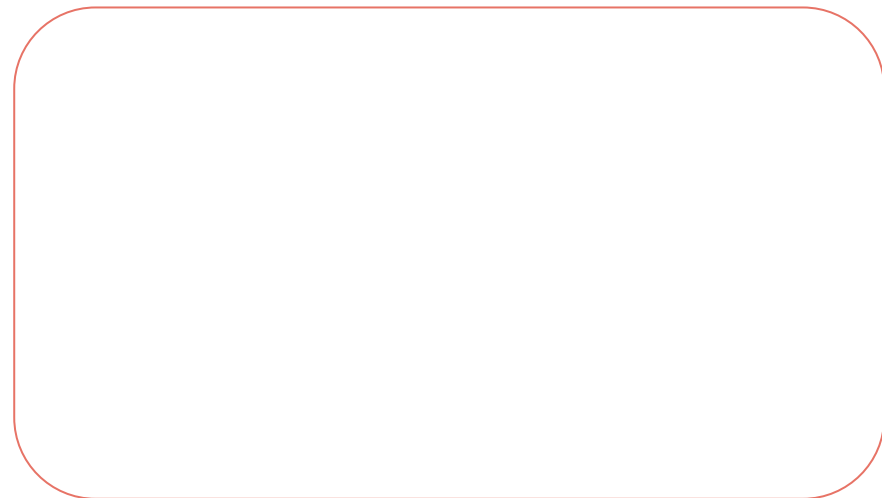




10330 4th Ave. West
Everett, WA 98204

STAMP
HERE



Administrative Team:
425-513-5645

Cindy Davis
Executive Director

Cheryl King
Business Office Director

Liza R. Spitler
Wellness Director

Dolly Jett
Wellness Nurse

Sherri Bryant
Dining Services Director

Robert Foxley
Maintenance Director

Casey Bolex
Life Enrichment Director

**Our mission is to create and sustain comfortable,
caring environments for those who depend on**



South Pointe News

Independent & Assisted Living Newsletter



Peachy Keen! Reach for a Peach this National Peach Month!

2 A Look into Senior Citizen's Day
3 Resident & Staff Spotlight
4/5 Activities Calendar

6 Birthdays, Highlights, Social Media
7 Photos, Summer Sentiments
8 Mission, Team

August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50



when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

Hobbies to Consider Trying Out

Cooking: Share and make recipes in groups.
Golf: Whether for fun or competition!
Painting: Acrylics, watercolors, or oils
Poetry: Spoken or written, alone or for friends

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** <https://www.nationalservice.gov/serve>

WILD WEST BBQ



What is the very best thing about summer?

"Summer vitamin D" - Louise

"BBQ's & picnics" - Elise & Peggy

"Fresh veggies" - Mary

"It's not winter!" - John

"Long sunny days!" - Shane & Peggy

"Lazy summer days" - Gladys

August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

- Aug. 1: Raspberry Cream Pie Day
- Aug. 2: Ice Cream Sandwich Day
- Aug. 3: Disc Golf Day; Mustard Day
- Aug. 4: Friendship Day; Choc. Chip Cookie Day
- Aug. 5: Oyster Day
- Aug. 6: Root Beer Float Day; Wiggle Toes Day
- Aug. 7: Lighthouse Day; Purple Heart Day
- Aug. 8: Frozen Custard Day
- Aug. 9: Book Lover's Day; Rice Pudding Day
- Aug. 10: Bowling Day; S'mores Day
- Aug. 11: Son and Daughter Day
- Aug. 12: Julianne Fry Day; Middle Child Day
- Aug. 13: Left-Handers Day
- Aug. 14: Creamsicle Day
- Aug. 15: Relaxation Day; Lemon Meringue Day
- Aug. 16: Tell a Joke Day
- Aug. 17: Black Cat Day; Thrift Shop Day; Bee Day
- Aug. 18: Fajita Day; Ice Cream Pie Day
- Aug. 19: Aviation Day; Intl. Bow Day
- Aug. 20: Radio Day; Pecan Pie Day
- Aug. 21: Senior Citizens Day; Spumoni Day
- Aug. 22: Pecan Torte Day; Tooth Fairy Day
- Aug. 23: Sponge Cake Day



