

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater Canada Day	<div>2</div> 9:00 Meet n' Greet 10:00 Chef Friday 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	<div>3</div> 9:00 Meet n' Greet 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<div>4</div> 9:00 Meet & Greet 10:00 Nail Spa 1:30 Snack Break 5:00 Evening Movie Theater Independence Day (US)	<div>5</div> 9:00 Music and Movement 10:00 Library 1:30 Snack Break 2:00 Music with Larissa 5:00 Evening Movie Theater	<div>6</div> 9:00 Music and Movement 10:00 Golden Oldies 12:30 Reminiscing with Barb 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater	<div>7</div> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy 10:00 Color My World 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<div>8</div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	<div>9</div> 9:00 Meet n' Greet 10:00 Chef Friday 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	<div>10</div> 9:00 Meet n' Greet 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<div>11</div> 9:00 Meet & Greet 10:00 Nail Spa 1:30 Snack Break 5:00 Evening Movie Theater	<div>12</div> 9:00 Music and Movement 10:00 Library 1:30 Snack Break 2:00 Music with Randy 5:00 Evening Movie Theater	<div>13</div> 9:00 Music and Movement 10:00 Golden Oldies 12:30 Art Expression with Barb 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater	<div>14</div> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy 10:00 Color My World 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<div>15</div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	<div>16</div> 9:00 Meet n' Greet 10:00 Chef Friday 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	<div>17</div> 9:00 Meet n' Greet 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<div>18</div> 9:00 Meet & Greet 10:00 Nail Spa 1:30 Snack Break 5:00 Evening Movie Theater	<div>19</div> 9:00 Music and Movement 10:00 Library 1:30 Snack Break 2:00 Music with Larissa 5:00 Evening Movie Theater	<div>20</div> 9:00 Music and Movement 10:00 Golden Oldies 12:30 Strike Up the Band with Barb 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater	<div>21</div> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy 10:00 Color My World 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<div>22</div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:00 Foot Care with Dr. Gorey 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	<div>23</div> 9:00 Meet n' Greet 10:00 Chef Friday 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater	<div>24</div> 9:00 Meet n' Greet 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<div>25</div> 9:00 Meet & Greet 10:00 Nail Spa 1:30 Snack Break 5:00 Evening Movie Theater	<div>26</div> 9:00 Music and Movement 10:00 Library 1:30 Snack Break 5:00 Evening Movie Theater	<div>27</div> 9:00 Music and Movement 10:00 Golden Oldies 12:30 Field Day with Barb 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater	<div>28</div> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy 10:00 Color My World 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<div>29</div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater	<div>30</div> 9:00 Meet n' Greet 10:00 Chef Friday 1:30 Snack Break 2:00 International Friday, LDR 5:00 Evening Movie Theater	<div>31</div> 9:00 Meet n' Greet 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater

July 2021 THE MONTHLY GAZETTE

*"Then followed that beautiful season, Summer! Filled
was the air with a dreamy and magical light."*
~ Henry Wadsworth Longfellow



Animal of the Month – Hamster

Hamsters are one of 19 species in the Cricetinae subfamily of the Rodentia family. These small rodents are often kept as pets, particularly the Syrian or golden hamster. They were first domesticated in 1939.



In the wild, hamsters stay underground during the day and eat seeds, fruits, grasses, and insects. They have short tails, furry ears and feet, and long cheek pouches, which are used to transport food back to their burrows. Their fur comes in a range of patterns and colors, including white, brown, orange, gray, and black.

These cute, typically solitary little critters are adventurous and climb well despite having poor vision. They have a good sense of smell and hearing, and they communicate with body language and by using their scent glands. Hamsters are born hairless and blind, and have a longevity of two to three years. A group of hamsters is called a horde.

Special Days

Canada Day
July 1

2021 Halfway Point
July 2

Independence Day (U.S.)
July 4

Bastille Day (France)
July 14

**Full Moon
(Buck Moon)**
July 23

**International Day
of Friendship**
July 30

Flower – Larkspur



The larkspur gets its name from its resemblance to a dolphin. The flower's scientific name, *delphinium*, is derived from the Greek word *delphis*, meaning "dolphin." As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape similar to the nose of the joyful marine mammal. The larkspur is also said to reflect the dolphin's spirit, and a purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.

Birthstone – Ruby



The birthstone for July is the ruby. The name *ruby* was derived from the Latin word *rubens*, meaning "red." Like a perfect red rose, the ruby's rich color speaks of love and passion. Called the *rajapura*, or "king of precious stones," by the ancient Hindus, the ruby has been a highly prized gem throughout history. The gorgeous stone is also the most commonly named precious gem in the English translation of the Bible. It is thought to offer wisdom, wealth, and success in love, as well as to guard against evil.



Memory Care

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Special Activities

Cooking Demo and Fresh Baked Goods ~ July 2nd @10:00 am

Happy Independence Day ~ July Fourth!!

Music with Larissa ~ July 5th @2:00 pm

Reminiscing with Barb ~ July 6th @12:30 pm

Cooking Demo and Fresh Baked Goods ~ July 9th @10:00 am

Music with Randy ~ July 12th @2:00 pm

Art Expression with Barb ~ July 13th @12:30 pm

Cooking Demo and Fresh Baked Goods ~ July 16th @10:00 am

Music with Larissa ~ July 19th @2:00 pm

Strike Up the Band with Barb ~ July 20th @12:30

Cooking Demo and Fresh Baked Goods ~ July 23rd @10:00 am

Field Day with Barb ~ July 27th @12:30 pm

Cooking Demo and Fresh Baked Goods ~ July 30th @10:00 am

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