

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>3</p> <p>9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>4</p> <p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 1:30 Music with Larissa, LR 5:00 Evening Movie Theater <small>Independence Day (US)</small></p>	<p>5</p> <p>9:00 Music and Movement, LC 10:00 Library, TC 12:30 Reminiscing with Barb, TC 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>6</p> <p>9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 10:30 Bingo, TC 12:30 Music with JJ, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie</p>	<p>7</p> <p>9:00 Music and Movement, LC 10:00 Catholic Prayers 12:30 Strike Up the Band with Barb, LR 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater</p>	<p>8</p> <p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater <small>Canada Day</small></p>	<p>2</p> <p>9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater</p>
<p>10</p> <p>9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>11</p> <p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 1:30 Music with Randy Rogers, LR 5:00 Evening Movie Theater</p>	<p>12</p> <p>9:00 Music and Movement, LC 10:00 Golden Oldies, TC 12:30 Art Expression with Barb, TC 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Scenic Bus Ride 5:00 Evening Movie Theater</p>	<p>13</p> <p>9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 10:30 Bingo, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater</p>	<p>14</p> <p>9:00 Music and Movement, LC 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater</p>	<p>15</p> <p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 12:30 Pet Visit with Anubi 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie</p>	<p>16</p> <p>9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater</p>
<p>17</p> <p>9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>18</p> <p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 1:30 Music with Larissa, LR 5:00 Evening Movie Theater</p>	<p>19</p> <p>9:00 Music and Movement, LC 10:00 Golden Oldies, TC 12:30 Trivia and Conversation with Barb, TC 1:00 Northwest Geriatrics 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>20</p> <p>9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 10:30 Bingo, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater</p>	<p>21</p> <p>9:00 Music and Movement, LC 10:00 Catholic Prayers 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater</p>	<p>22</p> <p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater</p>	<p>23</p> <p>9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater</p>
<p>24</p> <p>9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>25</p> <p>9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 5:00 Evening Movie Theater</p>	<p>26</p> <p>9:00 Music and Movement, LC 10:00 Golden Oldies, TC 12:30 Field Day with Barb, TC 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Scenic Bus Ride 5:00 Evening Movie Theater</p>	<p>27</p> <p>9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 10:30 Bingo, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater</p>	<p>28</p> <p>9:00 Music and Movement, LC 10:00 Catholic Prayers 12:30 Strike Up the Band with Barb, LR 1:00 Northwest Geriatrics 1:00 Foot Care with Dr. Gorey 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater</p>	<p>29</p> <p>9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater</p>	<p>30</p> <p>9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater</p>

31

9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:30 Snack Break
5:00 Evening Movie Theater

Memory Care

All Activities Subject to Change CS=Care Staff, LC=Large Circle, TC=Table Circle, LR=Living Room, LDR=Large Dining Room (approval needed)

July 2022 THE MONTHLY GAZETTE

"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.



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

Happy Birthday:

Arlene Q. 7/23

Special Activities

HAPPY 4TH OF JULY!

Music with Larissa ~ July 4th @ 1:30 pm

Reminiscing with Barb ~ July 5th @ 12:30 pm

Music with JJ ~ July 6th @ 12:30 pm

Strike Up the Band with Barb ~ July 7th @ 12:30 pm

Music with Randy ~ July 11th @ 2:00 pm

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

Scenic Bus Ride ~ July 12th @ 2:00 pm

Pet Visit with Anubi ~ July 15th @ 12:30 pm

Music with Larissa ~ July 18th @ 1:30 pm

Trivia and Conversation with Barb ~ July 19th @ 12:30 pm

Field Day with Barb ~ July 26th @ 12:30 pm

Scenic Bus Ride ~ July 26th @ 2:00 pm

Strike Up the Band with Barb ~ July 28th @ 12:30 pm

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