- Aug. 24: Peach Pie Day; Waffle Day
- Aug. 25: Banana Split Day; Park Service Founders Day
- Aug. 26: Dog Day; Cherry Popsicle Day
- Aug. 27: Pots de Crème Day; Just Because Day
- Aug. 28: Bow Tie Day; Cherry Turnovers Day
- Aug. 29: Chop Suey Day
- Aug. 30: College Colors Day; Marshmallows Day
- Aug. 31: Trail Mix Day

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Blog.radiantseniorliving.com
[Radiantsrliving on Instagram](#)
[Radiantvoices on Instagram](#)
[RadiantSrLiving on Twitter](#)
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
[Radiant Senior Living on YouTube](#)

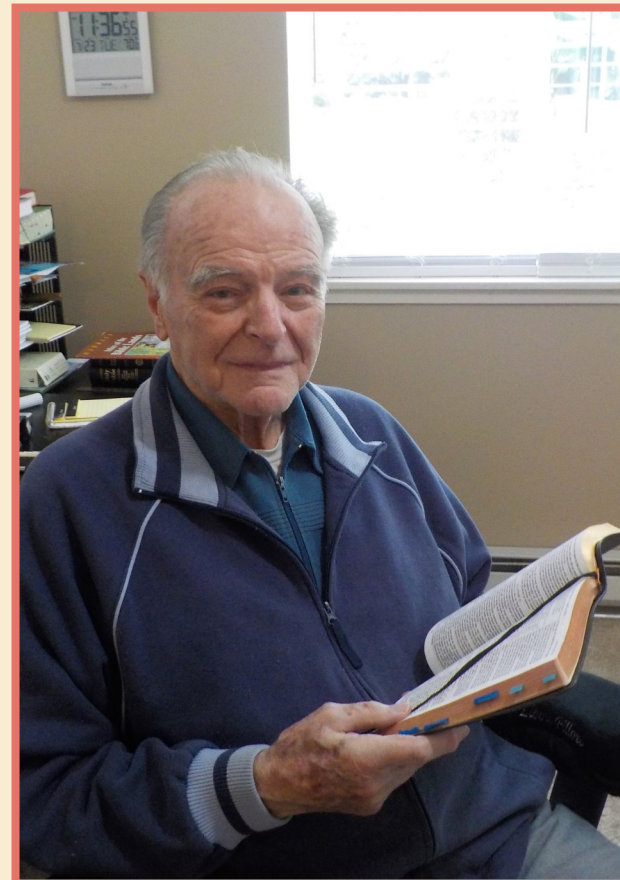


***Happy Birthday to all those who celebrate
their special day
during the month of
August!***

**Casey, August 6
Bonnie, August 25**

Resident Spotlight! David J.

**David is leading a
Bible study and
everyone is welcome
to join the group!
Every Monday at 10:00
AM in the TV Room**



Welcome to South Pointe! Cindy D.

Cindy has been in the industry for over 14 years and has been identified as a Senior Executive Director with multi-site support, functioning as a traveling ED. Cindy is married to Jeff D. and lives with her husband in Renton. In her spare time, she likes to go on wine tours, especially in the Yakima Valley, loves to listen to live music at small venues in Issaquah and enjoys quiet evenings at home.

