



# Maple Ridge

## Gracious Retirement Living

1531 Juliette Way • Cedar Park, TX 78613 • Phone (512) 425-0053 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

**JULY 2020**

### MAPLE RIDGE STAFF

Managers.....HERSCHEL & DONNA STAUFFER  
Assistant Managers .....SHAWN & ANITA DENIO  
Assistant Managers .....BOB & LORI ANN REBER  
Executive Chef .....ART WALKER  
Community Sales .....LYSA DODD  
Activity Coordinator .....KELLY MELDAU  
Bus Driver .....KERI MCCOY

### TRANSPORTATION

**Monday, 9 a.m. to 2 p.m.:** Shopping

**Tuesday, 9 a.m. to 2 p.m.:** Appointments

**Wednesday, TBD:** Outings

**Thursday, 9 a.m. to 2 p.m.:** Appointments

**Friday, 9 a.m. to 2 p.m.:** Shopping



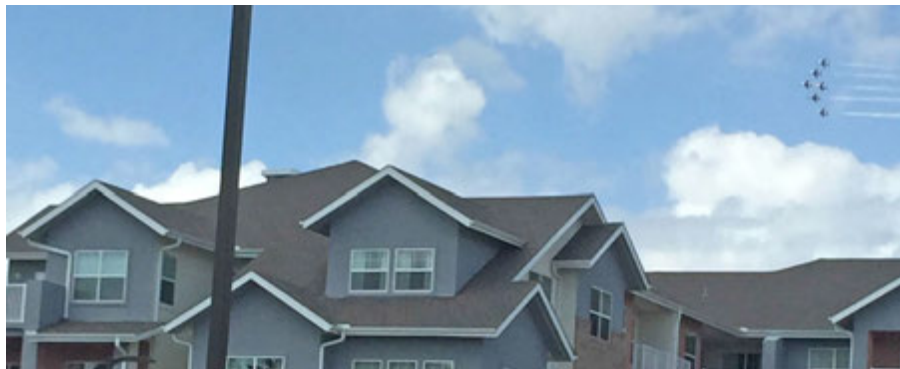
**HAWTHORN**  
SENIOR LIVING

## The Air Force Thunderbirds Fly Over Maple Ridge!

Who are the Thunderbirds? Created 67 years ago in 1953, the USAF Thunderbirds are the third-oldest formal flying aerobatic team (under the same name) in the world, after the French Air Force Patrouille de France formed in 1931 and the United States Navy Blue Angels formed in 1946.

Lt. Col. John Caldwell is the Commander/Leader of the U.S. Air Force Air Demonstration Squadron. In addition to flying the No. 1 jet, and leading all air demonstrations, he commands the 130-person squadron. He entered the Air Force in 2002 as a graduate of the U.S. Air Force Academy in Colorado Springs, Colorado. He enjoys boating and fishing with his family around the world. Caldwell graduated from the F-16 RTU at Luke Air Force Base, Arizona, in 2005 where he garnered the Red River Rat Trophy, the 2005 AETC Frances Gabreski Top Air-to-Air Student Award and Top Graduate honors. He is a graduate of the USAF Weapons School and has logged over 2,400 flight hours with more than 660 hours of combat pilot experience. He is in his second season with the team and hails from Orlando, Florida.

Look to the very right of the picture to find the Thunderbirds flying over Maple Ridge! What an exciting afternoon we had!



*Look at the right side of the picture and  
you can see the Thunderbirds.*



## Memorial Day

What exactly is Memorial Day? Memorial Day is a federal holiday in the United States for honoring and mourning the military personnel who died while serving in the United States Armed Forces. The holiday is now observed on the last Monday of May, having been observed on May 30th from 1868 to 1970.

Here at Maple Ridge we like to acknowledge all our veterans in a special way. This year being a little different with Covid-19 virus, we gave all our veterans red, white, and blue face masks, a poem to honor them and a balloon. I (Kelly) had the pleasure of addressing each one of them at their apartments and personally thanking them for their service. Many of my visits ended in tears as I thanked them. There are no words that can sufficiently thank them for the freedom we all enjoy each and every day. Thank you, ladies and gentlemen of our armed forces!

If you are new to Maple Ridge our Wall of Honor is displayed in the Dining Room hall.



*Ms Polly sporting her new Memorial Day necklace!*



*Bob E always keeps us smiling!*



*Keri and I had the pleasure of going door to door to thank all of our veterans for their service to our country.*

## A "Beautiful" Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.





## Wheel of Fortune at Maple Ridge!

That's right, Wheel of Fortune (at least our version) is now being played at Maple Ridge twice a week! Wheel of Fortune (often known simply as Wheel) is an American television game show created by Merv Griffin that debuted in 1975. The show features a competition in which contestants solve word puzzles, similar to those used in Hangman, to win cash and prizes determined by spinning a giant carnival wheel.



