

PALOMA LANDING

Gracious Retirement Living

8301 Palomas Avenue NE • Albuquerque, NM 87109 • Phone (505) 243-1979 • www.seniorlivinginstyle.com

JULY 2020

PALOMA LANDING STAFF

Management Team JOHN & JACKIE DAIGH
Management Team LAWRENCE OSIRIS &
SHERRY KONIG
Executive Chef HEATHER SANCHEZ
Community Sales ERICA COSTELLO
Activity Coordinator ERIN COLLINS
Maintenance ISRAEL
Bus Driver DEE MORENO

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.:

Open Day and Shopping

Tuesday & Thursday, 8:30 a.m.-3:30 p.m.:

Doctor Visits (Sign Up with Driver)

Wednesday, 8:30 a.m.-3:30 p.m.: Outings

Friday, 8:30 a.m.-12:30 p.m.: Open Day

HAWTHORN
SENIOR LIVING

Pie in the Face Day

You've probably seen the gag countless times in various films, television shows, or even at sporting events. Mabel Normand hit Fatty Arbuckle in the face with a pie in the silent film "A Noise from the Deep" in 1913. Do you find this comedy routine funny?

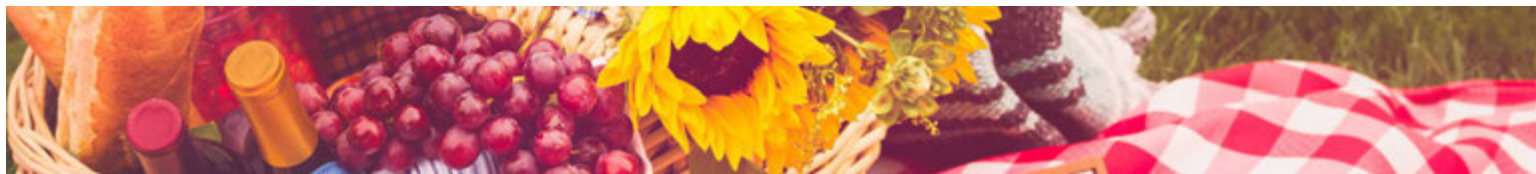


Join us on July 17th at 2:15 p.m. for a fun game of Pie in the Face and staff members will be the "victims." The game's really simple — load whipped cream on the pie thrower arm, or simply wet the sponge "hand" of the game unit. Place your head on the chin rest and turn the handle, and hope that you don't trigger the spinner and get pie faced! Each time luck favors you and you don't get pie faced, you earn a point.

Social Distancing Activities — Don't Forget to Sign Up!

A variety of activities will be returning to Paloma Landing for the month of July but we still must practice social distancing to keep everyone safe and healthy.

Per our governor, we still must keep gatherings to a maximum of five people with our communal activities. With that being said, please remember to sign up for activities with Erin so you don't miss out!



National Hot Dog Day

When we think of summer, hot dogs come to mind almost immediately. It's just part of the overall experience. A summer day at the amusement park or at a baseball stadium pairs nicely with a hot dog (or tofu dog, for those of you who prefer a meatless version). Hot dogs don't have to be made with meat, and anyone can enjoy the age-old American favorite food any time of year. Sure, hot dogs can be purchased and enjoyed at any time of the year; however, July 23 is absolutely the day we hold them in the highest regard.

7-Eleven Sells millions a year.

In 2014 alone, 7-Eleven sold well over 60 million hot dogs in their stores and in 2017, the store chain sold over 100 million hot dogs.

Condiments make a hot dog thrive.

Of all the toppings you can add to a hot dog, mustard comes in first as the most popular hot dog condiment, followed by ketchup and chili, respectively.

Sports and hot dogs go together.

Over 26 million hot dogs are sold annually at baseball stadiums in the United States, one of America's favorite pastimes.

A street vendor favorite:

From New York City, to Chicago, to Philadelphia, you can find a hot dog on most street corners.

