

July word search

R	D	W	T	F	I	M	C	T	T	H	E	A	T
T	I	A	E	S	R	A	E	D	A	R	A	P	E
B	D	T	F	T	B	A	S	E	B	A	L	L	N
E	A	E	F	I	R	E	W	O	R	K	S	D	O
F	L	R	S	P	A	R	K	L	E	R	S	F	I
R	A	M	L	A	O	E	E	H	A	F	A	E	T
E	S	E	B	C	E	A	T	O	R	P	P	U	A
E	O	L	L	A	A	R	T	I	C	S	I	Q	R
D	T	O	P	T	U	L	B	R	A	K	C	E	A
O	A	N	D	O	I	A	W	W	R	W	N	B	L
M	T	W	F	K	B	U	O	E	O	C	I	R	C
N	O	I	T	U	T	I	T	S	N	O	C	A	E
I	P	E	O	F	L	A	G	S	R	C	O	B	D
F	U	O	H	O	T	D	O	G	S	A	L	L	L

HOTDOGS  
WATERMELON  
PICNIC  
HEAT  
DECLARATION  
SPARKLERS  
FOURTH  
FIREWORKS  
POTATO SALAD  
BASEBALL  
FREEDOM  
BARBEQUE  
FLAGS  
CONSTITUTION  
PARADE

July Birthdays

- Don F!** 7/2!
- Anna D!** 7/21
- Annette M!** 7/22!
- Helen W!** 7/25!

Staff Birthdays

- Soe T!** 7/2!
- Kelsey D!** 7/2!
- Josh M!** 7/6!
- Jamaler K!** 7/14!
- Catie V!** 7/19!

Showtimes:

- Nanny McPhee.....7/1 @ 1PM**
- Overboard.....7/3 @ 1PM**
- Julie & Julia.....7/8 @ 1PM**
- Nanny McPhee Returns...7/15 @ 1PM**
- Ferris Bueller's Day Off..7/17 @ 1 PM**
- Steel Magnolias.....7/22 @ 1PM**
- Matilda.....7/29 @ 1PM**



Comcast:

As we all know, last month comcast came out and upgraded all our equipment (boxes). If you have any questions or need help with this change, please let us know!

Our community:

Summer is finally here! You will see a lot of changes happening here at The Shores. We are working closely with companies to build a beautiful community and strive towards our mantra "Excellence in Senior living, Everyday!". Our landscape has and will be the biggest change this summer as we've already started by repaving our driveway and fixing our sidewalks. You will see changes to the garden portion with new mulch and a trim to our pond area! Thank you.

The Pebbles of Lake Phalen

The Shores of Lake Phalen | 1870 E Shore Dr | 651-777-7784



Celebrating July

- National Ice Cream Month**
- Park and Recreation Month**
- World Watercolor Month**
- National Picnic Month**
- International Joke Day**  
July 1<sup>st</sup>
- Independence Day (U.S.)**  
July 4<sup>th</sup>
- Blueberry Muffin Day**  
July 11
- Cow Appreciation Day**  
July 15<sup>th</sup>
- National Moon Day/National Lollipop Day**  
July 20<sup>th</sup>
- Hammock Day**  
July 22
- World Nature Conservation Day**  
July 28

Resident Spotlight

Every month we will have a 'resident spotlight' as a fun way to get to know our community members a little more in depth.

Sarah K



My name is Sarah K. I am originally from Ohio. I have two sisters named AnnaMae & Christina. I was married to Arleigh. Arleigh and I had 36 Siberian Huskey Sled Dogs. We went to many races up north for sled dog racing. I went to undergraduate studies at Saint Olaf College and received my master's degree From U of M in Child Development. I taught special Education for 10 years. I was also a Real Estate Realtor. I was recognized in the Twin Cities Business Magazine as one of the top 50 realtors at Coldwell Banker. I was part of the Orchestra Hall and sang in the Opera for nearly 13 years. For fun I really enjoy singing, dancing, and being with friends.