*It is time to play Wheel of Fortune Maple Ridge-style!*



*Big money, Roseann!*

The network version was originally hosted by Chuck Woolery and Susan Stafford, with Charlie O'Donnell as its announcer. O'Donnell left in 1980 and was replaced by Jack Clark. After Clark's death in 1988, M. G. Kelly took over briefly as announcer until O'Donnell returned in 1989. O'Donnell remained on the network version until its cancellation, and continued to announce on the syndicated show until his death in 2010, when Jim Thornton succeeded him. Woolery left in 1981, and was replaced by Pat Sajak. Sajak left the network version in January 1989 to host his own late-night talk show, and was replaced on that version by Rolf Benirschke. Bob Goen replaced Benirschke when the network show moved to CBS, then remained as host until the network show was canceled altogether. Stafford left in 1982, and was replaced by Vanna White, who remained on the network show for the rest of its run. The syndicated version has been hosted continuously by Sajak and White since its inception.

Wheel of Fortune ranks as the longest-running syndicated game show in the United States, with 7,000 episodes taped and aired as of May 10, 2019. TV Guide named it the "top-rated syndicated series" in 2008.

Check your daily schedule for the days and times! We would love to have you!

## Veterans Coffee and Donuts

Calling All Veterans!

Please join us in the Activities Room on the first Thursday of every month at 10:30 a.m., to socialize and visit with other fellow veterans. We will have donuts and hot coffee waiting for you!



*Ernest and Gene enjoying their fellow veterans and a few donuts!*



JULY 2020

Birthdays

Sherrie Crockett, 1st  
Bruce Jackson, 4th  
Lee Andreozzi, 4th  
Pat Hennmann, 5th  
Claire Thomas, 5th  
Betty Collins, 6th  
Diane Velez, 7th  
Alan Huddleston, 9th  
Jewell Grubbs, 16th  
Gail Rutledge, 17th  
Pat Muennink, 18th  
Sandra Leonard, 19th  
Geneva Johnson, 23rd  
Rosemary Anderson, 28th  
Chuck Latham, 31st

Locations

Activity Room, AR  
Billiards Room, BR  
Bus, B  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Dining Room Alcove, DRA  
Front Lobby, Lobby  
Gym, G  
Kitchen, K  
Library, L  
Movie Theater, MT  
Patio, P  
TV Room, TV

