

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023



1
 9:00 Morning Exercise, DR
 1:00 Balloon Volley Ball
 1:30 Snack Break
 2:00 Documentary
 5:00 Evening Movie

Canada Day

2
 9:00 Morning Exercise, DR
 10:00 Nail Spa, C
 10:30 Bingo, DR
 1:30 Snack Break
 5:00 Evening Movie

3
 9:00 Music and Movement, DR
 10:00 Active Game, DR
1:30 Music with Larissa
 1:30 Snack Break
 5:00 Evening Movie

4
 9:00 Music and Movement, DR
 10:00 Bingo, DR
 12:30 Color my World, DR
1:00 Novari Primary Care
 1:30 Table Games
 1:30 Snack Break
 5:00 Evening Movie

5
9:00 ~ 1:30 Hair Salon
 9:00 Aromatherapy, DR
 10:00 Art Fun, DR
 1:00 Afternoon Exercise
 1:30 Snack Break
 5:00 Evening Movie

6
 9:00 Music and Movement, DR
10:00 Catholic Prayers
1:00 Novari Primary Care
 1:00 Strike Up the Band
 1:30 Snack Break
 5:00 Evening Movie

7
 8:30 Meet n' Greet, DR
 9:00 Morning Exercise, DR
 10:00 Active Games, DR
 1:30 Snack Break
2:30 Musical Entertainment, LDR
 5:00 Evening Movie

8
 9:00 Morning Exercise, DR
 1:00 Balloon Volley Ball
 1:30 Snack Break
 2:00 Documentary
 5:00 Evening Movie

9
 9:00 Morning Exercise, DR
 10:00 Table Top Games
 10:30 Bingo, DR
 1:30 Snack Break
 5:00 Evening Movie

10
 9:00 Music and Movement, DR
 10:00 Active Game, DR
1:30 Music with Nik
 1:30 Snack Break
 5:00 Evening Movie

11
 9:00 Music and Movement, DR
 10:00 Bingo, DR
 12:30 Color my World, DR
1:00 Novari Primary Care
1:30 Music with Randy
 1:30 Snack Break
 5:00 Evening Movie

12
9:00 ~ 1:30 Hair Salon
 9:00 Aromatherapy, DR
 10:00 Art Fun, DR
 1:00 Afternoon Exercise
 1:30 Snack Break
 5:00 Evening Movie

13
 9:00 Music and Movement, DR
10:00 Catholic Prayers
1:00 Novari Primary Care
 1:00 Strike Up the Band
 1:30 Snack Break
 5:00 Evening Movie

14
 8:30 Meet n' Greet, DR
 9:00 Morning Exercise, DR
 10:00 Active Games, DR
 1:30 Snack Break
2:30 Musical Entertainment, LDR
 5:00 Evening Movie

15
 9:00 Morning Exercise, DR
 1:00 Balloon Volley Ball
 1:30 Snack Break
 2:00 Documentary
 5:00 Evening Movie

16
 9:00 Morning Exercise, DR
 10:00 Nail Spa, C
 10:30 Bingo, DR
 1:30 Snack Break
 5:00 Evening Movie

17
 9:00 Music and Movement, DR
 10:00 Active Game, DR
1:30 Music with Larissa
 1:30 Snack Break
 5:00 Evening Movie

18
 9:00 Music and Movement, DR
 10:00 Bingo, DR
 12:30 Color my World, DR
1:00 Novari Primary Care
1:30 Scenic Drive
 1:30 Snack Break
 5:00 Evening Movie

19
9:00 ~ 1:30 Hair Salon
 9:00 Aromatherapy, DR
 10:00 Art Fun, DR
 1:00 Afternoon Exercise
 1:30 Snack Break
 5:00 Evening Movie

20
 9:00 Music and Movement, DR
10:00 Catholic Prayers
1:00 Novari Primary Care
 1:00 Strike Up the Band
 1:30 Snack Break
 5:00 Evening Movie

21
 8:30 Meet n' Greet, DR
 9:00 Morning Exercise, DR
 10:00 Active Games, DR
 1:30 Snack Break
2:30 Musical Entertainment, LDR
 5:00 Evening Movie

22
 9:00 Morning Exercise, DR
 1:00 Balloon Volley Ball
 1:30 Snack Break
 2:00 Documentary
 5:00 Evening Movie

23
 9:00 Morning Exercise, DR
 10:00 Table Top Games
 10:30 Bingo, DR
 1:30 Snack Break
 5:00 Evening Movie

24
 9:00 Music and Movement, DR
 10:00 Active Game, DR
 1:00 Color my World
 1:30 Snack Break
 5:00 Evening Movie

25
 9:00 Music and Movement, DR
 10:00 Bingo, DR
 12:30 Color my World, DR
1:00 Novari Primary Care
1:30 Music with Randy
 1:30 Snack Break
 5:00 Evening Movie

26
9:00 ~ 1:30 Hair Salon
 9:00 Aromatherapy, DR
 10:00 Art Fun, DR
 1:00 Afternoon Exercise
 1:30 Snack Break
 5:00 Evening Movie

27
 9:00 Music and Movement, DR
10:00 Catholic Prayers
1:00 Novari Primary Care
1:00 Foot Care with Dr. Gorey
 1:00 Strike up the Band
 1:30 Snack Break

28
 8:30 Meet n' Greet, DR
 9:00 Morning Exercise, DR
 10:00 Active Games, DR
 1:30 Snack Break
2:30 Musical Entertainment, LDR
 5:00 Evening Movie

29
 9:00 Morning Exercise, DR
 1:00 Balloon Volley Ball
 1:30 Snack Break
 2:00 Documentary
 5:00 Evening Movie

30
 9:00 Morning Exercise, DR
 10:00 Nail Spa, C
 10:30 Bingo, DR
 1:30 Snack Break
 5:00 Evening Movie

31
 9:00 Music and Movement, DR
 10:00 Active Game, DR
 1:00 Color my World
 1:30 Snack Break
 5:00 Evening Movie

Memory Care

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."



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:
Patti M 7/10 Arlene Q 7/23 L 7/24

Special Activities

Music with Larissa ~ July 3rd @ 1:30 PM

Strike up the Band ~ July 6th @ 1:00 PM

Music with Nik ~ July 10th @ 1:30 PM

Music with Randy ~ July 11th @ 1:30 PM

Art Fun ~ July 12th @ 10:00 AM

Music with Larissa ~ July 17th @ 1:30 PM

Scenic Drive with Joy ~ July 18th @ 1:30 PM

Art Fun ~ July 19th @ 1:00 PM

Music with Randy Rogers ~ July 25th @ 1:30 PM

Strike Up the Band ~ July 27th @ 1:00 PM

Color My World ~ July 31st @ 1:00 PM