

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2017

Welcome Home!

Village Green Retirement Campus 35419 1st Ave South Federal Way, WA 98003
villagegreenretirementcampus.org

3:00 Bingo with Darlene
(Activity Lounge)

Canada Day

2
Church Transportaion
Pick up:
8:45
9:30
10:30
1:30 Scenic Bus Ride *T

3
9:30 Shopping *T
1:00 Music with Primo Kim
(Juice Bar)
3:00 Bingo
(Activity Lounge)

4

8:00 Fireworks at Anthony's
Homeport *T\$
Independence Day

5
July 5th BBQ
11AM – 1PM
Hearthside Gazebo
Music with Jim and Beth Wulff
1:30 Current Events with Pete
Mazza (Fitness Room)
3:00 Bingo (Activity Lounge)

6
9:00 Walking at Soos Creek *T
11:00 Morning Stretch
(Activity Lounge)
PM Doctor Appointments
1:30 Create It
(Activity Room 2)
2:00 Wine and Cheese (Dining Room)
3:00 Whammo (Activity Lounge)

7
9:00 Traveling Library
(Hearthside Lobby)
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
2:00 Jeopardy
(Activity Lounge)

8
3:00 Bingo with Darlene
(Activity Lounge)

9
Church Transportaion
Pick up:
8:45
9:30
10:30
1:30 Scenic Bus Ride *T

10
9:30 Shopping *T
10:30 Pet Visit with Lilly
1:00 Chair Yoga (Activity Room 2)
1:30 Reminisce
(Activity Lounge)
3:00 Bingo (Activity Lounge)

11
AM Doctor Appointments
9:45 Bible Study (Activity Room)
11:00 Morning Stretch (Activity Lounge)
12:30 Hearing Aid Cleaning (G112)
1:30 Memory Games (Activity Lounge)
3:00 Whammo (Activity Lounge)
3:30 Happy Hour at The Lobster
Shop on Ruston Way *T\$

12
8:30 Men's Breakfast
11:00 Chicken Soup Stories
(Activity Lounge)
1:00 Fitness with Fay
(Activity Room 2)
1:45 Round Table (Juice Bar)
3:00 Bingo (Activity Lounge)

13
9:00 Walking at Ruston Way *T
11:00 Morning Stretch
(Activity Lounge)
PM Doctor Appointments
12:30 Book Club (Activity Room 2)
1:30 BBQ Races
3:00 Whammo (Activity Lounge)

14
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
1:30 Pianist Emmy Purainer
(Juice Bar)

15
3:00 Bingo with Darlene
(Activity Lounge)

16
Church Transportaion
Pick up:
8:45
9:30
10:30
1:30 Scenic Bus Ride *T

17
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
1:30 Reminisce
(Activity Lounge)
3:00 Bingo (Activity Lounge)

18
AM Doctor Appointments
9:45 Bible Study (Activity Room 2)
11:00 Morning Stretch
(Activity Lounge)
1:30 Music with Ron Herring
(Juice Bar)
2:00 Shopping at Dollar Tree *T
3:00 Whammo (Activity Lounge)

19
11:00 Chicken Soup Stories
(Activity Lounge)
12:30 Ladies lunch at Marlene's *T
1:00 Stretch (Activity Room 2)
1:30 Word Games
(Activity Lounge)
3:00 Bingo (Activity Lounge)

20
9:00 Walking at Milton Trail *T
11:00 Morning Stretch
(Activity Lounge)
PM Doctor Appointments
1:30 Create It
(Activity Room 2)
3:00 Whammo (Activity Lounge)

21
9:00 Senior Foot Care
(Nail Salon)
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
1:00 Walk a Thon

22
3:00 Bingo with Darlene
(Activity Lounge)

23
Church Transportaion
Pick up:
8:45
9:30
10:30
1:30 Scenic Bus Ride *T

24
9:30 Shopping *T
10:30 Pet Visit with Lilly
1:00 Chair Yoga
(Activity Room 2)
2:00 Birthday Celebrations &
Music with Dan Roberts
(Juice Bar)
3:00 Bingo (Activity Lounge)

25
AM Doctor Appointments
9:45 Bible Study (Activity Room 2)
11:00 Morning Stretch (Activity Lounge)
1:30 Memory Games (Activity Lounge)
2:00 Let's Talk Soup with Chef
Michael (FF Fitness Room)
3:00 Whammo
4:00 Sunset Dinner at the
Powerhouse in Sumner *T\$

