July 2023

31 Executive Park Drive Hendersonville, TN 37075 (615) 822-6002 Fax: (615) 822-3765

A Place To Call Home

Find us on

First Kick of Coffee

It all started with dancing goats. According to legend, 9th-century Ethiopian herders noticed that their goats had more energy and seemed to "dance" after eating fruit from the Coffea plant. Curious, a local monk brewed a drink from the fruit—the first cup of coffee! Now, 2.25 billion cups of coffee are consumed every day.

A Little Self-Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.

'Gal' Is One

How many words can you come up with using the letters in "sunglasses"?



Baseball caps and visors can shade your eyes from the sun, but for the best protection, choose a hat with a wide brim that covers your face, neck and ears. Beach hats, bucket hats and fedoras are stylish options. You can also find hats made of materials that block UV rays.

A Cool Head

SENIOR LIVING COMMUNIT

PARK PLACE STAFF **General Manager** Jonda Brown Office Manager Vicki Crooks **Resident Care Director** Tiffany Kennebrew, LPN **Dining Services Director** Tracy Bradley Maintenance Director Chip McKenney **Recreation Director** Susan Jones



July Happenings

Get ready to boogie with music provided by Bill Sleeter on Thursday, July 13th at 2:30 pm in the Main Dining Room and Hop on the Bus with Bob Jones on Saturday, July 29th for a LUNCH BUNCH Outing to Chocolate Covered Strawberry and a leisure ride. Sign up in the Outing Book located at the elevator on IL.



An Official Fourth With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

4th of JULY CELEBRATION

Join us for our Celebration with **DEBBIE WATTS** on Tuesday, July 4th at 2:30 pm in the Main Dining Room. Wear your Red, White and Blue.



Welcome, new residents. Feel free to call the front desk if we can help you in any way. We are alad you made Park Place your home.





July 2023

A SENIOR LIVING COMMUNITY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
tob guy	LOCATIONS OF ACTIVITIES (A) ACTIVITY ROOM ON IL-2 (AL) ASSISTED LIVING (C) CHAPEL (DR) DINING ROOM (G) GARDEN (IL) INDEPENDENT LIVING (L) LOBBY	(3) COMMON AREA IL-3 (4) COMMON AREA IL-4 (*) REQUIRES TO SIGN UP IN THE OUTING BOOK LOCATED ON IL NEAR THE ELEVATOR. WE HAVE SHOPPING, LUNCH BUNCH AND BREAKFAST OUTINGS AND LEISURE RIDES EACH MONTH.		ADDITIONAL ACTIVITIES may be added or changed during the month. Please check the daily activities sheets posted in the common areas on each floor while the elevator is refurbished. Once completed, activity sheets will be in the ELEVATORS and BULLETIN BOARDS.		1 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A)
2	3	Independence Day 4	5	6	7	8
	 10:00 Rise & Shine Stretching (A) 10:45 Coffee and Conversation (AL-1) 1:30 BINGO MANIA with Edythe (AL-1) 3:15 Crossword Challenge with Pat (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 	9:00 JIGSAW PUZZLE (A) 10:30 Group Social with Coffee (AL-1) 2:30 JULY 4TH CELEBRATION WITH DEBBIE WATTS (DR) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)	9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Uno Card Game (AL-1) 1:30 BINGO MANIA with Jane (A) 4:00 Catholic Communion (C) 6:30 Rook (A)	9:00 JIGSAW PUZZLE (A) 10:30 Bible Study (A) 10:30 Domino's (AL-1) 1:15 Let's Play Poker (AL-1) 2:30 KLONDIKE GIVEAWAY (A) 6:30 Hand and Foot (A)	 10:00 Move It or Lose It (DR) 10:30 Morning Stretches (AL-1) 1:30 BINGO MANIA with Edythe (A) 3:00 BINGO MANIA with Edythe (AL-1) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-2) 	 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A)
9	10	11	12	13	14	15
	10:00 Rise & Shine Stretching (A) 10:45 Morning Trivia (AL-1) 1:30 BINGO MANIA with Karen (A) 3:15 Crossword Challenge with Pat (IL-2) 3:15 iPhone Class with Joey Holland (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A)	9:00 JIGSAW PUZZLE (A) 10:00 1st Baptist Church Video (A) 11:00 Tuesday Morning Sing-a-long (C) 2:30 COCKTAIL HOUR (DR) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)	9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Bingo Mania (AL-1) 1:30 BINGO MANIA with Lori (A) 1:30 KROGER SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)	 9:00 JIGSAW PUZZLE (A) 10:30 Bible Study (A) 10:30 What's Missing (AL-1) 1:15 Let's Play Poker (AL-1) 2:30 TAPPING TO THE MUSIC OF BILL SLEETER (DR) 6:30 Hand and Foot (A) 	 10:00 Move It or Lose It (DR) 10:45 Coffee Social and Word Search (AL-1) 1:30 BINGO MANIA with Edythe (A) 3:00 BINGO MANIA with Edythe (AL-1) 6:30 Hand and Foot (A) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-2) 	 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A)
16	17	18	19	20	21	22
 9:00 JIGSAW PUZZLE (A) 9:15 Transportation to 1st Baptist Church (L) 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A) 	 10:00 Rise & Shine Stretching (A) 10:45 Corn Hole Challenge (AL-1) 1:30 BINGO MANIA with Edythe (A) 3:15 Crossword Challenge with Pat (A) 6:30 Hand and Foot (IL-2) 6:30 Rummikub (A) 	 9:00 JIGSAW PUZZLE (A) 10:00 1st Baptist Church Video (A) 11:00 Sing-a-long with Pastor Jerry Wooley (C) 2:00 Hand Massage with Cheri (AL-1) 2:30 CORN HOLE CHALLENGE (DR) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2) 	9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Uno Card Game (AL-1) 1:30 BINGO MANIA with Jane (A) 1:30 WALMART SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)	9:00 JIGSAW PUZZLE (A) 10:15 Leisure Ride (AL) 10:30 Bible Study (A) 1:15 Let's Play Poker (AL-1) 2:30 COCKTAIL HOUR (DR) 6:30 Hand and Foot (A)	 10:00 Move It or Lose It (DR) 10:45 Coffee Social with weekend Puzzle (AL-1) 12:00 CELEBRATION (DR) 1:30 BINGO MANIA with Edythe (A) 3:00 BINGO MANIA with Edythe (AL-1) 6:30 Hand and Foot (A) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-2) 	 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A)
	10:00 Dise & Chine Stratehing (A)		26		28	29
2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)	10:00 Rise & Shine Stretching (A) 10:45 Outdoor Fun with Lemonade (G) 1:30 BINGO MANIA with Karen (A) 3:15 Crossword Challenge with Pat (IL-2) 3:15 iPhone Class with Joey Holland (A)	9:00 JIGSAW PUZZLE (A) 10:00 1st Baptist Church Video (A) 10:45 RESIDENT COUNCIL MEETING (AL-2)	9:00 JIGSAW PUZZLE (A) 10:00 Movement & Motion (DR) 10:45 Bingo Bash (AL-1) 1:30 BINGO MANIA with Lori (A)	9:00 JIGSAW PUZZLE (A) 10:15 Leisure Ride (AL) 10:30 Bible Study (A) 1:15 Let's Play Poker (AL-1)	 10:00 Move It or Lose It (DR) 10:30 In Rm Coffee Social and Word Search (AL) 1:30 BINGO MANIA with Edythe (A) 	9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C)
30 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A)	31 10:00 Rise & Shine Stretching (A) 10:45 Magazine Scavenger Hunt (AL-1) 1:30 BINGO MANIA with Edythe (A) 3:15 Crossword Challenge with Pat (A) 6:30 Hand and Foot (IL-2) & Rummikub (A)	2:30 TOWN HALL MEETING (A) 6:30 Rummikub (A) & (4) 6:30 Skip-Bo (2)	1:30 GLENBROOK SHOPPING* 4:00 Catholic Communion (C) 6:30 Rook (A)	2:30 JOE AND RAY MUSICAL ENTERTAINMENT (DR) 6:30 Hand and Foot (A)	3:00 BINGO MANIA with Edythe (AL-1) 6:30 Hand and Foot (A) 6:30 Rummikub (A) 7:00 Friday Night at the Movies (AL-2)	11:00 LUNCH BUNCH OUTING with Bob Jones to THE CHOCOLATE COVERED STRAWBERRY CAFE* 2:00 MEXICAN TRAIN (A) 6:30 Hand and Foot (A)



