

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL Canada Day	2 Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	3 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Birthday Celebration Carol Hendrickson, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	4 10:00 Morning Exercise, DR 12:30 Word Games 2:00 Entertainment with Steve Ryals, DR 5:30 Evening Movie, FL 6:00 Table Games, C Independence Day (U.S.)
5 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	6 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	7 9:00 Morning Musical, C 10:00 Exercise & Strength 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Music Lovers 3:00 Scattegories Word Games, C 5:30 Evening Movie, FL	8 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	9 Medical Transportation 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Activity Talk, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	10 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Applebee's L 12:30 Adult Coloring, C 2:00 Happy Hour with Memphis Bells, DR 5:30 Evening Movie, FL	11 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, C 2:30 Word Games, D 5:30 Evening Movie, FL 6:00 Table Games, C
12 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	13 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	14 9:30 Table Word Puzzles C 10:00 Exercise & Strength 12:00 Swing Dance-North Bellevue Center L 1:00 Bible Study, FL 1:00 Walking Group, L 2:00 Ice-cream Social, C 5:30 Evening Movie, FL Bastille Day	15 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Crafty Creations With Dianna, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	16 Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Food Committee, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	17 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Hank Blumenthal, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	18 10:00 Morning Exercise, DR 2:00 Balloon Volleyball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
19 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	20 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	21 9:00 Woodland Park Zoo Trip, C 9:00 Morning Musical, FL 9:30 Table Word Puzzles, C 1:00 Bible Study, FL 1:30 Documentary, C 3:00 Afternoon Exercise, DR 5:30 Evening Movie, FL	22 9:00 Table Word Puzzles C 9:30 Morning Exercise, DR 10:00 Shopping-CVS L 12:00 Men's Lunch w/ Roger to Dino's Pub, L 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	23 Medical Transportation 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Chef Demo w/ Josh 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	24 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Jacks BQ, L 12:30 Adult Coloring, C 2:00 Happy Hour Bingo, DR 5:30 Evening Movie, FL	25 10:00 Morning Exercise, DR 2:00 Balloon Volleyball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C
26 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	27 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	28 9:00 Morning Musical, C 10:00 Exercise & Strength 1:00 Casino, L 1:00 Bible Study, FL 2:00 Music Lovers, C 3:00 Scattegories Word Games, C 5:30 Evening Movie, FL	29 9:30 Table Word Puzzles C 9:15 Morning Exercise, DR 10:00 Shopping-Target, L 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	30 Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	31 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Jim & Beth, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	

July 2026 THE MONTHLY GAZETTE

*"Everything good, everything magical happens
between the months of June and August."*

— Jenny Han



Animal of the Month – Humpback Whale

Humpback whales are a type of baleen whale, creatures that have a comblike filtering system in their mouths rather than teeth. Baleen plates, which are made of keratin, are used as a sieve to separate krill and small fish from the salt water. Humpback whales use a unique "bubble-netting" technique to trap prey, surrounding them in groups and blowing bubbles to keep them in place before eating them. These enormous animals can grow to 60 feet long, weigh up to 40 metric tons, and live 80 to 90 years. At 5,000 miles, they have one of the longest yearly migrations



of any mammal, and the males sing intricate songs that last up to 30 minutes and can be heard for miles. Known for their impressively acrobatic breaching and tail slapping, humpbacks also have long pectoral flippers, a knobby head, and distinctive tail flukes that can be used for identification, similar to human fingerprints.

Special Days

Canada Day
July 1

Halfway Point of 2026
July 2

Independence Day
July 4

International Kissing Day
July 6

Hot Dog Day
July 15

Full Buck Moon
July 29

Flower – Larkspur



Many flowers get their names from their colors, but the larkspur takes its name from an animal. The flower's scientific name, *delphinium*, is derived from *delphis*, the Greek word for "dolphin." As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape, resembling the nose of the joyful marine mammal. Larkspurs of all colors are thought to symbolize lightness, happiness, and an open heart. Just don't eat this flower, as it is highly toxic to humans and animals.

Birthstone – Ruby



The word *ruby* comes from the Latin word *rubens*, meaning "red." Rubies vary in color from light raspberry to dark purple and are known for their fluorescence, or appearance of glowing in sunlight. The Mogok rubies from Myanmar are the most valuable and sought-after rubies because of their color, described as pigeon-blood red. Large rubies of good quality are very rare and expensive. Rubies are also exceptionally strong, the second-hardest natural gemstone after diamonds.



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 3rd @ 2:00 PM Birthday Celebration with Carol Hendrickson

July 4th @ 2:00 PM Entertainment with Steve Ryals

July 10th @ 11:00 AM Lunch Outing- Applebee's

July 14th @ 12:00 PM Swing Dance- North Bellevue Center

July 15th @ 2:00 PM Crafty Creations with Dianna

July 17th @ 2:00 PM Happy Hour with Hank Blumenthal

July 21st @ 9:00 AM Woodland Park Zoo Trip

July 22nd @ 12:00 PM Men's Lunch with Roger to Dino's Pub

July 24th @ 11:00 AM Lunch Outing- Jacks BQ

July 27th @ 1:30 PM Resident Meeting-Come Share your Ideas

July 28th @ 1:00 PM Casino

July 31st @ 2:00 PM Happy Hour with Jim & Beth

Scenic Drive Every Monday with Dianna