26
10:00 Muckleshoot Casino
& Lunch \$*T
11:00 Chicken Soup Stories
(Activity Lounge)
1:00 Fitness with Fay
(Activity Room 2)
1:30 Word Games (Activity Lounge)
3:00 Bingo (Activity Lounge)

27
9:00 Walking at Des Moines
Creek *T
11:00 Morning Stretch
(Activity Lounge)
PM Doctor Appointments
1:30 BBQ Races
(Activity Lounge)
3:00 Whammo (Activity Lounge)

28
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
1:00 Caregivers Support Group
(Fairfield Meeting Room)
2:00 Jeopardy
(Activity Lounge)

29
3:00 Bingo with Darlene
(Activity Lounge)

30
Church Transportaion
Pick up:
8:45
9:30
10:30
1:30 Scenic Bus Ride *T

31
9:30 Shopping *T
1:00 Chair Yoga (Activity Room 2)
1:30 Reminisce
(Activity Lounge)
3:00 Bingo (Activity Lounge)

Gardens and Hearthside

July 2017

THE MONTHLY GAZETTE

"The dandelions and buttercups gild all the lawn: the drowsy bee stumbles among the clover tops, and summer sweetens all to me."

~ James Russell Lowell, author



Flower of the Month – Larkspur



Larkspur has petals that grow together forming a spur at the end, thus the name. When in bloom, these lush flower spikes are lovely in the garden. And when cut, they look splendid in a vase, too. Colors include light and dark pink, blue, rose,

lavender, and white. Larkspur is a member of the delphinium family. The many varieties of larkspur can range in height from one to seven feet.

Three species were introduced into English gardens in the mid-1500s. Americans started planting them in the pre-Revolutionary era. Those settlers used larkspur to make blue dye. Ancient uses for delphiniums included driving away scorpions.

The flowers are known to symbolize love and affection. They also are said to convey a feeling of lightness or levity.

Special Days

National Ice Cream Month
July 1–31

Canada Day (150th Anniversary)
July 1

Halfway Point of 2017
July 2
12:00 p.m.

Independence Day
July 4

Bastille Day (France)
July 14

Birthstone – Ruby

July's birthstone, the ruby, is one of the rarest gems in the world. It is revered by many cultures for its deep red color and prized by royalty the world over. Rubies are so highly regarded in the Hindu religion that it is said the offering of a ruby to Krishna will guarantee reincarnation as an emperor or king. Rubies mined in Burma are the most expensive gem per carat in the world. Because of their superior crimson color, Burmese rubies are called "Pigeon's Blood."

Throughout history, rubies have been thought to aid the wearer's circulation and protect them from harm by turning dark in the presence of people with ill intentions, assuming, of course, that the wearer is the rightful owner. Supposedly, Catharine of Aragon foretold her impending divorce from King Henry VIII after seeing a ruby she was wearing turn dark.



Gardens and Hearthsides July Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Church pick-up Sunday: 8:45 am, 9:30 am and 10:30 am

Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm

Thursday: 1:00 pm - 4:00 pm

Local Morning Shopping: Monday: 9:30 am (Fred Meyer, WinCo, Post Office and Banks)

Friday: 9:30 am (320th, Safeway, Walmart)

Extras

10:15 am Zumba Gold/Line Dancing: Mon/Wed/Friday: *Fairfield Fitness Room*

12:00 pm Chair Yoga: Monday and Friday: *Fairfield Fitness Room*

Chair Chi: Wednesday: *Fairfield Fitness Room*

Chair Yoga-Monday & Friday at 1:00 pm Activity Room 2

Fitness with Fay- Wednesday at 1:00 pm Activity Room 2

King Co. Traveling Library 1st Friday of each month 9:00 Hearthsides Lobby

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthsides/Gardens Building

Bingo~ Mondays, Wednesdays and Saturdays at 3:00 pm in the **Activity Lounge**

Birthday Party~ Monday, July 24th at 2:00 pm in the **Juice Bar**

Whammo~ Tuesdays and Thursdays at 3 pm in the **Activity Lounge**

Roundtable~ Wednesday~ July 12th at 1:45 pm in the **Juice Bar**

Morning Stretch~ Tuesdays and Thursdays at 11:00 am in the **Activity Lounge**

Jeopardy~ Fridays at 1:30 pm in the **Activity Lounge**

Chicken Soup for the Soul and Conversation~ Wednesdays at 11:00 am in the **Activity Lounge**.

Memory Games~ Tuesdays at 1:30 pm in the **Activity Lounge**