♥ 11:00  Cranium 1:00  Mahjong Madness 4:00  Music with Pamela Austin	16 10:00  Morning Moves♥ 11:00  Spades 2:00  Crafters’ Corner Rock Painting 4:00  Town Hall	17 9:30  Morning Exchange 11:00  Bananagrams 1:00  Shopping Trip✓ 3:00  Game Show Wii Deal or No Deal 4:00  Walk about Wednesday♥ 7:00  Movie & Popcorn	18 10:00  Chair Yoga♥ 11:00  Mexican Train Dominoes 12:00 Sail Away Event 2:00  Wii Bowling 4:00  Trivia Thursday	19 9:30  Morning Exchange 10:00  Stretch & Stroll♥ 11:00  Dabble at Scrabble 2:00  Bingo Bash 4:00  Happy Hour with Tyler 6:30  Big Red Barn Retreat 2019 Summer Jam \$12✓	20 10:00  Gym Time ♥ 11:00  Quarter Bingo 2:00  Corn Hole 3:00  Board Game Bonanza 7:00  Classic Movie
	21 10:00  Sunday Times 1:00  Dealer’s Choice 2:00  National Ice Cream Day Ice Cream Social 3:00  Sunday Matinee	22 9:30  Morning Exchange 10:00  Tai Chi♥ 11:00  Cranium 1:00  Mahjong Madness 4:00  Meet Your Neighbor Mixer	23 10:00  Morning Moves♥ 11:00  Popcorn & Puzzles 2:00  Crafters’ Corner: Card Making \$5 4:00  Health Talk: Fall Prevention with Fox Rehab📺	24 9:30  Morning Exchange 11:00  Bananagrams 1:00  Shopping Trip✓ 3:00  Game Show Wii Wheel of Fortune 4:00  Walk about Wednesday♥ 7:00  Movie & Popcorn	25 10:00  Chair Yoga♥ 11:00  WWI Museum Trip \$5 ✓ 2:00  Wii Bowling 4:00  Trivia Thursday 7:00  Music with Emmalyn♪	26 9:30  Morning Exchange 10:00  Stretch & Stroll♥ 11:00  Dabble at Scrabble 2:00  Bingo Bash 4:00  Birthday Bash 7:15  Friday Night Flicks	27 10:00  Gym Time ♥ 11:00  Hand & Foot 5:00  Backyard BBQ RSVP♪
	28 10:00  Sunday Times 1:00  Dealer’s Choice 3:00  Sunday Matinee	29 9:30  Morning Exchange 10:00  Tai Chi♥ 11:00  Cranium 1:00  Mahjong Madness 4:00  Meet Your Neighbor Mixer	30 10:00  Morning Moves♥ 11:00  Pokeno 12:00  Game Show Wii 2:00  Crafters’ Corner Rock Painting 4:00  Travel Talks	31 9:30  Morning Exchange 11:00  Bananagrams 1:00  Shopping Trip✓ 3:00  Big Brain Academy Wii 4:00  Walk about Wednesday♥ 7:00  Movie & Popcorn		<b>July Birthday:</b> Theresa Dinkins	





# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

1	2	3	4	5	6	7	8	9
5	4	9	1	6	8	2	7	3
7	8	6	2	3	9	1	4	5
3	1	5	7	4	6	8	2	9
4	9	8	5	1	2	7	3	6
6	7	2	9	8	3	4	5	1
8	5	7	6	9	1	3	2	4
9	6	7	3	2	1	5	8	4
2	3	1	8	5	4	9	6	7

7			4			1		2
	8	5						
2	1			6		4		
		4						9
			2		5			
6						5		
		1		3			8	7
3						6	4	
		9			7			1