



**TWIN RIVERS**

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

*July 2021*

## Meet Our Team!

Chris Henger.....Executive Director  
 Sheila Ricketts.....Marketing Sales  
 Helen Kassaye.....BOD  
 Salem Demsew.....Lifestyle Coordinator  
 Diane Martinez.....LE Director  
 Syndi Sphabmixay.....VP Coordinator  
 Chef Nach.....Culinary Director  
 Mario Luna.....Maintenance Director  
 Jason Myers.....Van Driver  
 Mabelle McCoy.....Weekly Concierge  
 Diana Sutton.....Weekend Concierge

*Welcome to Our Community*

**David S.                      Barbara C.**  
**Raymond T.                Gary M.**  
**Dick T.                      Phyllis H.**  
**Carolyn P.**

***We are Happy you join us!!***



**JULY  
BIRTHDAYS**

Pat T.....July 2	Patricia B....July 11
Sara G....July 18	Helen T.....July 21
Mary G.. July 31	Dolores B....July 27
Jack F.....July 29	

***Monthly Birthday Party!***

*Tuesday July 27th at 3:00 pm*

*Cake & Ice Cream provided by Reliant Home  
 Health and Music by Amity Hospice.*

***Weather Proverbs for  
 July!***

- If the first of July is rainy weather, it will rain more or less for three weeks together.
- Never trust a July sky.
- [3rd] Dog days bright and clear, indicate a happy year.

*Welcome to the Family*

our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.