Independence Day

On this summer holiday, over 155 million hot dogs are reportedly consumed.

On this National Hot Dog Day, our culinary staff will be providing hot dogs with a variety of tasty toppings for you to enjoy, as well as Cracker Jack for all to enjoy!



Miss Joyce showing off the menu for last year's Hot Dog Celebration.

It's Time to Get Crafty

Come join us on Thursdays in July, beginning July 9th, for our Arts and Crafts activity. We will have two time slots, one beginning at 3 p.m. and one at 4 p.m. You will need to sign up with Erin in Activities. This month we will be featuring several crafts with Popsicle sticks, such as a beach sign door hanger, coasters and more. Hope to see you there!



Door hanger



Shopping Trips

Just a reminder, our shopping trips are each Monday when our driver, Dee, will take you out to stores such as Walmart, Smiths and more. We are still practicing social distancing which limits this to five people or fewer. The trip times are as follows: 10:30 a.m., 11:30 a.m. and 2 p.m. Don't forget to bring your mask.



Shark Awareness Day

This year, Shark Awareness Day falls on Tuesday, July 14th, and what better way to celebrate the ancient sea life than to learn just a little more about these misunderstood creatures.

Interesting Facts about Sharks

1. In the 1970s and 1980s, great white shark populations declined along the U.S., but have been on the rebound since the 1990s.
2. Hammerhead sharks are the most endangered shark species due to culinary demand for their fins in Chinese soup.
3. The fastest shark species, the mako, can reach speeds of 30 mph.
4. Some sharks can swim and bite in only ankle-deep water. Sharks can sometimes become accidentally stranded on the beach while chasing prey into shallow water.
5. Florida holds the dubious title of having more shark attacks than any other state in the United States. Volusia County and Brevard County on Central Florida's east coast have more shark attacks than any other county in the Sunshine State.
6. Blacktip sharks are responsible for the most shark bites along the U.S. east coast, according to NOAA. However, their bites rarely result in a fatality, according to the International Shark Attack File (IFAS).
7. The top three shark species responsible for fatal attacks worldwide are the great white, the tiger and the bull shark.
8. Bull sharks can live in both saltwater and freshwater. The Indian River Lagoon, which extends along Florida's east coast from southern Volusia County to Palm Beach County, is an important nursery habitat for baby bull sharks.
9. You are far more likely to die of drowning in the ocean (1 in 3.5 million) than to be bitten by a shark (1 in 11.5 million), according to shark attack statistics maintained by IFAS.

Join us on Tuesday, July 14th, at 6:45 p.m. for a special viewing of one of the most popular shark movies of all time, "Jaws," followed by a special Jaws trivia game on Wednesday, July 15th, at 3 p.m. Don't forget to sign up in the Activities Room.

Source: <http://news.brevardtimes.com/2015/07/10-shark-facts-on-national-shark.html>

International Joke Day

International Joke Day falls at the halfway point in the year on July 1st. The day encourages laughter. What better way to start the second half of the year than by chuckling and with a smile?

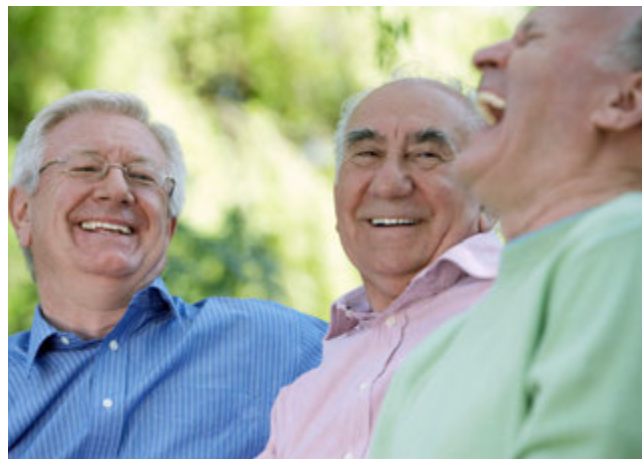
The laughter produced by a good joke is a universal human experience. All cultures and all peoples laugh, and a good joke is one way to prompt laughter. And with that laughter comes good health. One pioneer in laughter research, William Fry, claimed it took 10 minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter.

