

Shavings

The Magazine
of

The  Estates
A T C A R P E N T E R S

July 2021

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HAPPY

FOURTH *of* JULY

INDEPENDENCE DAY

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

“Blessed is the nation whose God is the Lord; and the people whom he hath chosen for his own inheritance.”

- Psalm 33:12

From The Executive Director



This month our nation will celebrate our independence and the birth of a nation founded on the principles of life, liberty, and the pursuit of happiness. We are blessed to live in the greatest country in the world.

Since March of last year these guiding principles have been tested and the way we lived our lives was altered in ways that none of us could have imagined. We have been holding on so tightly since early 2020 and living in a world that was spinning out of control. We lost loved ones and missed out on major life events. We avoided seeing our doctors with the goal of avoiding contracting the virus. Many of us stopped living our lives to stay alive. The exhaustion and stress in everyone's faces was evident and looking forward to a return to normal was unimaginable.

I count myself as one of those who is having difficulty transitioning back to normal. For over a year we were told to avoid groups and stay home – only then would we be safe. Many of us became hermits - finding safety in our homes – but sacrificing human interaction.

Today, we read about vaccine hesitancy, variants that are more contagious, and new outbreaks among the vaccinated and unvaccinated – constant reminders that the pandemic will be around for a while.

Looking back, we have learned that we can enjoy life if we do it safely. Looking forward, I think it is time for a rebirth and well past time to use this year's celebration of the founding of our country as an opportunity to look to the future.

The time has come to make a conscious decision to let go of some of the fear and anxiety and to take small steps toward a pre-pandemic lifestyle. We can live life safely – even in a pandemic – and, together, we can choose to challenge ourselves and shift our attention and efforts to the future. We can take the lessons learned during the pandemic to reduce our risk, but it is time – well past time – for us to start living our lives again.

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Alan Sokoloff, J-118, Phone: (856) 278-2027

Alan Sokoloff is originally from Philadelphia, Pennsylvania. He lived there for over fifty years. Alan met his wife through an organization called Parent Without Partners, and they were married for thirty-nine years. After working in the textile trade, Alan decided to move to the Estates from Solivita Retirement Community in Poinciana, Florida. Alan likes to travel and explore his surroundings. Please join us in welcoming Alan into our community!



Helen Oeters, G-205, Phone: (863) 816-4779

Helen Oeters is originally from Dayton, Ohio. She met her husband in 1942, during World War II. Her husband, Fred, was stationed at Wright Patterson Field and decided to go to Helen's church for dinner, which is where they ultimately met. After her husband passed and she retired from her job as a manager of the shoe department in Rikes Department Store, her family helped her make the decision to move to Lakeland from Mason, Arizona. Helen taught water aerobics for twenty-five years and likes to play cards and do to crafts. We are happy to welcome her to our Estates family!

JEWELRY SHOPPE GRAND OPENING



We're back with loads of inventory!

Location: Community Room

Date: July 14th and July 28th

Time: 9:30 am - 1:30 pm

Bring your cash and come early for the best of the best!

MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of May 2021: Harriett Galberaith (in honor of Mallory Johnson), Herrington-Gehenio Family (in honor of Mallory Johnson), Leo Gillman (in honor of Mallory Johnson), Brian Robare, John Thompson, and Matt Thompson.



Having Fun and Feeling Free!

“Freedom is one of the deepest and noblest aspirations of the human spirit.” A quote from Ronald Reagan and so true. Whether it is the freedom we enjoy in our own country because of the sacrifices of others or the freedom to be individuals in our everyday life, freedom is a wonderful thing to hold on to.

We know Independence Day is this month and that is certainly something to celebrate, but we are going to address a different kind of freedom. That is, the freedom to stay independent during your senior years.

From the time we are young, we are taught independence. We learn how to dress ourselves, eat by ourselves and go off to school. We learn how to drive on our own, then learn how to be responsible and earn our own living. Each of these learning experiences lead to our individual freedom. Our freedom to be independent. We learn not to rely on someone else for our needs. If you think back on some of these things, we feel a sense of accomplishment and our own sense of freedom. Staying independent can be more challenging as we grow older. I am learning very quickly that after you turn fifty, EVERYTHING changes! We feel our bodies slowing down, maybe getting more aches and pains and find that certain ailments keep us from the activities we used to enjoy. Sometimes, we almost revert back to relying on others. There is nothing wrong with that, but we want to stay independent for as long as possible, right? Well, here are a few ways to do just that.

