



FOREST GLEN

HEALTH CAMPUS

A Trilogy Senior Living Community

Lifestyles

August 2019



Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your

skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

Embrace the Power of Music

Music is another effective way in which you can keep your mind active, so why not make some of your own? If you've ever thought about trying your hand at an instrument but never got around to it, there's no time like the present! Pick up a guitar, sit down at a piano, or find whatever else it may be that could lead to a new talent.

See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our Villas! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our Life Enrichment team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!

Happy Birthday!

Residents

Jean M.	August 07
Jim C.	August 05
Bob S.	August 23
Nancy B.	August 30

Happy Anniversary!

Howard and Joan	August 12
Carolyn And Bob	August 15
George and Marilyn	August 16
Jerry and Jan	August 20

Upcoming Events

Senior Executive Club is held on August 08 at 1:30pm in the AL dining room. This event is a lunch and learn. Please RSVP to Jamie if you plan to attend.

Inspired Living Meeting August 15 at 10:30am to discuss activities.

Sunday Brunch is on Sunday August 18 this month from 11-1. Each Villa can have two guest complimentary and \$7 for each addition guest. Please RSVP to Dietary if you plan to attend.

Our next Themed Dinner is August 22 Los Vegas Casino Night. Join us in the main dinning room for all the sights, sounds and taste of Viva Los Vegas.

Jamie Craig
Villa Lifestyle Director

We strive to provide the best customer service and quality care for our residents.

Our Department Leaders are here to solve any concerns you may have.

In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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Villa Lifestyle Corner

Happy August! I hope that everyone has been enjoying

themselves these past few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our *Live a Dream* program. With *Live a Dream*, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

Jamie Craig

Villa Lifestyle Director



Photo Highlights

Social Hour

We will be having our Villa social hour on Thursday August 15 at 10am in our Clubhouse. Please call 937-408-3297 to RSVP and request your favorite donut!

Villa Luncheon this month will be Thursday, August 29 at 12:30.

On Mondays our Villa residents are having chair exercises at 11am. On Wednesdays, we have a yoga instructor who does chair yoga from 2:30-4:30pm. If you would like to get involved head over to the Clubhouse!

Reminders

Please call and RSVP to Jamie at least 5 days prior! (937-408-3297)

If you are interested in reserving the Clubhouse the 2019 calendar is up and ready for your RSVP please call 937-408-3297 leave a message and I'll call you back.

Outings

Please note outings this month are on the first & third Wednesday:

August 07 Pick up 11am Omish House lunch Cost \$15 cash

August 21 Pick up 1:30 Ohio Caverns Limestone Tour and Gem Mining