BIRTHDAYS RESIDENTS

01: Jane Steinhauer 01: Shirley Stackhouse 03: Hugh Travis 10: Janice Jones 12: Marjorie Lamb 17: Mildred Gallaher 29: Lonnie Edwards **STAFF** 04: Maria Guzman 08: Sherry Haywood 11: Dillion Stephens 18: Allena Castaneda 21: Savannah Stephens 22: Valerie McKenney 26: Laurie Shick

Famous Faces Born in July

July 1, 1931: Leslie Caron July 3, 1962: Tom Cruise July 7, 1927: Doc Severinsen July 12, 1971: Kristi Yamaguchi July 16, 1958: Michael Flatley July 18, 1982: Priyanka Chopra July 22, 1992: Selena Gomez July 30, 1941: Paul Anka

A N N I V E R S A R I E S RESIDENTS

1 Year: Mabrev Castle 1 Year: Nora Pippin 2 Years: Jackie Bruce 2 Years: Buddy Hughes 4 Years: Billie Johns 5 Years: Roger Trenner 6 Years: Mary Bennett 7 Years: Walter Lamb 7 Years: Mariorie Lamb 7 Years: Brenda McDaniel 15 Years: Barbara Flemina **STAFF** 1 Year: Dez Ford 1 Year: Dillion Stephens 2 Years: Joe Moura 6 Years: Annie SeyBert 9 Years: Crea Taylor

12 Years: Anita Dumas



In the Mail

July 1 marks two anniversaries in United States Postal Service history: The first postage stamps were issued in 1847, featuring Benjamin Franklin (5¢) and George Washington (10¢); and the five-digit ZIP code was introduced in 1963.



Tourist Treasure: Arc de Triomphe

Paris, the capital city of France, contains many lovely wonders that attract travelers from all over the world. One of these is the Arc de Triomphe, or "Arch of Triumph." Commissioned in 1806 and finished in July 1836, this 162-foot tall, 150-foot wide limestone arch was built to honor heroes who fought in the French Revolution and Napoleonic Wars. An eternal flame burns beneath the monument, where veterans place wreaths every night to remember fallen soldiers. The fire hasn't been extinguished since its first lighting on Nov. 11, 1923.

Watercolor Your World

Grab a brush! July is World Watercolor Month.