Laughter:

- Helps you relax like a good massage.
- Boosts your immune system and can help fight off colds.
- Makes you feel good with a boost of endorphins.
- Boosts your cardiovascular system like good exercise.
- Diffuses anger and angry situations.

Do you have jokes that you think are funny? If you answered yes, all you have to do is submit them to Erin, in Activities, and you may be featured in the joke section of next month's calendar!

Source: <https://nationaldaycalendar.com/international-joke-day-july-1/>



JULY 2020

Birthdays

Erin Collins, 2nd
(Employee)
Dave Bussey, 15th
George Beller, 23rd
Alida Van Der
Geest, 24th

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Chapel, CHP
Dining Room, DR
Television Room, TV

“May we think
of freedom not
as the right
to do what
we please,
but as the
opportunity
to do what is
right.”

—Peter
Marshall

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|---|
|  | | | <div>International Joke Day: Submit Your Jokes to Erin</div> <div>9:15 Strength Training with Weights</div> <div>10:15 Strength Training with Weights</div> <div>10:45 Weekly Outing</div> <div>12:45 Weekly Outing</div> <div>2:00 General Store</div> <div>4:00 Wii Bowling</div> | <div></div> <div>9:15 Cardio Drumming</div> <div>10:15 Cardio Drumming</div> <div>11:15 Cardio Drumming</div> <div>3:00 Arts and Crafts</div> <div>4:00 Arts and Crafts</div> <div></div> | <div></div> <div>9:15 Chair Yoga</div> <div>10:15 Chair Yoga</div> <div>11:00 Current Events</div> <div>11:15 Chair Yoga</div> <div>2:00 General Store</div> <div>3:00 Blood Pressure Checks with Simplicity</div> | <div>INDEPENDENCE DAY</div> |
| <div>5</div> <div>10:00 Worship and Music</div> | <div>6</div> <div>9:15 Radiate</div> <div>10:15 Radiate</div> <div>11:15 Radiate</div> <div>3:00 Bean Bag Baseball Practice</div> <div>4:00 Bean Bag Baseball Practice</div> | <div>7</div> <div>9:15 Balance Class</div> <div>10:15 Balance Class</div> <div>11:15 Balance Class</div> <div>2:15 Modified Tai Chi</div> <div>3:30 Brain Games</div> | <div>8</div> <div>9:15 Strength Training with Weights</div> <div>10:15 Strength Training with Weights</div> <div>10:45 Weekly Outing</div> <div>12:45 Weekly Outing</div> <div>2:00 General Store</div> <div>4:00 Wii Bowling</div> | <div>9</div> <div>9:15 Cardio Drumming</div> <div>10:15 Cardio Drumming</div> <div>11:15 Cardio Drumming</div> <div>3:00 Arts and Crafts</div> <div>4:00 Arts and Crafts</div> | <div>10</div> <div>9:15 Chair Yoga</div> <div>10:15 Chair Yoga</div> <div>11:00 Current Events</div> <div>11:15 Chair Yoga</div> <div>2:00 General Store</div> <div>3:00 Blood Pressure Checks with Simplicity</div> | <div>11</div> |