You need to have some sort of social activity. Go to church or involve yourself in a group or group activity. Now is a great time to reconnect with friends. Try attending lectures, go to the library or the theater. Marise and Kira have a full schedule of fun things to help keep you connected with others.

Keep up with daily activities. Believe it or not, as much as we may not like it, doing daily chores for yourself is good for you. Involve yourself in your own life.

Staying active is critical for good health and Marco is waiting with open arms to welcome you to one of his classes or events. Exercise keeps you healthy. It can help your balance and stability which could prevent a fall. As far as safety, it is vital that you remain safe to remain independent. I know you love those throw rugs in your apartment, but they are a tripping hazard. The handrails in the hallways are there for you. If you do not want to hang on to them, at least walk near them. A moment of unsteadiness can result in a fall. Do you need a grab bar in your apartment? Please contact the Wellness Clinic if you do. We can help make it happen and tell you what is involved.

One of the last things is to keep your brain busy! Play cards or board games. Do Sudoku or crosswords. Try your hand at a jigsaw puzzle. Just don't have a competition with Dennis; he is the jigsaw champ! Instead of just watching a game show, play along with it! See how good you do!

- *Cheri Shrader, Director of Nursing*

Made in the USA!

Location: Auditorium & Lobby

Date: July 2nd, 2021

Time: 9:00 a.m. - 3:30 p.m.



Come on out in your red, white and blue to celebrate our country's freedom with a day full of All American activities. Enjoy a documentary on America, a fun 4th of July inspired Jeopardy game, arts & crafts, patriotic entertainment in the Lobby, a special menu in the Main Dining Room, and to top the day off, a special dessert in the Auditorium!

Gratefulness

At the end of 2020, we began a class called Reflections to focus on emotional wellness in our community. After eight months of this group class, it has personally become one of the most meaningful classes I get to facilitate. It is a simple class structure that usually starts with ten reflective prompts that lead the group into a free-flowing conversation. Normally, we only cover three to four prompts per class, but on June 8th, we only discussed one: "List 10 things you are grateful for."

This question seemed easy at first, but the more we unfolded the question, the more we realized the beauty and complexity of the word, "grateful". Without writing out our entire one-hour journey, the conversation went from simple things like foods, friends, family, and shifted towards the actual word "grateful" itself. We quickly began to see that we really did not know how to define gratitude. The class concluded that gratefulness is truly relative.

Many of you know that I will take any excuse to get out on a trail to enjoy the beauty this country has to offer. From high altitudes in the Rockies and Tetons, to the pristine lakes of Minnesota, or rolling Appalachian Mountains, I am always amazed to see new landscapes. In contrast, I have seen so many beautiful beaches and alligators growing up in Florida, that I do not think much of it. Not that I do not enjoy them, but they have become commonplace for me.

In the class, some shared their gratefulness for the sacrifices loved ones have made serving our country, but I imagine that some of us have lost our wonder in celebrating Independence Day. Wherever you find yourselves this Fourth of July, take a pause to look around, soak in the natural beauty this country has to offer, and experience gratefulness in all its complexity.

- *Marco Silvera, Wellness Coordinator*

RESIDENT SPOTLIGHT: CHUCK & DONA NASH

Dona and Chuck Nash have lived at The Estates for almost a full year and have already made a meaningful impact on our community. Dona was born and raised in Slinger, Wisconsin on a dairy farm and was one of five people involved in the 4H club there. Chuck was born and raised in Chicago, Illinois where his family owned a farm as well. Dona knew from the time that she was in fifth grade that she wanted to grow up to be a teacher, while Chuck decided to enlist in the army at the age of twenty. Chuck served in the Army for two years and nine months as a military policeman and worked as a Provost Marshall Investigator during the Vietnam War. Chuck and Dona first met at a dance mixer at the University of Wisconsin, fell in love and got married in 1970. This August will be their fifty-first wedding anniversary. Once married, Chuck started working at the dock for Sears and continued to move up in the company until he reached the headquarters and worked in a variety of positions. He ended up working at Sears for thirty-five years. Dona worked as a middle school teacher for over twenty years and took a small break in between when they had their own children. Chuck and Dona have one daughter and one son that and have also provided them with four grandchildren (three granddaughters and one grandson). When Chuck and Dona heard that their daughter's husband passed away, they decided to sell their home they had in a 55+ community and move to Clermont, FL to share a home with their daughter and her three daughters. Once the daughter was able to equilibrate her life with her daughters, Chuck and Dona were ready to move back into a CCRC. When they visited The Estates, they knew that this would be the place for them. They loved that the Estates was a community that was financially stable, filled with friendly residents, gave them the opportunity to customize their apartment, had a woodwork shop area, and most importantly – it is a non-profit community. Chuck and Dona moved in September of last year. After having a discussion with the Bauers, the Nashs decided to start a club for all Veterans in order to engage more people in the community. So, on June 14th, 2021, the first ever meeting of the Veterans Club commenced and it was an exciting event for everyone. Chuck and Dona love being here at the Estates and look forward to contributing to more events in the upcoming years. Their word of advice to all: "People need to stay engaged and contribute constructively." We would like to thank Chuck and Dona for their generosity and efforts to help engage our residents in the community. We are very happy and thankful to have them here with us!



