

# Be Inspired

ATRIUM VILLAGE | LEGACY COURT | a senior lifestyle community | OWINGS MILLS, MD 21117 | 410-363-0330

## THIS MONTH'S *silver star*



MRS. EVONNE

Mrs. Evonne, a lovely Legacy resident, enjoys listing to music and singing. She takes pleasure in sharing her Greek culture with the staff by teaching us new words. Her most pleasurable moments are spending time with her daughters. Mrs. Evonne's favorite foods are bread with olive oil and drinking tea.

## JOIN US THIS MONTH FOR *july*

Welcome July

"Wish you a warm, sweet and happy new month. This month, make a plan to spend the quality time with your loved one and with me, too. Happy New Month!" — Author unknown



Legacy will celebrate the Fourth of July, Family Reunion, Picnic, Old-Fashioned Backyard Games, National Ice Cream Month and a sparkling good time enjoying a lunch Cruise to Mexico and the Bahamas as our special staycation spots.

To beat the heat and stay cool, we will enjoy cool-down lemonade, watermelon and take part in a Cool as Ice Social.

The Community Outings will be: Buffalo Wild Wings, Reisterstown Diner, Reisterstown Animal Shelter, and Irvine Nature Center.

## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

REUBEN'S CORNER

Dear Friends:

I just returned from a wonderful vacation in Las Vegas.

My family and I enjoyed some wonderful day trips visiting the Hoover Dam and Red Rock Canyon. We ate at some wonderful restaurants and we enjoyed some amazing shows.

We saw the bright lights of the Las Vegas strip and even won a few dollars in the casino.

While I enjoyed all of these fun activities, they were not the highlight of the trip.

After our return, my wife and I discussed the trip, and tried to determine what we each found to be the highlight.

Interestingly, we both agreed that it was not one specific outing or show. Rather, we agreed it was our sons' desire to want to travel with us, and spend time with us.

I offer this story to you, as I frequently watch our residents gain a similar level of satisfaction and joy each time one of their family members comes to visit them. Our residents treasure those regular Sunday morning brunch dates, the Wednesday afternoon trips to a local museum, or simply sharing a cup of tea in their apartments.

I hope that these regular visits will bring as much joy to you as our trip did for us.

Best,  
*Reuben*



## TRAIN YOUR BRAIN *sudoku solution on back*

7		4	1				5	
		2			8	1		
				6	5			8
3		1		4			9	
8			5		2			1
	2			3				6
9			7	5				
	3		2			9		
	1				9	4		5

legacy court

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- BISTRO – BT
- CONFERENCE HALL – CH
- COUNTRY KITCHEN – CK
- DINING ROOM – DR
- FOURTH FLOOR – 4FL
- LOBBY – LY
- OUTSIDE – Out
- PATIO – PT
- THEATER ROOM – TR
- THIRD FLOOR – 3FL

TRANSPORTATION SCHEDULE

MONDAY, TUESDAY, WEDNESDAY & FRIDAY  
8:30 a.m.-2:30 p.m.  
Medical Appointments

BANK

MONDAY, WEDNESDAY, FRIDAY  
9 a.m.-2 p.m.

STAMPS/CONCIERGE

MONDAY - FRIDAY  
9 a.m.-4 p.m.

SALON

TUESDAY - SATURDAY  
9 a.m.-4 p.m.