“Be bold, be  
brave enough  
to be your  
true self.”  
—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Green Thumb Bloomers, AR <b>1</b> 9:30 Balance Class: Video, AR 10:00 Prayer Circle, CH 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Balance Class Video, AR 2:30 Cranium Crunches, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT 	9:30 Cardio Drumming, AR <b>2</b> <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:30 Knitting Circle, TV 10:30 Veterans Coffee & Donuts, DRA 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Horse Racing, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT	8:00 Wear Red/Pledge at 12:15 p.m. in Dining Room <b>3</b> 9:30 Green Thumb Bloomers, AR 9:30 Friday Dance Party!, AR 11:00 Men’s Bible Study, CH 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Ring Toss, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT	<b>INDEPENDENCE DAY</b> <b>4</b> 9:30 Find a Friend & Go for a Walk, AR 11:00 Giant Crossword Puzzle, BR 11:30 Bean Bag Baseball Throwing Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR <b>2:00 Live Entertainment: The Family Shiloh, AR</b>  3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
10:00 No Bingo <b>5</b> 11:30 Church Services, AR 1:30 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT 	9:30 Green Thumb Bloomers, AR <b>6</b> 9:30 Balance Class, AR 10:00 White Board Word Games, Lobby 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Cooking with Kelly, AR 3:00 Penny Bingo, AR 7:00 Movie & Popcorn, MT 	9:30 Stretch Class Video, AR <b>7</b> 10:00 Jewelry Class Limit 10 Sign Up!, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Cranium Crunches, AR 3:00 Bingo: Prize, AR 6:30 Nickel Bingo, AR 7:00 Movie & Popcorn, MT 	9:30 Green Thumb Bloomers, AR <b>8</b> 9:30 Balance Class: Video, AR 10:00 Prayer Circle, CH 1:45 Bible Study, CH 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:00 Meet Me in the Gym, G 2:30 Cranium Crunches, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Cardio Drumming, AR <b>9</b> <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:00 Poker, AR 10:30 Knitting Circle, TV 11:00 Chef’s Corner, K 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Horse Racing, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT 	8:00 Wear Red/Pledge at 12:15 p.m. in Dining Room <b>10</b> 9:30 Green Thumb Bloomers, AR 9:30 Friday Dance Party!, AR 11:00 Men’s Bible Study, CH 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Ring Toss, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT	9:30 Find a Friend & Go for a Walk, AR <b>11</b> 11:00 Giant Crossword Puzzle, BR 11:30 Bean Bag Baseball Throwing Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
10:00 No Bingo <b>12</b> 11:30 Church Services, AR 1:30 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT	9:30 Green Thumb Bloomers, AR <b>13</b> 9:30 Balance Class, AR 10:00 White Board Word Games, Lobby 11:00 Giant Crossword Puzzle, BR <b>1:45 Health Talk with Texas Home Health, MT</b> 3:00 Penny Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Stretch Class Video, AR <b>14</b> 10:00 Jewelry Class Limit 10 Sign Up!, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT <b>2:00 Live Music, AR</b> 3:00 Bingo: Prize, AR 6:30 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Green Thumb Bloomers, AR <b>15</b> 9:30 Balance Class: Video, AR 10:00 Prayer Circle, CH 1:45 Bible Study, CH 2:00 Meet Me in the Gym, G 2:00 Movie & Popcorn, MT 2:30 Cranium Crunches, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Cardio Drumming, AR <b>16</b> <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:30 Knitting Circle, TV 11:00 Chef’s Chat, DRA 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Horse Racing, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT 	8:00 Wear Red/Pledge at 12:15 p.m. in Dining Room <b>17</b> 9:30 Green Thumb Bloomers, AR 9:30 Friday Dance Party!, AR 11:00 Men’s Bible Study, CH 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Ring Toss, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT 	9:30 Find a Friend & Go for a Walk, AR <b>18</b> 11:00 Giant Crossword Puzzle, BR 11:30 Bean Bag Baseball Throwing Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT 
10:00 No Bingo <b>19</b> 11:30 Church Services, AR 1:30 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT 	9:30 Green Thumb Bloomers, AR <b>20</b> 9:30 Balance Class, AR 10:00 White Board Word Games, Lobby 11:00 Giant Crossword Puzzle, BR 2:00 Movie & Popcorn, MT 2:00 Balance Class Video, AR 2:30 Cooking with Kelly, AR 3:00 Penny Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Stretch Class Video, AR <b>21</b> 10:00 Jewelry Class Limit 10 Sign Up!, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT <b>2:00 Live Entertainment: The Saxophone Guy, AR</b> 2:30 Balloon Ping-Pong, Lobby 3:00 Bingo: Prize, AR 6:30 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Green Thumb Bloomers, AR <b>22</b> 9:30 Balance Class: Video, AR 10:00 Prayer Circle, CH 1:45 Bible Study, CH 2:00 Balance Class Video, AR 2:00 Meet Me in the Gym, G 2:00 Movie & Popcorn, MT 2:30 Cranium Crunches, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Cardio Drumming, AR <b>23</b> <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:00 Poker, AR 10:30 Knitting Circle, TV 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Horse Racing, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT 	8:00 Wear Red/Pledge at 12:15 p.m. in Dining Room <b>24</b> 9:30 Green Thumb Bloomers, AR 9:30 Friday Dance Party!, AR 11:00 Men’s Bible Study, CH 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Ring Toss, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT	9:30 Find a Friend & Go for a Walk, AR <b>25</b> 11:00 Giant Crossword Puzzle, BR 11:30 Bean Bag Baseball Throwing Practice, AR 2:00 Movie & Popcorn, MT <b>2:00 Live Entertainment: The Family Shiloh, AR</b> 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT
11:30 Church Services, AR <b>26</b> 1:30 Bean Bag Baseball Practice, AR 2:00 Movie & Popcorn, MT 2:00 Conversation, Chit Chat & Coloring, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT	9:30 Green Thumb Bloomers, AR <b>27</b> 9:30 Balance Class, AR 10:00 White Board Word Games, Lobby 11:00 Giant Crossword Puzzle, BR 2:00 Movie & Popcorn, MT 2:00 Balance Class Video, AR 3:00 Penny Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Stretch Class Video, AR <b>28</b> 10:00 Jewelry Class Limit 10 Sign Up!, AR 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:30 Balloon Ping-Pong, Lobby 3:00 Bingo: Prize, AR 6:30 Nickel Bingo, AR 7:00 Movie & Popcorn, MT 	9:30 Green Thumb Bloomers, AR <b>29</b> 9:30 Balance Class: Video, AR 10:00 Prayer Circle, CH 1:45 Bible Study, CH 2:00 Movie & Popcorn, MT 2:00 Balance Class Video, AR 2:30 Cranium Crunches, AR 3:00 Nickel Bingo, AR 7:00 Movie & Popcorn, MT	9:30 Cardio Drumming, AR <b>30</b> <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:00 Poker, AR 10:30 Knitting Circle, TV 11:30 Wheel of Fortune, AR 2:00 Movie & Popcorn, MT 2:00 Horse Racing, AR 3:00 Bingo: Win a Prize, AR 7:00 Movie & Popcorn, MT	8:00 Wear Red/Pledge at 12:15 p.m. in Dining Room <b>31</b> 9:30 Green Thumb Bloomers, AR 9:30 Friday Dance Party!, AR 11:00 Men’s Bible Study, CH 11:00 Giant Crossword Puzzle, BR 2:00 Balance Class Video, AR 2:00 Movie & Popcorn, MT 2:30 Ring Toss, AR 3:00 Bingo: Nickel, AR 7:00 Movie & Popcorn, MT 	





## We Are Back In the Dining Room!

Monday, June 8, 2020, will be a day to remember as we all gathered together!