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# JULY 2021

Twin Rivers Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>Happy Birthday to all in July!!</p> <p>Pat T.....July 2nd Patricia B.....July 11th Sara G.....July 18th Mary G.....July 31st</p>	<p>Shopping at WALMART and TARGET on Monday.</p> <p>Please make sure you are at the front lobby by 9:45am will start depart at 10:00am.</p>	<p>Doctor Appointment are Scheduled for Tuesday and Thursday ONLY.</p> <p>If you are planning to go out on any of these outing, PLEASE make sure you are signed up at the front Desk, seating is Limited first come first served basis.</p>	<p>CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social</p>	
<p><b>4 Independence Day</b></p> <p><b>10:00</b> Coffee &amp; Conversation-B <b>11:00</b> Christ United Methodist Church w/ Bill &amp; Dana-MR <b>12:00</b> Music Sing Along w/Lynna -DR <b>6:30</b> Mexican Train -B</p>	<p><b>5</b></p> <p><b>10:00</b> Shopping at Wal-Mart <b>10:30</b> Card Games-AR <b>2:00</b> Exercise w/Jason-MR <b>3:30</b> Worship / Communion-MR <b>6:30</b> Mexican Train-B</p>	<p><b>6</b></p> <p><b>10:30</b> Exercise Video-MR <b>1:00</b> Resident Delight Work Sheet <b>2:00</b> Bridge Club-AR <b>2:00</b> Movie Matinee-MR <b>6:30</b> Mexican Train-B</p>	<p><b>7</b></p> <p><b>10:30</b> BINGO -MR <b>2:30</b> BINGO -MR <b>4:30</b> Manipulation Card Game-AR <b>6:30</b> Mexican Train-B</p>	<p><b>8</b></p> <p><b>10:30</b> Exercise Video-MR <b>2:00</b> <b>Beginners Bridge -AR</b> <b>3:00</b> BINGO-MR <b>6:30</b> Mexican Train-B</p>
<p><b>11</b></p> <p><b>10:00</b> Coffee &amp; Conversation-B <b>11:00</b> Christ United Methodist Church w/ Bill &amp; Dana-MR <b>12:00</b> Music Sing Along w/Lynna -DR <b>6:30</b> Mexican Train -B</p>	<p><b>12</b></p> <p><b>10:00</b> Shopping at Target <b>10:30</b> Card Games-AR <b>2:00</b> Exercise w/Jason-MR <b>3:30</b> Worship &amp; Bible Study-MR <b>6:30</b> Mexican Train-B</p>	<p><b>13</b></p> <p><b>10:30</b> Exercise Video-MR <b>2:00</b> Bridge Club-AR <b>2:00</b> Silver Derby Horse Races <b>6:30</b> Mexican Train-B</p>	<p><b>14</b></p> <p><b>10:30</b> BINGO -MR <b>2:30</b> BINGO -MR <b>4:30</b> Manipulation Card Game-AR <b>6:30</b> Mexican Train-B</p>	<p><b>15</b></p> <p><b>10:30</b> Exercise Video-MR <b>11:30</b> Jody &amp; Jody Piano &amp; Violin <b>2:00</b> <b>Beginners Bridge -AR</b> <b>3:00</b> BINGO-MR <b>4:00</b> <b>Live Entertainment with Toni Macaroni-DR</b> <b>6:30</b> Mexican Train-B</p>
<p><b>18</b></p> <p><b>10:00</b> Coffee &amp; Conversation-B <b>11:00</b> Christ United Methodist Church w/ Bill &amp; Dana-MR <b>12:00</b> Music Sing Along w/Lynna -DR <b>6:30</b> Mexican Train -B</p>	<p><b>19</b></p> <p><b>10:00</b> Shopping at Wal Mart <b>10:30</b> Card Games-AR <b>2:00</b> Exercise w/Jason-MR <b>3:30</b> Worship &amp; Bible Study-MR <b>6:30</b> Mexican Train-B</p>	<p><b>20</b></p> <p><b>10:30</b> Exercise Video-MR <b>11:30</b> Jody &amp; Jody-DR <b>1:00</b> Resident Delight Work Sheet <b>2:00</b> Bridge Club-AR <b>2:00</b> Movie Matinee-MR <b>6:30</b> Mexican Train-B</p>	<p><b>21</b></p> <p><b>10:30</b> BINGO -MR <b>2:30</b> BINGO -MR <b>4:30</b> Manipulation Card Game-AR <b>6:30</b> Mexican Train-B</p>	<p><b>22</b></p> <p><b>10:30</b> Exercise Video-MR <b>11:00</b> Prayer Session with Town North-PD <b>2:00</b> <b>Beginners Bridge -AR</b> <b>3:00</b> BINGO-MR <b>4:00</b> <b>Live Entertainment by Ruby Westin-DR</b> <b>6:30</b> Mexican Train-B</p>
<p><b>25</b></p> <p><b>10:00</b> Coffee &amp; Conversation-B <b>11:00</b> Christ United Methodist Church w/ Bill &amp; Dana-MR <b>12:00</b> Music Sing Along w/Lynna -DR <b>6:30</b> Mexican Train -B</p>	<p><b>26</b></p> <p><b>10:00</b> Shopping at Target <b>10:30</b> Card Games-AR <b>2:00</b> Exercise w/Jason-MR <b>3:30</b> Worship &amp; Bible Study-MR <b>6:30</b> Mexican Train-B</p>	<p><b>27</b></p> <p><b>10:30</b> Exercise Video-MR <b>1:00</b> Resident Delight Work Sheet <b>2:00</b> Bridge Club-AR <b>2:00</b> Movie Matinee-MR <b>3:00</b> Monthly Birthday Party with Blane &amp; Carla <b>6:30</b> Mexican Train-B</p>	<p><b>28</b></p> <p><b>10:30</b> BINGO -MR <b>2:30</b> BINGO -MR <b>4:30</b> Manipulation Card Game-AR <b>6:30</b> Mexican Train-B</p>	<p><b>29</b></p> <p><b>10:30</b> Exercise Video-MR <b>11:00</b> Prayer Session w/ Town North Church <b>2:00</b> <b>Beginners Bridge -AR</b> <b>3:00</b> BINGO-MR <b>6:30</b> Mexican Train-B</p>

Events are Subject to Change.