SENIOR LIFESTYLE

EMBRACE *life.*  
EMBRACE *moments.*  
EMBRACE *connection.*

www.SeniorLifestyle.com  
Activities are subject to change

<p>10:00 ● Church Service</p> <p>10:30 ● Postmark Bookmarks</p> <p>11:00 ● Scarecrow Artwork</p> <p>11:30 ● Move to Music</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Finish the phrase</p> <p>6:00 ● I Love ...</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Paper Flag Creation</p> <p>11:00 ● Arts &amp; Crafts</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Travel Club</p> <p>3:00 ● Island Hopping</p> <p>4:00 ● Rhyming Words</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Firecracker Ice Pops</p> <p>11:00 ● Summer Bucket List</p> <p>11:30 ● Cooking in the Kitchen</p> <p>2:00 ● Sorting</p> <p>3:00 ● It's Really Just An Excuse to Eat Oreos</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>INDEPENDENCE DAY</p> <p>10:00 ● Group Story Creating</p> <p>11:00 ● Firework Painting Party</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● My Name is</p> <p>3:00 ● Sing a Patriotic Song</p> <p>4:00 ● staycation word game ball toss</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Dominoes</p> <p>10:40 ● Community Outing</p> <p>11:30 ● Bingo</p> <p>2:00 ● Black Music Month (jazz, blues, gospel)</p> <p>3:00 ● Happy Hour</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Caribbean Music</p> <p>10:30 ● What is missing   DR</p> <p>11:00 ● Coloring Bookmarks</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Sorting</p> <p>6:00 ● Hallmark Movie</p>	<p>10:00 ● Spiritual Passage</p> <p>10:30 ● Best Staycation places &amp; their food</p> <p>11:00 ● Pitching Washers</p> <p>11:30 ● Retro Bingo</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Call Out the Answers</p> <p>4:00 ● Table Topics</p> <p>6:00 ● What's This?</p>	
<p>10:00 ● Church Service</p> <p>10:30 ● Mid Century Living</p> <p>11:00 ● Color Food Tasting</p> <p>11:30 ● Move to Music</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Seven Fun Passports Facts</p> <p>4:00 ● Barn List</p> <p>6:00 ● I Love ...</p>	<p>3:00 ● What Am I?</p> <p>10:00 ● Daily Faith Reading</p> <p>10:30 ● Fabric Wrapped Hangers</p> <p>11:00 ● Lemonade &amp; Laughter</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Travel Club</p> <p>4:00 ● Rhyming Words</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Famous Colorful Names</p> <p>10:30 ● Turn the Page Tuesday</p> <p>11:00 ● Family Reunion Trips</p> <p>11:30 ● Cooking in the Kitchen</p> <p>2:00 ● Sorting</p> <p>3:00 ● It's Really Just An Excuse to Eat Oreos</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Group Story Creating</p> <p>11:00 ● Gardening with Jake</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● My Name is</p> <p>3:00 ● Community Helpers</p> <p>4:00 ● staycation word game ball toss</p> <p>6:00 ● The Jukebox game</p>	<p>10:30 ● Dominoes</p> <p>10:40 ● Community Outing</p> <p>11:00 ● Pretty Gift Bags Matching</p> <p>2:00 ● Black Music Month (jazz, blues, gospel)</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Pamper Me Thursday (Hand Massage/Nails)</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Caribbean Music</p> <p>10:30 ● What is missing   DR</p> <p>11:00 ● Carnival Games</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Sorting</p> <p>3:00 ● Staycation Bingo</p> <p>4:00 ● Smooth Jazz Hour</p> <p>6:00 ● Hallmark Movie</p>	<p>10:00 ● Life Lessons Raising Children</p> <p>10:30 ● Best Staycation places &amp; their food</p> <p>11:00 ● Story Chain</p> <p>11:30 ● Retro Bingo</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Call Out the Answers</p> <p>4:00 ● Table Topics</p> <p>6:00 ● What's This?</p>	
<p>10:00 ● Church Service</p> <p>10:30 ● Can You Believe It or Not Facts</p> <p>11:00 ● Foot Volleyball</p> <p>11:30 ● Move to Music</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Finish the phrase</p> <p>4:00 ● Gummy Worm Delight</p> <p>6:00 ● I Love ...</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Bahamas Fruit Tasting</p> <p>11:00 ● Arts &amp; Crafts</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Travel Club</p> <p>3:00 ● Things You Would Do on An Island</p> <p>4:00 ● Rhyming Words</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Staycation Music for Mexico</p> <p>11:00 ● Mosaic art</p> <p>11:30 ● Cooking in the Kitchen</p> <p>2:00 ● Sorting</p> <p>3:00 ● It's Really Just An Excuse to Eat Oreos</p> <p>4:00 ● Visiting New Places</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Group Story Creating</p> <p>11:00 ● Gardening with Jake</p> <p>11:30 ● Exercise with Genesis</p> <p>12:00 ● Veterans' Luncheon   DR</p> <p>2:00 ● My Name is</p> <p>3:00 ● Community Helpers</p> <p>4:00 ● staycation word game ball toss</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Meditation</p> <p>10:30 ● Dominoes</p> <p>10:40 ● Community Outing</p> <p>11:00 ● Baltimore Best for</p> <p>11:30 ● Bingo</p> <p>2:00 ● Black Music Month (jazz, blues, gospel)</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Bean Bag Toss</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Caribbean Music</p> <p>10:30 ● What is missing   DR</p> <p>11:00 ● Colorful Summer Art</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Sorting</p> <p>4:00 ● Vacation Stops Ring Toss</p> <p>6:00 ● Hallmark Movie</p>	<p>10:00 ● Spiritual Passage</p> <p>10:30 ● Best Staycation places &amp; their food</p> <p>11:00 ● Nature Collage</p> <p>11:30 ● Retro Bingo</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Call Out the Answers</p> <p>4:00 ● Table Topics</p> <p>6:00 ● What's This?</p>	
<p>10:00 ● Church Service</p> <p>11:00 ● Best Hotel Collage</p> <p>11:30 ● Move to Music</p> <p>2:00 ● staycation fun</p> <p>4:00 ● Balloon Bag Volleyball</p> <p>6:00 ● I Love ...</p>	<p>10:00 ● Daily Faith Reading</p> <p>11:00 ● Arts &amp; Crafts</p> <p>11:00 ● Lemonade &amp; Laughter</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Travel Club</p> <p>4:00 ● Rhyming Words</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Singalong &amp; Prayer</p> <p>10:30 ● Bingo</p> <p>11:30 ● Cooking in the Kitchen</p> <p>2:00 ● Sorting</p> <p>3:00 ● It's Really Just An Excuse to Eat Oreos</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Group Story Creating</p> <p>11:00 ● Gardening with Jake</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● My Name is</p> <p>3:00 ● Community Helpers</p> <p>4:00 ● staycation word game ball toss</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● In the News</p> <p>10:30 ● Dominoes</p> <p>10:40 ● Community Outing</p> <p>2:00 ● Black Music Month (jazz, blues, gospel)</p> <p>3:00 ● Happy Hour</p> <p>4:00 ● Pamper Me Thursday (Hand Massage/Nails)</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Caribbean Music</p> <p>10:00 ● In the News</p> <p>10:30 ● What is missing   DR</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Sorting</p> <p>6:00 ● Hallmark Movie</p>	<p>10:00 ● In the News</p> <p>10:00 ● Life Lessons Raising Children</p> <p>10:30 ● Best Staycation places &amp; their food</p> <p>11:00 ● Story Chain</p> <p>11:30 ● Retro Bingo</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Call Out the Answers</p> <p>4:00 ● Table Topics</p> <p>6:00 ● What's This?</p>	
<p>10:00 ● Church Service</p> <p>11:30 ● Move to Music</p> <p>2:00 ● staycation fun</p> <p>3:00 ● Finish the phrase</p> <p>6:00 ● I Love ...</p>	<p>11:00 ● Arts &amp; Crafts</p> <p>11:30 ● Exercise with Genesis</p> <p>2:00 ● Travel Club</p> <p>4:00 ● Rhyming Words</p> <p>6:00 ● The Jukebox game</p>	<p>10:00 ● Daily Chronicle</p> <p>10:30 ● Mexico Dangerous Animals</p> <p>11:30 ● Cooking in the Kitchen</p> <p>2:00 ● Sorting</p> <p>3:00 ● It's Really Just An Excuse to Eat Oreos</p> <p>6:00 ● Singalong &amp; Prayer</p>	<p>“Far away in the sunshine are my highest aspirations.” —Louisa May Alcott</p>				