| <div>12</div> <div>10:00 Worship and Music</div> | <div>13</div> <div>9:15 Radiate</div> <div>10:15 Radiate</div> <div>11:15 Radiate</div> <div>3:00 Bean Bag Baseball Practice</div> <div>4:00 Bean Bag Baseball Practice</div> | <div>14</div> <div>9:15 Balance Class</div> <div>10:15 Balance Class</div> <div>11:15 Balance Class</div> <div>2:15 Modified Tai Chi</div> <div>3:30 Brain Games</div> <div>6:45 Movie: “Jaws”</div> | <div>15</div> <div>9:15 Strength Training with Weights</div> <div>10:15 Strength Training with Weights</div> <div>10:45 Weekly Outing</div> <div>12:45 Weekly Outing</div> <div>2:00 General Store</div> <div>4:00 Wii Bowling</div> <div></div> | <div>16</div> <div>9:15 Cardio Drumming</div> <div>10:15 Cardio Drumming</div> <div>11:15 Cardio Drumming</div> <div>3:00 Arts and Crafts</div> <div>4:00 Arts and Crafts</div> | <div>17</div> <div>9:15 Chair Yoga</div> <div>10:15 Chair Yoga</div> <div>11:00 Current Events</div> <div>11:15 Chair Yoga</div> <div>2:00 General Store</div> <div>2:15 Pie in the Face</div> <div>3:00 Blood Pressure Checks with Simplicity</div> | <div>18</div> |
| <div>19</div> <div>10:00 Worship and Music</div> | <div>20</div> <div>9:15 Radiate</div> <div>10:15 Radiate</div> <div>11:15 Radiate</div> <div>3:00 Bean Bag Baseball Practice</div> <div>4:00 Bean Bag Baseball Practice</div> | <div>21</div> <div>9:15 Balance Class</div> <div>10:15 Balance Class</div> <div>11:15 Balance Class</div> <div>2:15 Modified Tai Chi</div> <div>3:30 Brain Games</div> | <div>22</div> <div>9:15 Strength Training with Weights</div> <div>10:15 Strength Training with Weights</div> <div>10:45 Weekly Outing</div> <div>12:45 Weekly Outing</div> <div>2:00 General Store</div> <div>4:00 Wii Bowling</div> | <div>23</div> <div>9:15 Cardio Drumming</div> <div>10:15 Cardio Drumming</div> <div>11:15 Cardio Drumming</div> <div>3:00 Arts and Crafts</div> <div>4:00 Arts and Crafts</div> <div></div> | <div>24</div> <div>9:15 Chair Yoga</div> <div>10:15 Chair Yoga</div> <div>11:00 Current Events</div> <div>11:15 Chair Yoga</div> <div>2:00 General Store</div> <div>3:00 Blood Pressure Checks with Simplicity</div> <div></div> | <div>25</div> |
| <div>26</div> <div>10:00 Worship and Music</div> | <div>27</div> <div>9:15 Radiate</div> <div>10:15 Radiate</div> <div>11:15 Radiate</div> <div>3:00 Bean Bag Baseball Practice</div> <div>4:00 Bean Bag Baseball Practice</div> | <div>28</div> <div>9:15 Balance Class</div> <div>10:15 Balance Class</div> <div>11:15 Balance Class</div> <div>2:15 Modified Tai Chi</div> <div>3:30 Brain Games</div> | <div>29</div> <div>9:15 Strength Training with Weights</div> <div>10:15 Strength Training with Weights</div> <div>10:45 Weekly Outing</div> <div>12:45 Weekly Outing</div> <div>2:00 General Store</div> <div>4:00 Wii Bowling</div> | <div>30</div> <div>9:15 Cardio Drumming</div> <div>10:15 Cardio Drumming</div> <div>11:15 Cardio Drumming</div> <div>3:00 Arts and Crafts</div> <div>4:00 Arts and Crafts</div> | <div>31</div> <div>9:15 Chair Yoga</div> <div>10:15 Chair Yoga</div> <div>11:00 Current Events</div> <div>11:15 Chair Yoga</div> <div>2:00 General Store</div> <div>3:00 Blood Pressure Checks with Simplicity</div> |  |



July ACT: Have a Poppin' July!

10 Cool Facts about Popsicles!

Popsicles have a pretty interesting history! Believe it or not, they were invented by a kid! Below are 10 cool facts about this summertime favorite.