August 2019

South Pointe • 10330 4th Ave. W Everett, WA 98204 • 425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Birthdays</div> <div>Casey 08/06</div> <div>Bonnie 08/25</div>				<div>1</div> <div>9:00 Country Tunes</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Family Feud</div> <div>1:00 Shopping Trip</div> <div>3:30 Hand Care</div> <div>7:00 Card Games</div>	<div>2</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Resident Council</div> <div>11:00 Balloon Toss</div> <div>2:00 Armchair Travel</div> <div>3:00 Happy Hour & Trivia</div> <div>6:00 Classic TV</div>	<div>3</div> <div>9:00 Classic Concert</div> <div>10:00 Morning Exercise</div> <div>10:30 Noodle Ball</div> <div>11:00 Trivia & Brain Quiz</div> <div>2:00 Sand Art</div> <div>3:30 Patio Social</div>
<div>4</div> <div>10:00 Gospel Music</div> <div>11:00 Sit & Be Fit</div> <div>1:00 Funny Videos</div> <div>2:00 Armchair Travel</div> <div>3:00 Creative Coloring</div> <div>4:00 Patio Social</div> <div>7:00 Evening Movie</div>	<div>5</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Bible Study w/David</div> <div>2:00 Armchair Travel</div> <div>4:00 Patio Social</div> <div>6:00 Card making w/Rose</div> <div>7:00 Skip-Bo</div>	<div>6</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Flower Arranging</div> <div>11:00 Your Paths To Wellness w/ Dolly</div> <div>1:00 Bingo with Tom</div> <div>4:00 Patio Social</div> <div>7:00 Classic TV: IN2L</div>	<div>7</div> <div>9:00 Music Videos</div> <div>10:00 Morning Exercise</div> <div>11:00 Lunch Outing: Golden Corral</div> <div>3:00 Church</div> <div>4:00 Patio Social</div> <div>7:00 Skip-Bo</div>	<div>8</div> <div>9:00 Country Tunes</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Family Feud</div> <div>1:00 Hand Care</div> <div>3:30 Patio Social</div> <div>7:00 Card Games</div>	<div>9</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Sit & Be fit</div> <div>11:00 Funny Animals</div> <div>2:00 Armchair Travel</div> <div>4:00 Patio Social</div> <div>6:00 Classic TV</div> <div>7:00 Movie Night</div>	<div>10</div> <div>9:00 Classic Concert</div> <div>10:00 Morning Exercise</div> <div>10:30 Noodle Ball</div> <div>11:00 Trivia & Brain Quiz</div> <div>3:00 Music & More by: Paul Cavitt</div> <div>7:00 Skip-Bo</div>
<div>11</div> <div>10:00 Gospel Music</div> <div>11:00 Sit & Be Fit</div> <div>1:00 Funny Videos</div> <div>2:00 Armchair Travel</div> <div>3:00 Creative Coloring</div> <div>4:00 Patio Social</div> <div>7:00 Evening Movie</div>	<div>12</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Bible Study w/David</div> <div>2:00 Armchair Travel</div> <div>4:00 Patio Social</div> <div>6:00 Card making w/Rose</div> <div>7:00 Skip-Bo</div>	<div>13</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Flower Arranging</div> <div>10:30 Fire Side Chat With Cindy</div> <div>1:00 Bingo with Tom</div> <div>4:00 Patio Social</div> <div>7:00 Classic TV: IN2L</div>	<div>14</div> <div>9:00 Music Videos</div> <div>10:00 Morning Exercise</div> <div>11:00 Lunch Outing: El Rinconsito</div> <div>3:00 Church</div> <div>4:00 Patio Social</div> <div>7:00 Skip-Bo</div>	<div>15</div> <div>9:00 Country Tunes</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Family Feud</div> <div>1:00 Hand Care</div> <div>3:30 Patio Social</div> <div>7:00 Card Games</div>	<div>16</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Morning Exercise</div> <div>11:00 Balloon Toss</div> <div>2:00 Armchair Travel</div> <div>3:00 Happy Hour & Music By: Guy Johnson</div> <div>6:00 Classic TV</div>	<div>17</div> <div>9:00 Classic Concert</div> <div>10:00 Morning Exercise</div> <div>10:30 Noodle Ball</div> <div>11:00 Trivia & Brain Quiz</div> <div>3:15 Open Door Worship</div> <div>4:00 Patio Social</div> <div>7:00 Skip-Bo</div>