## EVENT RECAP

# brain health and longest day

During Brain Health Month, Legacy residents created handmade coasters to sale in the craft sale for the Longest Day. This activity helped expand each resident's creativity by trying something new and different. Each coaster has an initial

that represented a resident with memory loss in the Legacy community. A special thanks to all who joined the fight against Alzheimer's during the Longest Day.



## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

BEVERLY WARREN, Concierge has been with Atrium Village for over 15 years. I hired Beverly because she had the most beautiful professional speaking voice I have ever heard on the phone. She takes her time articulating her words. Her voice is pleasant and very friendly, as I have had many compliments from residents, families, and vendors alike.

When Beverly is at the desk, the residents have a comfort knowing that their issues will be resolved and that Beverly always seems to help them. She calls residents who she has not seen in a while just to make sure they are all right. Beverly works full time for a medical office downtown and fights her way through the heavy traffic to get here for her shift. I remember a wicked snowstorm that started early in the day and ended up through the night with 24 inches of snow on the ground. I called Beverly and told her she did not have to come in, but she insisted that she would be alright. She got here safely and went home safely. Her commitment to Atrium is extraordinary because of her loving way. She is truly here to support the residents in any way she can. Thank you Beverly, for all the things you do for the residents and supporting the Council by typing their meeting minutes for them. She always takes the extra step to find out information residents' request. Beverly does not have "I don't Know" in her vocabulary.



TRAIN YOUR  
BRAIN  
*solution*

7	8	4	1	2	3	6	5	9
5	6	2	9	7	8	1	3	4
1	9	3	4	6	5	7	2	8
3	5	1	6	4	7	8	9	2
8	7	6	5	9	2	3	4	1
4	2	9	8	3	1	5	7	6
9	4	8	7	5	6	2	1	3
6	3	5	2	1	4	9	8	7
2	1	7	3	8	9	4	6	5



SENIOR  
LIFESTYLE

*your life, your style*