

BE INSPIRED

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

LOCATIONS

- ARTS AND CRAFTS ROOM — ACR
- ASSISTED LIVING LOUNGE — AL-L
- ATRIUM — ATM
- AUDITORIUM — AUD
- BILLIARDS ROOM — BR
- CHAPEL — CH
- DINING ROOM — DR
- EXERCISE ROOM — ER
- GAME ROOM — GR
- MANSION BAR — BAR
- MANSION LIVING ROOM — MLR
- PRIVATE DINING ROOM — PDR
- SUNROOM — SR
- THIRD FLOOR BUILDING THREE CARD LOUNGE — 3 FL CL
- WELLSPRING — WS

JULY'S TRANSPORTATION

- AREA I- 3,11,19,27
- AREA II- 12,20,28,21
- AREA III- 5,13,21,24
- AREA IV- 6,14,17,25
- AREA V- 7,10,18,26

*CALL TRANSPORTATION

**MUST SIGN UP

CALENDAR HOTLINE:
948-2316-3

Please sign up at the Activity Desk for Wellness Everyday™ Personal Training Certification.



BRAIN HEALTH UNIVERSITY
 LOGO INDICATES A BHU COURSE DAY

www.SeniorLifestyle.com
 Activities are subject to change



“My father was my teacher.
 But most importantly
 he was a great dad.”
 —Beau Bridges

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|---|---|--|--|---|---|--|
| <p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p> | <p>● AREA V* 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:00 ● Water Walking 1:15 ● Chair Yoga Class AUD 7:15 ● One Voice Choir Concert AUD</p> | <p>● AREA I* 8:30 ● Kroger Shuttle 10:30 ● Mass WS 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 1:00 ● Bible Study SR 1:00 ● Wellness Center BP Screenings by DR 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Trivia with Jennifer AUD</p> | <p>● AREA II* 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Aerobics ACR 2:00 ● Chair Volleyball AUD 5:00 ● Dine Out @ Mitchell's Seafood Restaurant**</p> | <p>● AREA III* 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Choir Practice AUD 1:00 ● Water Exercise 2:00 ● Artist Studio with J** ACR 7:15 ● Autumn Winds Concert AUD</p> | <p>● AREA IV* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 1:15 ● Diane Shields The Art of Grandma Moses AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p> | <p>9:30 ● Wii Bowling AUD 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL 7:15 ● Ellen Gould Sings, Guitar, Piano, Banjo, Fiddle AUD</p> |
| <p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p> | <p>● AREA IV* 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 12:00 ● Chef Tasting** DR 1:00 ● Stitch 'n' Chat SR 1:00 ● Water Walking 1:15 ● Chair Yoga Class AUD 2:00 ● Resident Council Meeting 3 FL CL 7:15 ● CCM Performance AUD</p> | <p>● AREA V* 8:30 ● Kroger Shuttle 9:00 ● Audiologist Visit SR 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 1:00 ● Bible Study SR 1:00 ● Wellness Center BP Screenings by DR 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:30 ● The Ola Kahn Groto Band Concert AUD</p> | <p>FLAG DAY ● AREA I* 9:30 ● Newcomers' Breakfast DR 11:30 ● Beginning Exercise AUD 1:15 ● Brain Aerobics ACR 2:00 ● Chair Volleyball AUD</p> | <p>● AREA II* 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Choir Practice AUD 1:00 ● Water Exercise 3:30 ● Protestant Communion AUD 7:00 ● Bingo AUD</p> | <p>● AREA III* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:00 ● Brown Bag Lecture Trip A Day in the Parks** 11:30 ● Beginning Exercise AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p> | <p>9:30 ● Wii Bowling AUD 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL</p> |
| <p>FATHER'S DAY 9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p> | <p>● AREA III* 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:00 ● Water Walking 1:15 ● Chair Yoga Class AUD 4:00 ● Beer Tasting with Food Pairing** GR 7:15 ● Phil Degreg Piano AUD</p> | <p>SUMMER BEGINS ● AREA IV* 8:30 ● Kroger Shuttle 10:30 ● Mass WS 11:30 ● Beginning Exercise AUD 12:00 ● Dueling Chef's Luncheon and Demo** DR 1:00 ● Water Exercise 1:00 ● Bible Study SR 1:00 ● Wellness Center BP Screenings by DR 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Trivia with Jennifer AUD</p> | <p>● AREA V* 11:30 ● Beginning Exercise AUD 2:00 ● The Longest Day Walk-A-Thon on the Front Loop! 7:15 ● Jack Lightcap Ohio Mother of Presidents Part I AUD</p> | <p>● AREA I* 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 1:00 ● Choir Practice AUD 1:00 ● Water Exercise 2:00 ● Artist Studio with J** ACR 7:00 ● Bingo AUD</p> | <p>● AREA II* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p> | <p>9:30 ● Wii Bowling AUD 11:00 ● Current Events ACR 1:00 ● Billiards BR 1:00 ● Water Walking 4:00 ● Catholic Mass AUD 7:00 ● Cards 3 FL CL 7:15 ● Bill Roth Piano & Sings AUD</p> |
| <p>9:00 ● St. Vivian 10:00 ● Church of Christ Service WS 10:00 ● St. James, Northminster and Wyoming Presbyterian 11:30 ● Ruth Rubendunst, Piano DR 1:30 ● Catholic Service WS 2:00 ● Movie Matinee: To Be Announced AUD</p> | <p>● AREA II* 11:30 ● Beginning Exercise AUD 1:00 ● Stitch 'n' Chat SR 1:00 ● Water Walking 1:15 ● Chair Yoga Class AUD 3:30 ● Resident Happy Hour Fundraiser Alzheimer's ATM 7:15 ● CCM Performance AUD</p> | <p>● AREA III* 8:30 ● Kroger Shuttle 11:30 ● Beginning Exercise AUD 1:00 ● Water Exercise 1:00 ● Bible Study SR 1:00 ● Wellness Center BP Screenings by DR 2:00 ● Speech Therapy Love Your Brain! Talk and Games AUD 2:30 ● Flower Arranging ACR 4:00 ● Brown Bag Happy Hour GR 7:15 ● Trivia with Jennifer AUD</p> | <p>● AREA IV* 9:45 ● Advanced Exercise AUD 11:30 ● Beginning Exercise AUD 1:15 ● Brain Aerobics ACR 2:00 ● Chair Volleyball AUD 3:30 ● Book Club 3 FL CL 4:45 ● Birthday Dinner** DR</p> | <p>● AREA V* 8:30 ● Kroger Shuttle 10:00 ● Golf with Susan 11:30 ● Beginning Exercise AUD 11:30 ● Nurses' Lunch** DR 1:00 ● Choir Practice AUD 1:00 ● Water Exercise 7:00 ● Bingo AUD</p> | <p>● AREA I* 9:45 ● Advanced Exercise AUD 11:00 ● Pray the Rosary CH 11:30 ● Beginning Exercise AUD 1:15 ● Diane Shields Vincent Van Gogh AUD 2:30 ● Card Bingo ACR 4:00 ● Sabbath Eve Services AUD 7:00 ● Movie: To Be Announced AUD</p> | |

