



THE LEGACY  
AT ENGLISH STATION  
*A Trilogy Senior Living Community*

# News

May 2022

## Bringing Your Dreams to Life



Seeing the Grand Canyon.

Visiting a new city.

Skydiving out of a plane.

If you were thinking about doing any of these things when you were 22, your loved ones might have had a *few* things to say. Maybe it was one of your closest friends telling you to just “go for it”. Maybe it was the thrill seeker in your family reminding you that “you only live once.” Or maybe it was your parents reminding you that you’re still young - and that you should take the opportunity to go on adventures as they come.

Now, as a resident of a Trilogy campus, we’d like to offer you the same advice.

Through our *Live a Dream* program, we encourage our seniors to come to us with what it is they want to do most so that we can bring those dreams to life. Wanting to feel the wind blow through

your hair? We’ve had residents go on motorcycle rides before. Want to watch a baseball game at your favorite stadium? We’ll get the car ready if you pick the day. Even if you’re just wanting to go for a stroll down memory lane with a visit your hometown, our Life Enrichment team will be here to make that dream a reality – all while offering the same quality care that you’ve come to expect. To learn more about our *Live a Dream* program, contact a member of our team today!



# Happy Birthday!

## Residents

Eileen T.	5/02
Robin S.	5/03
Jacqueline N.	5/07
Leonie U.	5/11
Raymond R.	5/19
Dolores C.	5/24
Jeannette B.	5/30
Terry N.	5/31

## Staff

Beatrice P.	5/03
Maria S.	5/22

## The LES Hiking Club officially takes off.

Legacy at English station has a lot of residents who are crazy about walking. They walk outside in our beautiful patio loop year-round, and they walk inside around the perimeter of our beautifully designed building when it's cold. These residents like to keep fit and they love nature, so the LES Hiking Club was born. Our first trail was the beautiful Anchorage Trail. I like to go there to see the deer. We didn't see deer, but Tom told jokes to passersby, Noriko kept repeatedly saying "I can't believe this beauty", Larry waited up for Marty because her shoes slowed her down. We saw streams, flower buds and beautiful bridges. This started something exciting for our residents. The chance to explore, build connections and stay healthy.

## Executive Director Corner

Welcome to May, everyone!

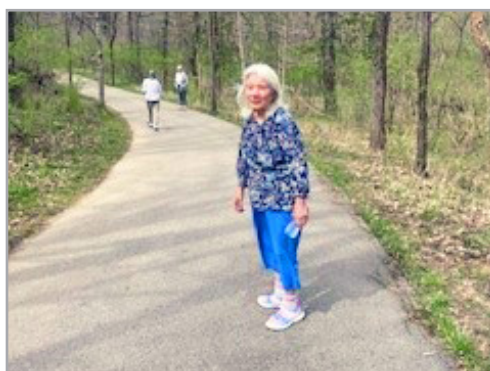
I hope these last few weeks have found you in good health and in good spirits. If you're like me and have been waiting patiently for the cold weather to be put to bed, now is the perfect time to enjoy an afternoon stroll through our garden, where the cool air and shining sun are finally here to let us know that summer is just around the corner. Once you come inside to cool off, we'll have plenty of exciting things waiting for you!

From May 15th through the 21st, we'll be kicking off our next Theme Week – Lucille's Ball. Much like our Theme Week in February, this event

will capture the glamour and glory of a one-of-a-kind ball, with the added twist of a unique "I Love Lucy" theme. Come ready to celebrate in your best polka dot dresses and tuxedos as we recreate the TV set with a week of theme related activities, events, menu options, and more!

The good times are just getting started – and with the weather getting warmer, there's no signs of them slowing down any time soon. Let's have an amazing month!

Yours in Service,  
*Matthew R. Jones*  
Executive Director



*Noriko M. in awe of the beauty*



*Marty and Larry take their time*



*Legacy hikers*



*Tom takes it all in*



# Sometimes a Scenic Drive is all you need

I remember when I was a teenager in Morehead Kentucky. There wasn't much to do on a Sunday sometimes so my dad would announce "I'm feeling cabin fever let's take a drive". Being a teenager, I usually had a smart comment like "Why? Were not going anywhere". But eventually I found myself surrendering. We would hop in the car and drive all over eastern Kentucky. Looking out the window was a quiet act. We went down windy roads, up steep hills, pass farms with horses, and rolling fields. I was reminded of those times when I took some of our residents for a scenic drive in the Parklands and Long Run Lake. The residents have had quite a bit of cabin fever because of Covid. So, are residents did just what my dad did when he felt bored and stagnant. We went for a drive. The quiet of the bus as we looked at the beauty of the Middletown sights was just what everyone needed. "Oh, look at how beautiful everything is" was a comment I heard. "Can you believe those trees?", "That house is amazing", "The water is so nice". Little did I know when I was a teenager my dad was reminding me of the beauty we are surrounded by. And so, there will be more drives where we are not really going anywhere. Sometimes it's just what you need.



*On the Legacy Bus*



*Legacy Scenic viewers*

# St. Patricks fun all day long

Even if you aren't Irish, you still partied like you were at LES this St. Patrick's Day. Ok, so maybe sans the alcohol. However, in the morning; we did the Shamrock Shake (exercise), we made Killarney cake for creative cooking, played St. Patrick's Day Trivia, made a collage of Irish symbols, we went outside for unusually warm weather and drank Shamrock shakes (green milkshakes), to finish it off we played and Irish version of corn hole. Ok, so maybe there isn't an Irish version, but we were wearing green.



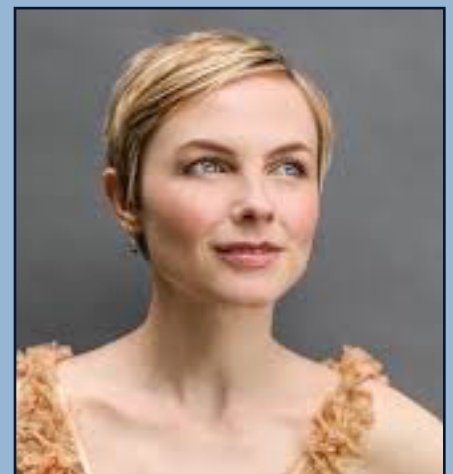
*Marty and Marjorie looking at their St. Patrick's collage*



*Sandy A. showing off her Irish*

## Kat Edmonson to Perform at Legacy's Family Sunday Brunch

Ever since I heard Kat Edmonson sing, I thought "Wow" she was born in the wrong Era. Kat has the sound of Doris Day, Billy Holiday, and Blossom Dearie all rolled into one. When you get to know Kat, you realize she is an "Old Fashioned Gal" which happens to be one of her signature songs. Don't miss out hearing Kat Edmonson after our Sunday Brunch on May 15th at 1:30 Just to give you some background. Kat is an award-winning singer songwriter, she has played at Austin City limits, Carnegie Hall, Tiny Desk Concerts, CBS Saturday mornings, and the Late Show with David Lettermen. And now at LEGACY AT ENGLISH STATION! I highly recommend RSVPing. Call to let us know how many is in your party-502-254-2361. Brunch is at 12:00pm and Kat will be at performing at 1:30.



*Kat Edmonson*

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