

Sunday

Monday

Tuesday

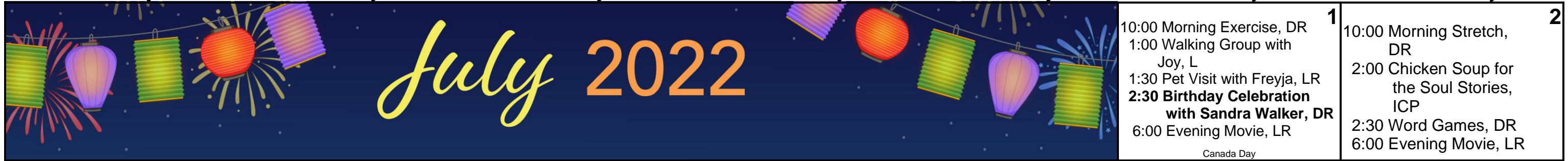
Wednesday

Thursday

Friday

Saturday

July 2022



<p>9:00 Morning Musical Movie, LR 2:30 Bingo, DR 6:00 Evening Movie, LR</p> <p>3</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 2:00 Root Beer Floats, CY 6:00 Evening Movie, LR</p> <p>4</p> <p><small>Independence Day (US)</small></p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p>5</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, L 2:00 Red Hats Crafts, Dr 6:00 Evening Movie, LR</p> <p>6</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p>7</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Lenny Luzzi, DR 6:00 Evening Movie, LR</p> <p>8</p> <p><small>Canada Day</small></p>	<p>10:00 Morning Stretch, DR 2:00 Chicken Soup for the Soul Stories, ICP 2:30 Word Games, DR 6:00 Evening Movie, LR</p> <p>9</p>
<p>9:00 Morning Musical Movie, LR 2:30 Bingo, DR 6:00 Evening Movie, LR</p> <p>10</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR</p> <p>11</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p>12</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-Bartels, L 1:00 Walking Group, L 2:00 Music with Red Shirt Cowboys, DR 6:00 Evening Movie, LR</p> <p>13</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p>14</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 1:00 Pet Visit with Anubi, LR 2:30 Happy Hour with Jon Pressman, DR 6:00 Evening Movie, LR</p> <p>15</p>	<p>10:00 Morning Stretch, DR 2:00 Chicken Soup for the Soul Stories, ICP 2:30 Word Games, DR 6:00 Evening Movie, LR</p> <p>16</p>
<p>9:00 Morning Musical Movie, LR 2:30 Bingo, DR 6:00 Evening Movie, LR</p> <p>17</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 2:00 Sing Along with Joy, LR 6:00 Evening Movie, LR</p> <p>18</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p>19</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-QFC, L 1:00 Walking Group, L 2:00 Hot Diggity with Jordan, CY 6:00 Evening Movie, LR</p> <p>20</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p>21</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Hank Blumenthal, DR 6:00 Evening Movie, LR</p> <p>22</p>	<p>10:00 Morning Stretch, DR 2:00 Entertainment with Kristin Fletcher, DR 6:00 Evening Movie, LR</p> <p>23</p>
<p>9:00 Morning Musical Movie, LR 2:30 Bingo, DR 6:00 Evening Movie, LR</p> <p>24</p>	<p>9:00 Bible Study, AR 10:00 Morning Exercise, DR 2:00 Resident Meeting, DR 6:00 Evening Movie, LR</p> <p>25</p>	<p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band with Barb, LR 6:00 Evening Movie, LR</p> <p>26</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping-Bartels, L 1:00 Walking Group, L 2:00 Bingo Bash, Dr 6:00 Evening Movie, LR</p> <p>27</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 1:00 Foot Care with Dr. Gorey, AR 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p>28</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group with Joy, L 2:30 Happy Hour with Doug Deems, DR 6:00 Evening Movie, LR</p> <p>29</p>	<p>10:00 Morning Stretch, DR 2:00 Chicken Soup for the Soul Stories, ICP 2:30 Word Games, DR 6:00 Evening Movie, LR</p> <p>30</p>
<p>9:00 Morning Musical Movie, LR 2:30 Bingo, DR 6:00 Evening Movie, LR</p> <p>31</p>						

Assisted Living

THE MONTHLY GAZETTE

July 2022

"Summertime is always the best of what might be."
- Charles Bowden



Dog of the Month – German Shepherd

The German shepherd is a large-to-medium-sized sheep-herding dog with origins in Germany. They were first bred by Max von Stephanitz in 1899. These strong, reliable, smart, curious, industrious dogs are now a favorite for work with police, search-and-rescue, military, and the disabled. They are the original breed to serve as guide dogs. German shepherds have muscular bodies and an excellent sense of smell, and are fast runners. They are generally easygoing but are also loyal and protective, making them ideal for the dual purposes of family pet and



watchdog. Consistently ranking among the top breeds chosen as pets, they get along well with children but are not overly social. They are very active dogs that require a lot of exercise to satisfy their physical and mental health needs. German shepherds come in a variety of color combinations, including tan, black, silver, white, and gray.

Special Days

Canada Day
July 1

Halfway Point of 2022
July 2

Independence Day
July 4

Bastille Day (France)
July 14

National Ice Cream Day
July 17

Parents' Day
July 24

Flower – Larkspur

The larkspur, also known as delphinium, is a lovely, tall plant with multiple flowers blooming from a single stalk. Its flowers range in color from deep purples to light pinks. The flower spikes can reach three to six feet tall. Larkspur blooms from early spring through late summer and attracts hummingbirds and bees. The name *delphinium*, Greek for *dolphin*, is due to the bottlenose shape of the petals. In Victorian times, the flower was a symbol of light-heartedness, fun, and happiness.

Birthstone – Ruby



July's birthstone, the ruby, is one of the rarest gems in the world. Rubies come in various shades of red, but those mined in Burma are the most expensive gem per carat in the world. Because of their superior crimson color, Burmese rubies are called "pigeon's blood." In many Asian countries, the gems were laid beneath new buildings to bring good fortune. The stone is said to guard against attacks and attract friends. It is a symbol for devotion and is a traditional gift for those celebrating 15th or 40th anniversaries.



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A Great Place to Call Home

Hair Salon
Wednesdays
9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Happy Birthday:

Mutsuko K. 7/01 Roberta B. 7/07 Patti M. 7/10 Christine W. 7/13
Dona C. 7/18 Katherine K. 7/19 Yolanda D. 7/26 John T. 7/27

Special Activities

July 1st @2:30 PM

Birthday Celebration with Sandra Walker

HAPPY 4TH OF JULY!

July 4th @2:00 PM

Root Beer Floats

July 8th @2:30 PM

Happy Hour with Lenny Luzzi

July 13th @ 2:00 PM

Music with the Red Shirt Cowboys

July 15th @2:30 PM

Happy Hour Jon Pressman

July 20th @2:00 PM

Hot Diggity with Jordan

July 22nd @2:30 PM

Happy Hour with Hank Blumenthal

July 23rd @2:00 PM

Entertainment with Kristin Flecher

July 27th @2:00 PM

Bingo Bash

July 29th @2:30 PM

Happy Hour with Doug Deems

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