EVENT RECAP

art class

A group of creative residents under the instruction of their art teacher, "J" aka Jenny Hall, explored using stencils to create an acrylic painting of flowers on a canvas board. What beautiful pieces of art they created. On June 8, join the art class for an easy and fun class creating a greeting card based on a checkerboard pattern that incorporates circles. On June 22, get ready to celebrate the Fourth of July with a new red, white and blue beaded necklace of your own creation. All beads will be supplied. Classes limited to 10 participants. Please sign up at the Activities Desk.



Evergreen resident Ethel Gray



Evergreen resident Flo Kraushar



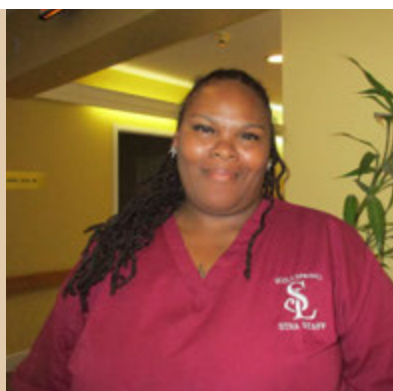
Evergreen resident Louise Stallworth

THIS MONTH'S

chart hero

CARING, HONESTY, APPRECIATION,
RESPECT, TEAMWORK

Congratulations to RESHEDA MYLES, our Employee of the Month for June. Resheda has worked as a STNA on the Third Floor of Wellspring for 12 years. She is very dedicated to the residents she provides care for and does everything possible to make their families feel comfortable. She went over and above when she visited Evergreen residents at their cottage after they were discharged from Wellspring, just because she missed them! She truly cares. Thank you for all the good work you do here at Wellspring, Resheda. We certainly appreciate you.



Wellspring employee
Resheda Myles

IT'S OUR PLEASURE TO
SERVE YOU ...

word from your executive director

HELLO RESIDENTS AND FAMILIES
OF EVERGREEN!

I have had the pleasure to meet many of you in the last several weeks, and I do mean it has been a pleasure! There are so many great people who live and work here at Evergreen! I feel very lucky to be here with you all.

As you may have heard, US Bank has decided to pull all their branches out of Retirement Communities. Our Bank's last day will be Aug. 7, and we will be sad to see them go. On a brighter note, Northside Bank has agreed to fill the void and beginning Aug. 11, will begin banking services at Evergreen every Friday. More details to come...

We also have some major CapEx projects underway, as you may or may not have noticed. We are updating and expanding the call system; this project is about 95 percent complete. This expands the range that the call buttons work. This project also allows for you to use the overhead speaker in your room to communicate both ways. If you push your call button, we can ask you what is needed via the overhead speaker and hear your answer. This system also will not be affected by phone outages. In addition, right now we are repairing ceiling leaks in Assisted Living. This means we are draining the system and repairing the pipes that are leaking. We are also replacing six common area water source heat pumps. These projects will assure the issues we have had with heat and air conditioning in the past do not continue.

I look forward to meeting each and every one of you. The door to my office, which is across from the bistro, is always open. This is because I want you to feel free to stop in and chat whenever you need/want to. I want to meet you and hear from you, so please come and visit me!

Sincerely,
Liz Peters, EXECUTIVE DIRECTOR

TRAIN YOUR BRAIN solution

SENIOR LIFESTYLE
FAMILY-OWNED COMMUNITIES

