

Key Associate of the Month is
Samantha G!

Samantha is a member of our Concierge team. Samantha always comes to work with a bright smile and a positive attitude. She goes above and beyond by helping with the library and movie theater, bringing new ideas to our Life Enrichment team, and jumping in wherever she is needed. Samantha, thank you for your dedication to our community and for always having a can-do attitude!



HAPPY BIRTHDAY TO...

Residents

- Helen L-O – 1st

Merrie Ellen B – 9th

Donna C – 10th

Pat S – 12th
- Gerry K- 19th

Linda R – 29th

Pat B – 31st

Staff

- Samantha G – 4th

Will H – 5th

Annie G – 7th

Adam G – 12th

Dakota F – 13th
- Kelly M – 16th

Lily T – 17th

Abby C – 18th

Jeff R – 27th

Welcome to our new neighbors....



- Ray S – 109
- Bill D – 19

Friends and relatives make great neighbors! Do you have friends or relatives who may have an interest in the Keystone Place lifestyle? Spread the word, help us make the connection, and we will take care of the rest.

Your confidence in Keystone Place at LaValle Fields means the world to us and to thank you, we will give you a \$1,000 rent credit for each referral! For more information contact Monica Nelson at 651-300-4602.

Keystone Place

Keystone Place at LaValle Fields | 14602 Finale Ave. N. Hugo, MN 55038 | 651-888-6557



Activity Highlights

- 1st – 3:30 Happy Hour with Phil Kitze

2nd – 2:15 Bomb Pop Social and American Trivia

3rd – RED, WHITE AND BLUE DRESS-UP DAY

3rd – 10:00 Shopping at Kohl's and lunch at Don Julio's

3rd – 3:30 Patriotic Happy Hour with Amy & Adams

4th - RED, WHITE AND BLUE DRESS-UP DAY

6th – 8:30 Bus to Festival Foods

7th – 2:00 Christmas Cookie and Hot Chocolate Social

8th – 2:00 Chef Talk

8th – 3:30 Happy Hour with Hal Skogquist

9th – 2:15 Passport to Santa Claus, Indiana with peppermint ice cream sundaes

10th – CHRISTMAS DRESS-UP DAY

10th – 10:00 Let's Go Fishing- Forest Lake (two-hour fishing trip)

10th – 3:30 Christmas Happy Hour with Wyoming Wanderers

13th – 8:30 Bus to Target

14th – 2:00 Wine Tasting with Terese

15th – 3:30 National Hot Dog Day Happy Hour with Gary Growden

15th – 5:15 to 7:30 Concert in the Park (Performer is MT Pockets & Loose Change)

16th – 2:15 Snow Cones and Bean Bag Toss

17th – 9:00 Lyndale Farmers' Market/Craft fair and Lunch outing

17th – 3:30 Happy Hour with Steve Rosa

20th – 8:30 Bus to Walmart

21st – 2:00 All-Resident Meeting

22nd – 3:30 Happy Hour with Patrick Allen

23rd – 2:15 Beach Boys Karaoke and Pina Colada Snow Cones

24th – HAWAIIAN LUAU DRESS-UP DAY

24th – 3:30 Hawaiian Luau Guest Happy Hour

27th – 9:00 Bus to Aldi

27th – 4:30 Yellow Ribbon Dinner

28th – 2:00 Discovery Channel Shark Week Viewing

29th – 3:30 Happy Hour with Joe Aherns

30th – 2:30 Alan Anderson History Lecture

31st – OCEAN THEME DRESS-UP DAY

31st – 11:30 Rustic Roots Winery and lunch outing

31st – 3:30 Shark Attack Happy Hour with Steve Cassavant

Now offering chair massage therapy!

We will be offering massage therapy on July 13th 10am-12pm AND July 28th 10am-12pm. A massage includes head, shoulders, arms, hands, and feet. Please sign up at the front desk; each session is 15 minutes long. If you are not able to be seen at the first session you will be on the list for the second. There is no charge for this!



★ Calendar change- Each week of the month now has its own theme! Activities during the week will be centered around the weekly theme. We would love to hear your feedback about this change at resident counsel on July 21st!

America's 250th Birthday Trivia

- Question: Who ruled England when the Colonies established independence?**
- Question: How many people were estimated to be living in the Colonies when they gained independence?**
- Question: Which city hosted the first official Independence Day celebration on July 4, 1777?**
- Question: When was the first 4th of July celebration held at the White House?**
- Question: How many times does the Liberty Bell ring on each Independence Day?**
- Question: What is the location of the nation's oldest 4th of July parade?**
- Question: What was the first state to declare the 4th of July a state holiday?**
- Question: What year was the 4th of July declared a national holiday?**
- Question: Which three U.S. presidents died on the 4th of July?**
- Question: On the flip side, which president was born on the 4th of July?**
- Question: Nathan's Hot Dog Eating Contest has happened on each Independence Day since 1972. Where does the competition take place?**
- Question: According to the National Hot Dog & Sausage Council, roughly how many hot dogs are eaten on the 4th of July?**
- Question: According to the National Retail Federation, how much money are people expected to pay, on average, for the food for their 4th of July bash this year?**
- Question: What is the largest 4th of July fireworks display in the U.S.?**
- Question: According to the American Pyrotechnics Association (APA), how much do Americans spend on fireworks each year?**

ANSWER KEY

- Answer: King George III
- Answer: 2.5 million
- Answer: Philadelphia
- Answer: July 4, 1801, when Thomas Jefferson was president
- Answer: 13 times
- Answer: Bristol, Rhode Island
- Answer: Massachusetts
- Answer: 1870
- Answer: John Adams (July 4, 1826), Thomas Jefferson (July 4, 1826) and James Monroe (July 4, 1831)
- Answer: Calvin Coolidge (July 4, 1872)
- Answer: Coney Island, New York
- Answer: 150 million
- Answer: \$93.34
- Answer: The Macy's 4th of July fireworks celebration in New York City
- Answer: \$2.8 billion

Breaking news! 6-Year-old Finds Ancient Viking Sword on School Field Trip, Buried for 1,300 Years

Imagine you're 6 years old; it wouldn't get much better than finding a dinosaur bone or a sword—and that's exactly when young Henrik turned up on a school field trip. If there were teachers close at hand, they may have told Henrik not to touch the “rusty piece of metal” he saw sticking out of the ground—tetanus and all that. If they had, he wouldn't have found this sword which given it was Norway would have likely belonged to a warrior of the early Viking Age. Henrik and his class were visiting Gran which is in Hadeland, a region of Norway that translates to “warrior land” and where many important archaeological discoveries have been made. After he showed the teachers and chaperons the rusty piece of metal, they rather quickly contacted the cultural authorities, who confirmed it was historic. The weapon is a single-sided iron sword known at the time as a scramseax, **also spelled** scramasax, and was meant to be sharp on only one side to increase the weight behind its cutting ability. While it could have been of Norwegian origin, it might also have been forged in France as the earliest date falls before the Viking Age and in the middle of the Merovingian Period. The sword has now been transferred to the Museum of Cultural History (Kulturhistorisk Museum) in Oslo for preservation. In medieval Scandinavia, the word Viking was sort of both a noun and a verb that described the act of sailing abroad with the intention to raid, trade, or both. A warrior at home and not on the sea wasn't referred to as a Viking, and in the Icelandic family sagas, the characters are sometimes described as “going Viking.” In that sense, the sword, though undoubtedly belonging to someone familiar with battle, may not necessarily have belonged to a Viking.

