

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:00 Morning Tea, LR 10:00 Exercise & Strength 1:00 WII Bowling, C 1:30 Hand & Foot, FL 2:00 Scatategories Word Games, LR 3:00 Discussion: Salute to Our Nation’s Founders, LR 5:30 Evening Movie, LR <small>Canada Day</small>	10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Nature Hour, LR 2:00 Birthday Celebration-Fourth of July Celebration With Memphis Bells, DR 5:30 Evening Movie, LR <small>Independence Day (US)</small>	10:00 Morning Exercise, DR 2:00 Balloon Cornhole LR 2:30 Word Games, DR 5:30 Evening Movie, LR 6:00 Table Games, C	
	9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, DR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR 6:00 Table Games, C	9:00 Morning Tea, LR 10:00 Exercise & Strength 12:00 Swing Dance-North Bellevue Senior Center, L 1:30 Hand and Foot, FL 3:00 Afternoon Musical, LR 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 10:30 Shopping- Bartells 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 11:00 Lunch Outing- Red Robin, L 1:00 Nature Hour, LR 2:00 Happy Hour with Carol Hendrickson, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	10:00 Morning Exercise, DR 2:00 Entertainment with Daniel, DR 5:30 Evening Movie, LR 6:00 Table Games, C
	9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, DR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR 6:00 Table Games, C	9:00 Morning Tea, LR 10:00 Exercise & Strength 1:00 Let’s Talk Food, DR 1:30 Hand & Foot, FL 1:00 Afternoon Documentary 3:00 Sing Along With Dianna, LR 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 10:30 Shopping- Dollar Store 1:00 Chef Demo with Daniel, DR 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Nature Hour, LR 2:00 Happy Hour with Lindi Moo, DR 5:30 Evening Movie, LR 6:00 Table Games, C	10:00 Morning Exercise, DR 2:00 Balloon Cornhole LR 2:30 Word Games, DR 5:30 Evening Movie, LR 6:00 Table Games, C
	9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, DR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR 6:00 Table Games, C	9:00 Morning Tea, LR 10:00 Exercise & Strength 1:00 WII Bowling, C 1:30 Hand & Foot, FL 2:00 Who’s the Genius 3:00 Scatategories Word Games, LR 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 11:00 Traveling Library, L 10:30 Shopping- QFC 2:00 Entertainment with King of Swing 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	Medical Transportation 10:00 Catholic Services, FL 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, LE 1:00 Afternoon Stroll, L 2:00 Strike Up the Band, LR 3:00 Exercise & Strength	10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Nature Hour, LR 2:00 Happy Hour with C.C DR 5:30 Evening Movie, LR 6:00 Table Games, C	10:00 Morning Exercise, DR 2:00 Balloon Cornhole LR 2:30 Word Games, DR 5:30 Evening Movie, LR 6:00 Table Games, C
	9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, DR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, LR 5:30 Evening Movie, LR 6:00 Table Games, C	9:00 Morning Tea, LR 10:00 Exercise & Strength 1:00 WII Bowling, C 1:30 Hand & Foot, FL 2:00 Music Lovers 3:00 Scatategories Word Games, LR 5:30 Evening Movie, LR	10:00 Morning Exercise, DR 10:30 Shopping- Bartells 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, LR 6:00 Table Games, C	Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, LR		

July 2025 THE MONTHLY GAZETTE

*"Summertime is always the
best of what might be."*

~ Charles Bowden



Plant of the Month – Snake Plant

The snake plant is *Dracaena trifasciata*, a vibrant green flowering plant in the family Asparagaceae that is native to tropical West Africa. This popular house plant is also called Saint George's sword, mother-in-law's tongue, and viper's bowstring hemp. The lovely snake plant has spear-like leaves that love sunlight and warm temperatures, so if your snake plant is indoors, place it by a sunny window so it can soak in the sun's rays. In addition to its beauty, the plant's medicinal qualities include filtering toxins from the air and deterring pests like gnats and other insects. It's



best to avoid touching this plant, as its leaves are mildly toxic and could cause nausea and skin irritation, a clever defense mechanism to discourage insects and animals from eating it. The snake plant symbolizes good luck, resilience, and positivity. It's also associated with good health, success, and warding off negative energy.

Special Days

Canada Day
July 1

Halfway Point of 2025
July 2

Independence Day (U.S.)
July 4

World Chocolate Day
July 7

World Jump Day
July 20

Cousins Day
July 24

International Tiger Day
July 29

Flower – Larkspur



Larkspur is a member of the *Delphinium* genus. There are many varieties of this vibrant flower, ranging in height from one to seven feet. Larkspur has petals that grow together forming a spur at the end, thus the name. When in bloom, these flower spikes are lovely in the garden, and they look splendid in a vase, too. Larkspur symbolizes an open heart and a passionate attachment. It also conveys a feeling of lightness or levity.

Birthstone – Ruby



The red ruby is one of four precious gemstones along with the sapphire, emerald, and diamond. Its brilliance has been treasured for centuries, and natural rubies are even rarer than diamonds. The ruby hails from Asia and is found in Myanmar, Afghanistan, Cambodia, Thailand, and Sri Lanka. Given as a gift, the ruby is a symbol of friendship and lasting love as well as devotion and integrity. Appropriately, the ruby is the gemstone for the 15th and 40th wedding anniversaries.



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

- July 4th @ 2:00 PM Fourth of July Celebration-Memphis Bells
- July 8th @ 12:00 PM Swing Dance-North Bellevue Senior Center
- July 11th @ 11:00 AM Lunch Outing- Red Robin
- July 11th @ 2:00 PM Happy Hour with Carol Hendrickson
- July 12th @ 2:00 PM Entertainment with Daniel
- July 16th @ 1:00 PM Chef Demo with Daniel
- July 18th @ 2:00 PM Happy Hour with Lindi Moo
- July 23rd @ 2:00 PM Entertainment with King of Swing
- July 25th @ 2:00 PM Happy Hour with C.C
- July 30th @ 2:00 PM Bingo Bash

Enjoy Scenic Drive with Dianna every Monday!