- *Kira Morisako, Resident Lifestyle's Assistant*

Sunday

Monday

Tuesday

Wedn

Gift Shop Hours
M-F 8:30 - 10:00 a.m.
2:00 - 3:30 p.m.

Salon OPEN

For more details, please check the posters by the C/D, F/G, and M elevators.

Abbreviations Key

AUD - Auditorium
CR - Community Room
MDR - Main Dining Room
PDR - Private Dining Room
GR - Game Room
AS - Art Studio, D-406
FC - Fitness Center
C - Chapel, K-106
19TH HOLE - Outside C/D
PHONE - Phone Call



11:00 CHERA Worship: **04**
Dr. Dan Morris - AUD
1:30 Hand, Knee & Foot -
C/D 3rd Floor
Fitness Center Open 24/7
All Day Swimming
All Day Outdoor Activities
Game Room OPEN
Art Studio OPEN



05
10:00 Water Aerobics - POOL
10:30 Movie: "Love is Never Silent"-
AUD
1:00 Mah Jongg - CR
6:00 Scrabble - C/D 3rd Floor
6:00 Bingo - AUD
All Day Swimming
All Day Outdoor Activities
Game Room OPEN
Art Studio OPEN

06
8:00 Coffee Social - CR
8:30 Yappy Hour - DOG PARK
9:30 Publix Shopping - BUS
10:00 Water Aerobics - POOL
10:00 Card Making Class - CR
2:00 Game Time - AUD

9:00 Travel Series
9:30 Walmart Run
10:00 Water Aerobics
11:00 Bean Bag B
11:00 Cooking Sh
2:30 Concert Hou
6:00 Bridge - AUD
6:15 Mexican Trai

11:00 CHERA Worship: **11**
Sue Kain - AUD
1:30 Hand, Knee & Foot -
C/D 3rd Floor
Fitness Center Open 24/7
All Day Swimming
All Day Outdoor Activities
Game Room OPEN
Art Studio OPEN

12
9:00 Group Exercise - AUD
10:00 Water Aerobics - POOL
10:00 Body Balance - AUD
10:30 Target Run - BUS
11:00 Silent Singers - CR
1:00 Wii Bowling League - GR
1:00 Local Bank Run - BUS
1:00 Mah Jongg - CR
6:00 Scrabble - C/D 3rd Floor
6:00 Bingo - AUD

13
8:00 Coffee Social - CR
9:00 Gentle Yoga - AUD
9:30 Publix Shopping - BUS
10:00 Drum Fit - AUD
10:00 Water Aerobics - POOL
2:00 Reflections - CR
2:00 Sundae Social - AUD

9:00 Group Exercis
9:30 Walmart Run -
9:30-1:30 Jewelry
10:00 Journey Thr
10:00 Tai Chi - AU
10:00 Water Aerobi
11:00 Bean Bag Ba
1:00 Wii Bowling L
2:30 Concert Hour
6:00 Bridge - AUD
6:15 Mexican Train

11:00 CHERA Worship: **18**
Rev. William Allen - AUD
1:30 Hand, Knee & Foot -
C/D 3rd Floor
Fitness Center Open 24/7
All Day Swimming
All Day Outdoor Activities
Game Room OPEN
Art Studio OPEN

19
9:00 Group Exercise - AUD
10:00 Water Aerobics - POOL
10:00 Body Balance - AUD
10:30 Target Run - BUS
11:00 Silent Singers - CR
1:00 Wii Bowling League - GR
1:00 Local Bank Run - BUS
1:00 Mah Jongg - CR
6:00 Scrabble - C/D 3rd Floor
6:00 Bingo - AUD