<div>18</div> <div>10:00 Gospel Music</div> <div>11:00 Sit & Be Fit</div> <div>1:00 Funny Videos</div> <div>2:00 Armchair Travel</div> <div>3:00 Creative Coloring</div> <div>4:00 Patio Social</div> <div>7:00 Evening Movie</div>	<div>19</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Bible Study w/David</div> <div>2:00 Armchair Travel</div> <div>4:00 Patio Social</div> <div>6:00 Card making w/Rose</div> <div>7:00 Skip-Bo</div>	<div>14</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Flower Arranging</div> <div>11:00 Funny Videos</div> <div>1:00 Bingo with Tom</div> <div>2:00 Trivia: IN2I</div> <div>4:00 Patio Social</div> <div>7:00 Classic TV: IN2L</div>	<div>21</div> <div>9:00 Music Videos</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Picnic Lunch</div> <div>3:00 Church</div> <div>4:00 Patio Social</div> <div>7:00 Skip-Bo</div>	<div>22</div> <div>9:00 Country Tunes</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Family Feud</div> <div>1:00 Shopping Trip</div> <div>3:30 Hand Care</div> <div>7:00 Card Games</div>	<div>23</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Morning Exercise</div> <div>11:00 Balloon Toss</div> <div>2:00 Sip & Paint w/ Alix</div> <div>3:00 Happy Hour</div> <div>6:00 Classic TV</div> <div>7:00 Movie Night</div>	<div>24</div> <div>9:00 Classic Concert</div> <div>10:00 Morning Exercise</div> <div>10:30 Noodle Ball</div> <div>11:00 Trivia & Brain Quiz</div> <div>2:00 Animal Kingdom</div> <div>3:30 Patio Social</div> <div>7:00 Skip-Bo</div>
<div>25</div> <div>10:00 Gospel Music</div> <div>11:00 Sit & Be Fit</div> <div>1:00 Funny Videos</div> <div>2:00 Armchair Travel</div> <div>3:00 Creative Coloring</div> <div>4:00 Patio Social</div> <div>7:00 Evening Movie</div>	<div>26</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Bible Study w/David</div> <div>2:00 Armchair Travel</div> <div>4:00 Patio Social</div> <div>6:00 Card making w/Rose</div> <div>7:00 Skip-Bo</div>	<div>27</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Flower Arranging</div> <div>11:00 Funny Videos</div> <div>1:00 Bingo with Tom</div> <div>2:00 Water Balloon Toss</div> <div>4:00 Patio Social</div> <div>7:00 Classic TV: IN2L</div>	<div>28</div> <div>9:00 Music Videos</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Picnic Lunch</div> <div>3:00 Church</div> <div>4:00 Patio Social</div> <div>7:00 Skip-Bo</div>	<div>29</div> <div>9:00 Country Tunes</div> <div>10:00 Morning Exercise</div> <div>10:30 Balloon Toss</div> <div>11:00 Family Feud</div> <div>1:00 Hand Care</div> <div>3:30 Patio Social</div> <div>7:00 Card Games</div>	<div>30</div> <div>9:00 Jukebox Oldies</div> <div>10:00 Morning Exercise</div> <div>11:00 Balloon Toss</div> <div>3:00 Happy Hour & Music By Doug Williams</div> <div>6:00 Classic TV</div> <div>7:00 Movie Night</div>	<div>31</div> <div>9:00 Classic Concert</div> <div>10:00 Morning Exercise</div> <div>10:30 Noodle Ball</div> <div>11:00 Trivia & Brain Quiz</div> <div>2:00 Tile Art</div> <div>3:30 Patio Social</div> <div>7:00 Skip-Bo</div>