We are (6 feet apart) back in the Dining Room, two to each table! The joy and excitement could be felt all around as we finally all came back together to eat. While some things in our dining experience have changed the sound of friends gathering together has not. There is something so comforting and soothing about hearing the voices of friends and loved ones.

Use these eight simple ways to soothe your soul.

### 1. Take a personal development hiatus.

Call a time out from all incoming information. Set a time limit and free yourself. Everything will be waiting when you get back, and when you do, you'll have more clarity on what matters.

### 2. Stop thinking about yourself.

Giving to others is an immediate soul soother. Find a cause, person, organization or event that could use your expertise and dedication. Give to them. You might think you will use up precious energy, but giving will only help you expand. The best personal development comes from helping someone else.

### 3. Schedule regular digital sabbaticals.

Unplug for an hour or more a day, a full day or more a week, and consider one week every seven weeks.

### 4. Talk a walk.

Go outside for a walk. Leave your phone, the notifications, the podcasts, and even music behind and let your soul hear the world.

### 5. Read fiction before bed.

If you read before you fall asleep, trade the self-help books, and instructions that inspire your brain to churn all night with a lighthearted fiction read.

### 6. Put your hands on your heart.

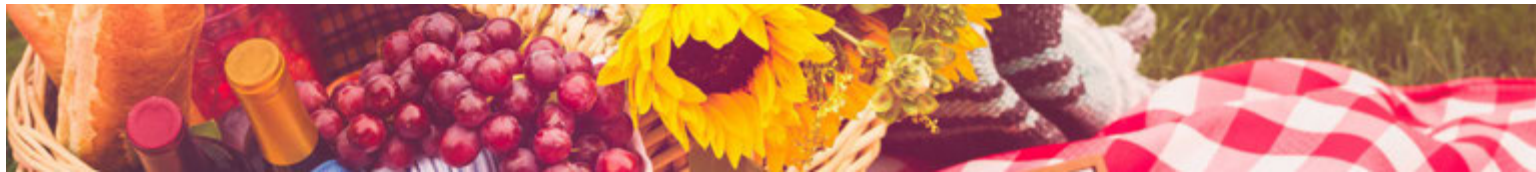
Yes, both of them, one over the other and seek from within. This has become a regular practice for me after meditation or yoga, or even when I just need to come back to me. You have more answers than you know. Trust your heart. It knows things.

### 7. Write what you know to be true.

You will learn to trust yourself when you start reading your own words. Write love letters to your soul and from your soul. No one ever needs to see them. Trust your soul. It knows things.



*The rainbow after the storm*



## 8. Let it be enough for today.

If you don't learn or change one more thing today, if you don't strive, or reach for one more thing today, let it be enough. It's enough. You are enough.

Seek as we may, there isn't one perfect, out of the box truth for everyone. Instead, we need to soothe our souls so we have the clarity to dissect our seeking. We need to make room for the answers, and time to marinate in why we seek, and what we'll do with the answers.

Most of all though, we just need to know that if we don't seek today, and instead turn to gratitude for exactly where we sit right now reading (or writing) these words, our souls will smile. That's enough.



*Our beautiful Coffee Bar*

## The Green Thumb Bloomer Gang

The Green Thumb Bloomers have been working hard on the garden every Monday, Wednesday, and Friday at 9:30 a.m. We have been using our Maple Ridge coffee grounds to help break



*Raymond H. in his happy place!*

up the soil and adding Epsom salt to all the plants. They are now just thriving. Raymond Herrington has taught us so much about keeping a garden growing.

Below are white vincas, an annual that loves the sun. The beautiful orange, red, and yellow flowers are heleniums and are a perennial that loves the sun as well.

Take a walk out back and enjoy the beautiful garden that your Green Thumb Bloomers Gang has been working on. It is beautiful!



*White vinca flowers and heleniums*



# Maple Ridge

Gracious Retirement Living

1531 Juliette Way  
Cedar Park, TX 78613



When the world  
is staying apart,  
we are coming  
together.

# Maple Ridge

Gracious Retirement Living

**512-425-0053**