### Information about Activities:

Every first Friday of the month we have music therapy! We encourage everyone to give it a try as it is great fun! The next session is on July 7<sup>th</sup> at 9:30am held in the community room!

Manicures will be held on the second-floor patio on July 10<sup>th</sup> at 10am.

Sundae Monday will be held in the dining room on July 17<sup>th</sup> at 2pm.

#### Let's Go Fishing

We regret to inform our community that the "Let's Go Fishing" program has reached out to us and let us know that **wheelchairs** will not be allowed during this season due to low water levels and a steep incline to access the dock. We apologize for the inconvenience and still encourage residents to sign up at the front desk! We have 8 slots available to go on this trip. (July 18<sup>th</sup> at 2Pm)

#### Watercolor Fun!

July is "Worldwide Watercolor Month"! We will be hosting a watercolor painting party on July 28<sup>th</sup> at 10am in the community room. As canvases are limited, we will be creating a sign-up sheet. Like Pam's Craft Group we will have 8 slots available for AL residents! We look forward to seeing you there, Thank you!



### Outings This Month!

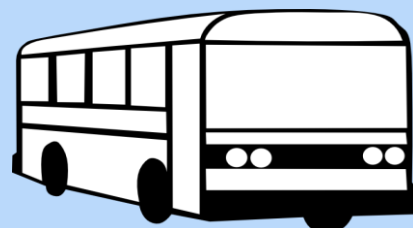
**Wal-Mart.....7/10 @ 1:00pm**

**Obb's.....7/13 @ 10:30am**

**Dollar Tree.....7/24! @ 1:00pm**

**Let's Go Fishing.....7/18 @ 2:00pm**

**Picnic Keller Lake.....7/27 @ 10:30am**



#### Nursing:

The vitals clinic will be held July 5<sup>th</sup> at 10am in the community room!



### History this month:

July 1<sup>st</sup>, 1963: Zip codes are first introduced to the United States. ZIP is an acronym for "Zone Improvement Plan" and was created to allow mail sorting methods to become faster and eventually be automated.

July 2<sup>nd</sup>, 1937: Amelia Earhart goes missing. On June 1, 1937, Earhart and Fred Noonan, her navigator, set out from Oakland, California, on their eastbound transcontinental flight on a twin-engine Lockheed Electra plane. Less than a month later they reached Lae, New Guinea, having flown 22,000 miles and with 7,000 more to go before they reached Oakland once again. After departing from Lae, they had to fly another 2,500 miles before they reached their next stop—Howland Island, an incredibly small island in the Pacific Ocean—to refuel. Unfortunately, overcast skies, radio transmission issues, and low fuel meant that Earhart and Noonan did not reach their destination. Despite extreme efforts to locate the plane, which ended up constituting the most expensive air and sea search in American history up to that point, there was no sign of Earhart or Noonan anywhere.  
(Read full article, [www.britannica.com/story/the-disappearance-of-amelia-earhart](http://www.britannica.com/story/the-disappearance-of-amelia-earhart))

July 3<sup>rd</sup>, 1998: Rolls Royce sold to Volkswagen.

July 4<sup>th</sup>, 1776: The United States Declaration of Independence is signed. 13 colonies claimed their independence from Great Britain, an event that eventually led to the formation of the United States. Each year on the Fourth of July, also known as Independence Day, U.S. citizens celebrate this historic event.  
(<https://www.military.com/july-4th/history-of-independence-day>)

July 6<sup>th</sup>, 1942: Anne Frank and her family take refuge in a secret sealed-off area of an Amsterdam warehouse to escape being sent to Nazi concentration camps.

July 7<sup>th</sup>, 1930: Construction of the Hoover Dam begins.

### Armchair Travel

This month we will be headed to the Rocky Mountains of Colorado! Please join us on July 31<sup>st</sup> in the movie theater at 2:00 for a snack and an informative video about beautiful Colorado!



### Sunday Services:

Father Shane will be out of state on July 16<sup>th</sup> therefore there will be no mass on this date. Services will continue the following Sunday on the 23<sup>rd</sup> at 10am. We apologize for any inconvenience. Thank you!