1. They were invented by an 11-year-old boy named Frank Epperson in 1905. Epperson accidentally left a cup of homemade soda on the porch overnight. When he woke up the next morning, the soda was frozen around the stirring stick. He realized it was a neat treat and called it the Epsicle.
2. In 1923, Epperson renamed his treat the Popsicle and patented his product. Some stories claim he chose the new name because his kids were always asking him to make them "Pop's Sicles." Other stories claim it was to let consumers know that the treat was made from soda pop.
3. Popsicles were originally marketed as frozen drinks on a stick.
4. The dual Popsicle featuring two sticks and one Popsicle that could be split in half was introduced during the Great Depression as a way to split the treat across two children for the same cost.
5. More than two billion Popsicles are sold each year.
6. Since "Popsicle" is a registered brand name, generic brands and international versions are forced to brand their product by another name. You'll find ice pops in the aisles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand they're known as icy poles.
7. Popsicles are famous for their awful jokes! The often pun-filled cheesy jokes on Popsicle sticks have become an internet sensation with websites dedicated to sharing these groaners.
8. The No. 1 Popsicle flavor is cherry.
9. Popsicles were chosen as a symbol of American Life by the Eighth Air Force Unit in World War II.
10. Originally there were seven flavors of Popsicles available. Today, you will find a wide variety of flavors — everything from avocado to chili chocolate!

Please join us throughout the month of July, with a variety of activities, celebrating this cool, tasty treat! See the calendar for dates and times. Hope to see you all there!





Out in the Sunshine!

Last month, we took a trip to the Open Space Visitors Center near the Bosque in Albuquerque. The Open Space Visitor Center has exhibits interpreting the natural and cultural resources the Open Space Division protects. It also features an art gallery, agricultural fields that draw a variety of wildlife and stunning views of the Sandia Mountains.

The Open Space Visitor Center manages approximately 18 acres of agricultural land for the benefit of wildlife. The farm rotates corn, sorghum, millet, and alfalfa that feed winter migratory birds and other local wildlife, including pollinators.

In addition, the center offers comfortable indoor and outdoor viewing areas where you can watch sandhill cranes and other migratory birds during their fall and winter migratory season.

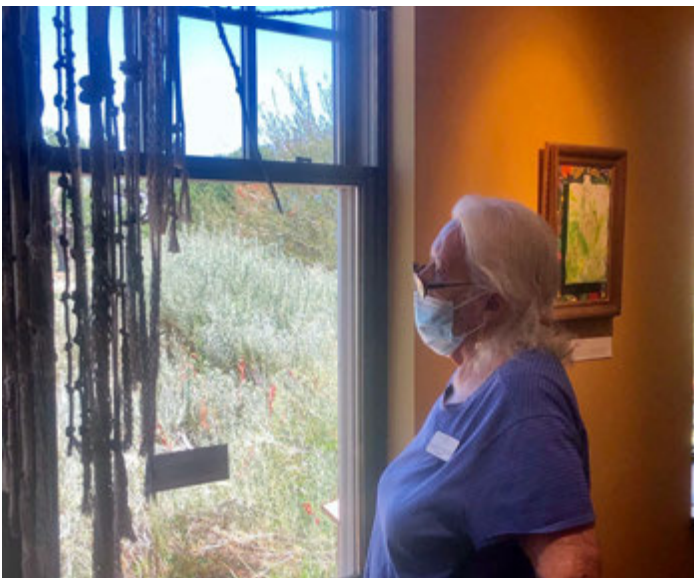
Please join us each Wednesday for a new lunch out or outing. See Erin or Dee for further information.



Dee and Gil enjoying time by the pond



One of our groups posing outside the garden center



Eileen enjoying the view



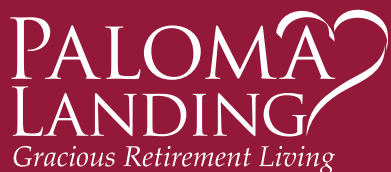
Our travel to the pond



8301 Palomas Avenue NE
Albuquerque, NM 87109



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



505-243-1979