## July 2021 Assisted Living

# HAPPY 4TH OF JULY!



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## Friday

## Saturday

2	<p>SP 10:30 Nondenominational Worship Service-MR</p> <p>SO 10:30 Men's Lunch Outing</p> <p>PY 2:00 Exercise w/Jason-MR</p> <p>CR 4:00 Happy Hour -B</p> <p>CO 6:30 Mexican Train-B</p>	3	<p>SO 10:00 Coffee &amp; Donut -B</p> <p>I 2:00 Card Games -AR</p> <p>CO 6:00 Mexican Train -B</p> <p>PR 6:30 Dominos -B</p>
9	<p>SP 10:30 Nondenominational Worship Service-MR</p> <p>PY 2:00 Exercise w/Jason-MR</p> <p>CR 4:00 Happy Hour -B</p> <p>CO 6:30 Mexican Train-B</p>	10	<p>SO 10:00 Coffee &amp; Donut -B</p> <p>I 2:00 Card Games -AR</p> <p>CO 6:00 Mexican Train -B</p> <p>PR 6:30 Dominos -B</p>
16	<p>SO 10:30 Pinedas Mexican Restaurant Resident Lunch Outing</p> <p>PY 2:00 Exercise w/Jason-MR</p> <p>CR 4:00 Happy Hour -B</p> <p>CO 6:30 Mexican Train-B</p>	17	<p>SO 10:00 Coffee &amp; Donut -B</p> <p>I 2:00 Card Games -AR</p> <p>CO 6:00 Mexican Train -B</p> <p>PR 6:30 Dominos -B</p>
23	<p>SP 10:30 Nondenominational Worship Service-MR</p> <p>PY 2:00 Exercise w/Jason-MR</p> <p>CR 4:00 Happy Hour -B</p> <p>CO 6:30 Mexican Train-B</p>	24	<p>SO 10:00 Coffee &amp; Donut -B</p> <p>I 2:00 Card Games -AR</p> <p>CO 6:00 Mexican Train -B</p> <p>PR 6:30 Dominos -B</p>
30	<p>SP 10:30 Nondenominational Worship Service-MR</p> <p>PY 2:00 Exercise w/Jason-MR</p> <p>CR 4:00 Happy Hour -B</p> <p>CO 6:30 Mexican Train-B</p>	31	<p>SO 10:00 Coffee &amp; Donut -B</p> <p>I 2:00 Card Games -AR</p> <p>CO 6:00 Mexican Train -B</p> <p>PR 6:30 Dominos -B</p>

# Did You Know?

## HEALTH Tips

### Chill Out!

Just two or three minutes under cool water in the shower can boost your mood.

## HEALTH Tips

### Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.

*"But here I am in July, and why am I thinking about Christmas pudding? Probably because we always pine for what we do not have. The winter seems cozy and romantic in the hell of summer, but hot beaches and sunlight are what we yearn for all winter."* —**Joanna Franklin Bell**

## July Birthstone

• Ruby •



A ruby provides strength, vigor, and nobility, helping protect its wearer from the evils of the world. It signifies love and passion while attracting good luck.



# Twin Rivers Assisted Living

## July 2021

### *What is your favorite July Memory*

July is in the middle of summer. By this time, it's too hot to work. It's too hot to do anything but play in the water. Take some time this July to remember what it was like to be carefree as a child. If you can, take a day off work to have some good old fashioned summertime fun.

### *What's Lucky in July?*

Lucky Color: Purple

Lucky Animal: Tiger

Lucky Letter: J and A

Lucky Day: Saturday

Lucky Plant: Pansy



### *July Birthdays*

in astrology, those born July 1-22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved one at home, They nurture deep relationships and become loyal friends. Those born July 23-31 are Leos Lions. These 'king of the savanna' are natural-born leaders, full of creativity, confidence and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause..

Thurgood Marshall (justice) - July 2, 1908

Frida Kahlo (artist) - July 6, 1907

Tom Hanks (actor) - July 9, 1956

Harrison Ford (actor) - July 13, 1942

Regina Belle (singer) - July 17, 1963

Ernest Hemingway (writer) - July 21, 1899

Amelia Earhart (pilot) - July 24, 1897