20
8:00 Coffee Social - CR
9:00 Gentle Yoga - AUD
9:30 Publix Shopping - BUS
10:00 Drum Fit - AUD
10:00 Water Aerobics - POOL
1:00 Bible Study with Jim Moore -
AUD
2:00 Reflections - CR
**1:30 Polk County History Center -
BUS**
2:30 Bible Study with Gayle Moore-
AUD
**7:30 New Neighbors Welcome Party -
MDR**

9:00 Group Exerc
9:30 Walmart Run
10:00 Tai Chi - A
10:00 Water Aero
11:00 Bean Bag E
1:00 Wii Bowling
2:30 Summer Ba
6:00 Bridge - AU
6:15 Mexican Tra

11:00 CHERA Worship: **25**
Rev. Greg Robinson - AUD
1:30 Hand, Knee & Foot -
C/D 3rd Floor
Fitness Center Open 24/7
All Day Swimming
All Day Outdoor Activities
Game Room OPEN
Art Studio OPEN

26
9:00 Group Exercise - AUD
10:00 Water Aerobics - POOL
10:00 Body Balance - AUD
10:00 Catholic Service - MDR
10:30 Target Run - BUS
11:00 Silent Singers - CR
1:00 Wii Bowling League - GR
1:00 Local Bank Run - BUS
1:00 Mah Jongg - CR
6:00 Scrabble - C/D 3rd Floor
6:00 Bingo - AUD

27
8:00 Coffee Social - CR
9:00 Gentle Yoga - AUD
9:00 Clergy Fellowship - MDR
9:30 Publix Shopping - BUS
10:00 Drum Fit - AUD
10:00 Water Aerobics - POOL
1:00 Bible Study with Jim Moore -
AUD
2:00 Reflections - CR
2:30 Bible Study with Gayle Moore-
AUD

9:00 Group Exe
9:30 Walmart R
9:30-1:30 Jewe
10:00 Tai Chi -
10:00 Water Aer
11:00 Bean Bag
1:00 Wii Bowlin
2:00 Birthday l
6:00 Bridge - A
6:15 Mexican T

Wednesday	Thursday	Friday	Saturday
	Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 6:30 Chapel: Chaplain Randy Horn - AUD 01	8:00 Coffee Social - CR 9:00 Made in the USA! - AUD, LOBBY, MDR 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - CR 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand, Knee & Foot - C/D 3rd Floor 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 02	03 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "The Patriot"
07 s (Japan) - AUD - BUS ics - POOL aseball - AUD ow - CR r - AUD D n - CR	Ping Pong ALL DAY 9:30 Publix Run - BUS 10:00 Water Aerobics - POOL 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 1:30 Frank Lloyd Wright Tour - BUS 6:30 Chapel: Rev. Steve Polk - AUD 7:30 CHERA Meeting - MDR 08	8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 The Estates' Shop Opening - THE SHOP 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 2:00 National Sugar Cookie Day - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 09	10 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "McFarland USA"
e - AUD BUS Sale - CR rough Grief - PDR D cs - POOL eball - AUD eague - GR - AUD - CR	Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 11:30 Grillsmith Lunch - BUS 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 2:00 FLiCRA Meeting - AUD 6:30 Chapel: Dr. Joe Davis - AUD 15	8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 16	17 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "South Pacific"
ise - AUD n - BUS UD bics - POOL Baseball - AUD League - GR sh - POOL D in - CR	Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 11:30 JULIET Lunch: Nineteen61 - BUS 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 6:30 Chapel: Rev. Richard Cook - AUD 22	8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 23	24 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Overcomer"
rcise - AUD un - BUS ry Sale - CR AUD robics - POOL Baseball - AUD ng League - GR Bash - AUD UD rain - CR	Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 11:30 ROMEO Lunch: Ovation Bistro - BUS 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies Boutique - D-304 2:00 Under the Oaks - AUD 6:30 Chapel: Rev. Douglas Roth - AUD 29	8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Country Fancy Flea Market - BUS 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 30	31 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Because of Winn-Dixie"

July Events

Entertainment

Information

Trip

06 | Yappy Hour
8:30 a.m. - DOG PARK

Bring your furry friends and join us at the **DOG PARK** for a fun doggie social. Enjoy some delicious donuts for the parents and treats for our best friends.

