

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2023</h1>						Canada Day
<p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">2</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p> <p style="text-align: right;">3</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 LET FREEDOOM RING Patriotic Celebration with Music & Words, DR 5:30 Evening Movie, LR <small>Independence Day (US)</small></p> <p style="text-align: right;">4</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping- Bartell, L** 1:00 Walking Group, DR 2:00 Entertainment with Memphis Bells 5:30 Evening Movie, LR</p> <p style="text-align: right;">5</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Novari Primary Care 1:00 Walking Group, L 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Table Games, IC</p> <p style="text-align: right;">6</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Birthday Celebration With Sandra Walker, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">7</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">8</p>
<p>9:00 Morning Musical Movie, LR 10:00 Nail Time, AR 1:00 Ring Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">9</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p> <p style="text-align: right;">10</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 12:00 Swing Dance-North Bellevue Senior Center, L 1:00 Novari Primary Care 5:30 Evening Movie, LR</p> <p style="text-align: right;">11</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping- QFC, L** 1:00 Walking Group, DR 2:00 Crafty Creations, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">12</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Novari Primary Care 1:00 Food Committee, DR 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Table Games, IC</p> <p style="text-align: right;">13</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Happy Hour with David & Lynn, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">14</p>	<p>10:00 Morning Exercise, DR 1:00 Activity Committee, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">15</p>
<p>9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">16</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p> <p style="text-align: right;">17</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 11:00 Lunch Outing- Ricardo's, L 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR</p> <p style="text-align: right;">18</p>	<p>9:30 Strength Exercise, DR 10:00 Shopping- Target, L** 1:00 Walking Group, DR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">19</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Novari Primary Care 1:00 Walking Group, L 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Table Games, IC</p> <p style="text-align: right;">20</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Happy Hour with Lindi Moo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">21</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">22</p>
<p>9:00 Morning Musical Movie, LR 10:00 Nail Time, AR 1:00 Ring Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">23</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Scenic Drive, L** 5:30 Evening Movie, LR</p> <p style="text-align: right;">24</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:00 Novari Primary Care 2:00 Game Time with Barb, LR 3:00 Strike Up the Band with Barb, LR 5:30 Evening Movie, LR</p> <p style="text-align: right;">25</p>	<p>10:00 Strength Exercise, DR 10:30 Shopping- QFC, L** 1:00 Walking Group, DR 2:00 Bingo Bash, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">26</p>	<p>Medical Transportation** 10:00 Catholic Services, AR 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, AR 2:00 Music Lovers, LR 3:00 Afternoon Exercise, DR 6:00 Table Games, IC</p> <p style="text-align: right;">27</p>	<p>10:00 Morning Exercise, DR 1:00 Walking Group, L 2:30 Happy Hour with Jonny Chiecsek, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">28</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">29</p>
<p>9:00 Morning Musical Movie, LR 1:00 Ring Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">30</p>	<p>9:00 Walking Group, L 10:00 Morning Exercise, DR 1:30 Resident Meeting Come Share your Ideas, DR 5:30 Evening Movie, LR</p> <p style="text-align: right;">31</p>	 <h1>Assisted Living</h1>				

July 2023 THE MONTHLY GAZETTE

*"I love how summer just wraps its arms around
you like a warm blanket."*

~ Kellie Elmore



Bird of the Month – Eagle

The majestic bald eagle was named the national bird of the United States in 1782 by the Second Continental Congress. This stealthy, resilient, loyal bird represents the strength, freedom, courage, and independent spirit of the American people. Bald eagles live across Canada, the United States, and northern Mexico. They prefer to soar across land near large bodies of open water and build enormous nests in old-growth forests. Alaska is home to the world's largest population of bald eagles, which is estimated at 30,000 birds. The superb hunters primarily subsist on



fish but will also eat turtles, rabbits, snakes, waterfowl, and small mammals. Humans (via cars, power lines, and chemicals) pose the most substantial threat to bald eagles. However, efforts to protect the birds have been extremely successful—they moved off the list of threatened and endangered species on June 28, 2007.

Special Days

Canada Day

July 1

Halfway Point of 2023

July 2

Independence Day (U.S.)

July 4

National Kitten Day

July 10

Bastille Day (France)

July 14

National Hot Dog Day

July 19

Flower – Larkspur



July's flower, larkspur, has delicate blooms that come in a range of colors, including purple, pink, blue, and white. Larkspur's petals grow together and form a spur at the end, hence its name. The flower is a member of the delphinium family and can range in height from one to seven feet. Ancient uses for delphiniums included driving away scorpions. Early Americans used blue larkspur petals to make dye. The flowers symbolize love and affection. They also are said to convey a feeling of lightness or levity.

Birthstone – Ruby



The ruby is one of the rarest gems in the world. It is revered by many cultures for its deep red color and prized by royalty the world over. These gorgeous stones represent love, invincibility, passion, and protection. Rubies are highly regarded in the Hindu religion; it is said that offering a ruby to Krishna guarantees reincarnation as an emperor or king. Rubies mined in Burma are the most expensive gems per carat in the world. Because of their superior crimson color, Burmese rubies are called "pigeon's blood."



Assisted Living

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 M 7/01

Roberta B 7/07

Christine W 7/13

Yolanda D 7/26 John T 7/27

July 4th @ 2:00 PM

Fourth of July Celebration

July 5th @ 2:00 PM

Entertainment with Memphis Bells

July 7th @ 2:30 PM

Birthday Celebration with Sandra Walker

July 11th @ 12:00 PM

Swing Dance-North Bellevue Senior Center

July 12th @ 2:00 PM

Crafty Creations

July 14th @ 2:30 PM

Happy Hour with David & Lynn

July 18th @ 11:00 PM

Lunch Outing- Ricardo's

July 21st @ 2:30 PM

Happy Hour with Lindi Moo

July 28th @ 2:30 PM

Happy Hour with Jonny Chiecsek

July 31st @ 1:30 PM

Resident Meeting- Come Share your Ideas

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