



## Upcoming Event >>>

**Wed 1:** 10:30 Fitness Fun/ 11:00 Trivia/ 1:00 Bible study/ 6:00 Puzzles

**Thu 2:** 9:45 Manicures/1:30 Bingo/ 3:45 Joy Visits/ 6:00 Music TV

**Fri 3:** 10:30 Fitness Fun/ 11:00 Reminisce/ 1:30 Patriotic Sing & Ice cream sundaes/ 6:00 Old Time TV

**Sat 4:** 10:00 Puzzles/ 1:30 Adult Coloring

**Sun 5:** 9:30 Church Ch. 9/ 1:30 Movie Time

**Mon 6:** 10:00 Joy Visits/11:00 Fitness Fun/1:30 Farkle/6:00 Crossword

**Tue 7:** 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Wordsearch

**Wed 8:** 10:30 Fitness Fun/11:00 Hangman/1:00 Bible study/6:00 Puzzles

**Thu 9:** 11:00 Puzzles/ 1:30 Bingo/ 6:00 Music TV

**Fri 10:** 10:30 Crossword/ 1:30 Movie Time/ 6:00 Old Time TV

**Sat 11:** 10:00 Puzzles/ 1:30 Adult Coloring

**Sun 12:** 9:30 Church Ch. 9/ 1:30 Movie Time

**Mon 13:** 10:00 Joy Visits/ 11:00 Rummy/1:30 Crafts/ 6:00 Crossword

**Tue 14:** 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Wordsearch

**Wed 15:** 10:30 Fitness Fun/11:00 Name 5/1:00 Bible study/6:00 Puzzles

**Thu 16:** 9:45 Coffee Clutch/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Music TV

**Fri 17:** 10:30 Fitness Fun/ 11:00 Short stories/ 1:30 Movie time/ 6:00 Old Time TV

**Sat 18:** 10:00 Puzzles/ 1:30 Adult Coloring

**Sun 19:** 9:30 Church Ch. 9/ 1:30 Movie Time

**Mon 20:** 10:00 Joy Visits/ 11:00 Sing Songs/ 1:30 Farkle/ 6:00 Crossword

**Tue 21:** 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Wordsearch

**Wed 22:** 10:30 Fitness Fun/ 11:00 Word Games/ 1:00 Resident Council RCAC/ 2:00 Resident Council SNF/ 6:00 Puzzles

**Thu 23:** 9:45 Manicures/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Music TV

**Fri 24:** 10:30 Fitness Fun/ 11:00 Finish the phrase/ 1:30 Music with/ 6:00 Old Time TV

**Sat 25:** 10:00 Puzzles/ 1:30 Adult Coloring

**Sun 26:** 9:30 Church Ch. 9/ 1:30 Movie Time

**Mon 27:** 10:00 Joy Visits/11:00 Fitness Fun/1:30 UNO/6:00 Crossword

**Tue 28:** 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Wordsearch

**Wed 29:** 10:30 Fitness Fun/11:00 Name that tune/1:00 Bible study/6:00 Puzzles

**Thu 30:** 9:45 Road Trip/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Music TV

**Fri 31:** 10:30 Puzzles/ 1:30 Movie time/ 6:00 Old Time TV

\*Activities are subject to change.

\*Mail Pass is done daily.

\* Hair Salon by appointment. Schedule with Activity Director

# Newsletter

## The Power of Staying Connected

Did you know that staying social is just as important for your health as eating well and exercising? July is **National Social Wellness Month**, a time dedicated to celebrating the friendships and community bonds that keep us thriving. Research shows that older adults with vibrant social networks enjoy stronger immune systems, better memory retention, and a significantly lower risk of heart disease and depression. Human connection is powerful medicine. When we share a laugh, converse with a neighbor, or lean on a friend during tough times, our bodies release hormones that reduce stress and promote a sense of safety. Embracing your community is not just a way to pass the time—it is a vital component of healthy aging.

### 4 Easy Ways to Build Connection

#### 1) Learn a Neighbor's Name

A simple greeting can transform someone's day. Make it a personal goal this July to introduce yourself to one resident or new staff member you see regularly in the dining room or hallways.

#### 2) Share a "Skill Swap" with Family

When grandkids or relatives visit, turn it into a fun learning session. Offer to teach them a favorite classic card game, dominoes, or a craft, and ask them to show you a fun feature or photo trick on a smartphone.

#### 3) Join a Group Hobby Circle

Trying a new structured activity is a low-pressure way to make friends. Check the activity calendar for our air-conditioned indoor clubs, such as the resident book club, crafting hours, or group baking sessions.

#### 4) Enjoy a Mealtime Conversation

Mealtimes are perfect opportunities to bond. Instead of dining in silence, ask the people at your table about their favorite summer memories, their hometowns, or the music they love.



Let's play!

# Word Scramble: A Day at the Beach



1. THIFRSSA \_\_\_\_\_
2. CBEHA ANLEBTK \_\_\_\_\_
3. ECAHB MBOCNIG \_\_\_\_\_
4. EHBAC BAURLEML \_\_\_\_\_
5. NSAD ORADLL \_\_\_\_\_
6. EHABC LABL \_\_\_\_\_
7. EKIT \_\_\_\_\_
8. EEHLSLSAS \_\_\_\_\_
9. ASNAETLSCD \_\_\_\_\_
10. AEULLSGS \_\_\_\_\_
11. CTEKBU ADN HOVLES \_\_\_\_\_
12. CASML \_\_\_\_\_
13. NIDW \_\_\_\_\_
14. DDOFRTWIO \_\_\_\_\_

100



## Employee Birthdays

Amy S., July 9  
 Skylar V., July 11  
 Yiana T., July 12  
 Arianna M., July 19  
 Olivia G., July 22  
 Brenda K., July 26  
 Aimee J., July 29



## 2026 Fun & National Holidays!

- ▶ Jul 1 Postal Worker Day
- ▶ Jul 1 International Joke Day
- ▶ Jul 2 I Forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **INDEPENDENCE DAY!**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 6 World Kissing Day
- ▶ Jul 7 Tell the Truth Day
- ▶ Jul 7 Rock n Roll Day
- ▶ Jul 8 Blueberry Day
- ▶ Jul 8 Freezer Pop Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Piña Colada Day
- ▶ Jul 11 Blueberry Muffins Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 13 National French Fries Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Cherry Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 World Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 22 Pi Approximation Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Lemon Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Cousins Day
- ▶ Jul 25 Christmas in July Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day

**Also, JULY is...**

Social Wellness Month  
 National Picnic Month

## Meet our Team >>>

Hometown: Eau Claire, WI

Tell us about your family.

I have a husband, 6 kids, 2 bearded dragons, one gecko, 2 hamsters, and 2 cats.

What are your outside Interests?

I like reading, hiking, cooking/baking, and gardening.

Something not everyone may know about you.

I am double jointed.

Favorite sport team

Wrestling

*Jessica*  
 Resident Assistant



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