06 | Card Making Class
10:00 a.m. - COMMUNITY ROOM

Katie Senkarik returns to the Estates with a summer greeting card making class in the **COMMUNITY ROOM**. Supplies will be available for you at the class. This class is limited to 10 people, so it will be first come first serve.

06 | Game Time
2:00 p.m. - AUD

Put your game faces on as we have an hour filled with fun games and refreshments in the **AUDITORIUM**.

07 | Concert Hour
2:30 p.m. - AUD

Join Chuck Weirich in the **AUDITORIUM** for a fun concert with refreshments!

08 | Frank Lloyd Wright Tour
1:30 p.m. - BUS

Get ready to explore the wonderful architecture by Frank Lloyd Wright at Florida Southern College. This trip is limited to 10 people, so sign up as soon as you can.

13 | Sundae Social
2:00 p.m. - AUD

Bring your friends for a fun social in the **AUDITORIUM**! We will be enjoying each other's company while also eating yummy sundaes provided by Dining Services.

14 | Concert Hour
2:30 p.m. - AUD

We will be enjoying some easy listening music provided by local band, Essence Duo, in the **AUDITORIUM**. Refreshments will also be served.

15 | Grillsmith Lunch
12:00 p.m. - BUS

Enjoy a delicious lunch at Grillsmith in Lakeside Village. Space is limited, so make sure to sign up at C-118.

15 | FLiCRA Meeting
2:00 p.m. - AUD

All are welcome to the Florida Lifecare Residence Association meeting in the Main Dining Room. Come down and listen to our guest presenter, Sheriff Grady Judd.

20 | Polk County History Center
2:00 p.m.

We will be heading to the Polk County History center for a Story Seeker Tour and hear a lecture on WWII and the 19th Amendment. Sign ups will be posted at C-118.

21 | Summer Bash!
2:30 p.m. - POOL

Let's celebrate the summer by the **POOL** and enjoy some delicious mocktails and other refreshments, a variety of fruit, entertainment, and fun times together!

22 | JULIET Lunch: Nineteen61
11:30 a.m. - BUS

Ladies! We are bringing back JULIET lunches! Join us as we go out and enjoy the delicious Latin American cuisine in downtown Lakeland. Sign ups will be posted at C-118.

29 | ROMEO Lunch: Ovation Bistro
11:30 a.m. - BUS

Calling all the gentlemen at the Estates! We are bringing back ROMEO lunches! We will be heading down to south Lakeland to enjoy delicious food and good company at Ovation Bistro! Sign ups will be posted at C-118.

30 | Country Brocante Fancy Flea Market
1:00 p.m. - BUS

RP Funding Center will be hosting a vintage home & garden market, and would love for you to experience it. Sign ups will be available at C-118.

HEALTH CENTER UPDATE

As the summer months continue, the residents and staff in the Health Center are very thankful that we have been able to do more of the activities that we used to enjoy. The Recreation department continues to build groups, try new activities, and enjoy the outside through the rain and the heat. We are excited about celebrating July!

In July we are offering more entertainment and inviting our volunteers to come back to help with all the many exciting activities that are starting up again! Our July schedule includes bingo, visiting in room for those residents that may not be able to join us yet, going outside to enjoy a walk or wheel around and feeding the animals on our grounds, attending church, listening to entertainment, singing along at the music programs, and joining in at our parties and socials everyone really enjoys!

Thank you to all who send cards, little gifts, make flowers, make phone calls, and say hello as we pass by outside. The residents and staff in the Health Center would like to wish everyone a safe and Happy Independence Day!

- Jamie Backensto, Director of Recreation, Health Center

Honoring our Veterans on Independence Day

Independence Day is a patriotic holiday where we pay homage to our forefathers that paved the way for us to have the freedom that we enjoy today. It is through their efforts that this beautiful land has remained free. It is an occasion in which we can truly appreciate what it means to be a free nation and why our military members take an oath to protect that freedom. Our veterans have proudly represented America throughout generations, defending our freedom and standing up to protect this great land. It is a good time to appreciate the freedom that they stand for so that we as citizens can enjoy life in the United States.

A few ways to honor them is to give “Thank You” notes to men and women in uniform; it is a great gesture that will go a long way. We can thank their families for the sacrifices that they have also made and listen to them share about their loved ones. Show you care by visiting a retired veteran. Take the time to sit and listen to their wisdom and valuable life experiences. Independence Day provides us the opportunity to take the time to express our gratitude to all who have served in the spirit of preserving life, liberty, and the pursuit of happiness.

- Rana Khan, Director of Nursing, Health Center

Source: <http://www.timeanddate.com>



ESTATES

HEALTH CENTER

Doris Crosby.	02
Jerry Swope.	02
Steve Janicki.	03
Diane Thompson.	04
Bernice Wood.	05
Barbara Gault.	06
Shirley Spirnock.	06
Jean Tayntor.	06
Mitty Courtoy.	09
Catherine Head.	09
Betty Sutton.	09
Sue Brown.	10
Tam Polson.	13
Jane Fawcett.	14
Jo Ann Beckner.	15
Elaine Howell.	14
Charles Beckner.	17
Connie Perez.	19
Carole Adams.	20
George Eshleman.	23
Donald LeBlanc.	25
Genivieve Vanzant.	25
Everett Edwards.	26
Cheryl Hogrefe.	27
Jo Ellen League.	28
Joyce Blackwell.	29
John Williams.	29
Charles Wyatt.	29
Susan Williams.	31

David Cowgill.	01
Jane Green.	10
Virginia Blanton.	12
Henrietta Merkert.	16



Those born in June are invited to celebrate their birthday with a celebration in the Auditorium on July 28th from 2:00-4:00 p.m. There will be live music, delicious desserts and punch provided by our Dining Service department. Everyone will be allowed to invite one guest of their choosing to attend. Find your invitation in your in-house mailbox. RSVP to Kira Morisako in C-118.



July 3rd – “The Patriot”

Starring Mel Gibson, Heath Ledger, and Joely Richardson. In honor of July 4th, this story is about a reluctant hero who is swept into the American Revolution when the war reaches his home and threatens his family.

(R - 165 mins.)

July 10th – “McFarland USA”

Starring Kevin Costner, Maria Bello, and Carlos Pratts. Based on a true story, this movie is about a man named Jim White who moves his family after losing his last job as a football coach, and at his new school he turns seven diverse disappointing students into one of the best cross-country teams in the region.

(PG - 129 mins.)

July 17th – “South Pacific”

Starring Rossano Brazzi, Mitzi Gaynor, and John Kerr. On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who’s being courted for a dangerous military mission.

(NR - 157 mins.)

July 24th - “Overcomer”

Starring Alex Kendrick, Priscilla Shirer, and Shari Rigby. The inspirational story of a high-school basketball coach volunteers to coach a troubled teen in long-distance running.

(PG - 119 mins.)

July 31st - “Because of Winn-Dixie”

Starring AnnaSophia Robb, Jeff Daniels, and Cicely Tyson. A mischievous dog befriends a lonely young girl in a new town and helps her make new friends.

(PG - 106 mins.)

I Love God and Our Country

Like many of you, I am so very thankful that I live in a country where I am free. We have problems, but we still live in the greatest country in the world. On this 4th of July, it is right and proper to reflect upon God and country. Our symbol of freedom stands proudly on Liberty Island in New York Harbor. The base of the Statue of Liberty contains a passage written by Emma Lazarus:

“Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the Golden door.”

On July 4th, we honor those who made our freedom possible. I have a brother that fought in the military, and I am forever thankful for his service. I love God. I love our country. We are citizens of America and citizens of the kingdom of God. Jesus’ death and resurrection gives us hope and freedom. Matthew 11:28-30 says: “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn of me, for I am meek and humble of heart; And you will find rest for yourselves. For my yoke is easy, and my burden light.” Our burdens were lifted, and our freedom was paid for on the cross of Calvary. We are free in Christ and blessed to be a citizen of this great USA. Happy Independence Day to everyone.

God Bless!

- Chaplain Randy Horn

Thursday Night Chapel Schedule

July 1st	Chaplain Randy Horn
July 8th	Rev. Steve Polk Lake Gibson United Methodist Church
July 15th	Dr. Joe Davis Anchor House Ministries
July 22nd	Rev. Richard Cook Victory Church
July 29th	Rev. Douglas Roth Northside Assembly of God

Sunday Service Speakers

July 4th	Dr. Dan Morris
July 11th	Sue Kain
July 18th	Rev. William Allen
July 25th	Rev. Greg Robinson Assembly of God



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$389,407.28. As of May 31, 2021, \$65,598.58 has been used to help residents. Monies are taken from the interest earned.

The Estates

A T C A R P E N T E R S

USA



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