RENAISSANCE

SENIOR LIVING of VERO BEACH

Life. Love. Legacy.™
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Vero Beach, FL 32960
(772) 562-8491

Your Administrative Team



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Message From Your Executive Director: July 2025



Welcome to July! I hope this month brings you more smiles than mosquito bites and plenty of chances to connect with friends and neighbors.

Did you know July is peak season for fireflies in many parts of the

country, and scientists still can't agree on exactly how fireflies synchronize their blinking lights? In some places, entire fields of fireflies will flash in perfect unison, putting on a light show that even the world's best choreographers couldn't organize. Researchers have studied this mystery for decades, and while they understand the "how" (a mix of biology and environmental cues), the "why" is still up for debate. Some say it's about attracting mates, while others think it might help them avoid predators. Either way, it's a reminder that there's still a bit of magic left in nature—and sometimes, the best moments are the ones science hasn't quite figured out (kind of like why our socks disappear in the laundry).

Of course, July is also the month we celebrate Independence Day—a time to gather, reflect on freedom, and appreciate the spirit of community that brings us all together. Here's a little-known fact: the Continental Congress actually voted for independence on July 2nd, 1776, not the

4th! John Adams, one of our Founding Fathers, was so certain July 2nd would be the day we'd always remember that he refused to celebrate the Fourth for the rest of his life. The Declaration of Independence was adopted on July 4th, but most delegates didn't even sign it until August. Just goes to show, even history likes to keep us on our toes!

Whether you're watching fireworks, enjoying a favorite summer meal, or simply spending time with loved ones, I hope you find moments this month that remind you of the strength and resilience we share.

Our calendar is packed with activities and opportunities to learn, laugh, and make memories. Please take a look inside, keep the calendar handy, and join us whenever you can.

Thank you for another month of letting us be a part of your lives and for trusting us with your care—or the care of your loved ones. We're grateful, every single day.

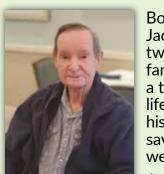
Here's to a July full of wonder, connection, and maybe a little firefly delight.

Sincerely,

POTUS S. PUST

SPOTLIGHT

Ira Jack Saucerman: A True Florida Native with a Lifetime of Stories



Born in Palatka, Florida, Ira Jack came into the world as a twin and one of ten siblings—a family full of life and love. As a teenager, he served as a lifeguard at Silverlake, where his quick actions and courage saved many lives, earning him well-deserved respect.

At 20, Ira Jack moved to Vero Beach and began a long and steady career at Russell Concrete. Starting as a concrete mixer driver, he dedicated 50 years to the company, eventually retiring as the plant manager—a true

When he wasn't working, Ira Jack found joy in the simple pleasures of life: fishing in the ocean alongside his son and friends, or showing off his skills as an excellent bowler, traveling across the state as part of a championship team.

testament to his hard work and commitment.

Travel has also played a special part in Ira Jack's life. He made many trips to Hawaii to visit his brother Robert, a U.S. Air Force veteran, cherishing memories of Pearl Harbor and the beautiful island of Oahu. He also explored the scenic wonders of Oregon, fishing in the Columbia River and taking in the views of Mount Hood. Summers were often spent with family on Lake Burton near Clayton, Georgia—a place filled with laughter and togetherness.

Just before moving to the Renaissance, Ira Jack experienced the loss of his beloved spouse. Though widowed, he remains surrounded by the love of his seven children, most of whom live nearby in Vero Beach.

Ira Jack loves sharing stories of the old Vero Beach, reminiscing about friends and family, and keeping the spirit of his community alive through his memories.



SOWING SEEDS, SHARING SMILES

Residents enjoyed their own gardening class courtesy of Caleb with Fleet Farming.

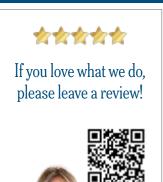












ROCK HARD PLACE

Zugzwang [TSUUG-tsvahng]

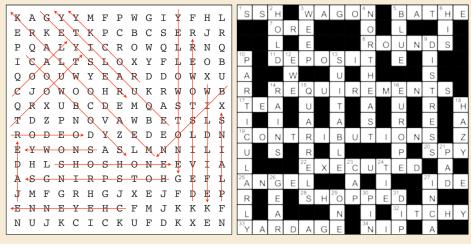
noun. a situation in which every possible move or decision is disadvantageous, especially used in chess, but also applies to life's tricky moments

MATCHING SUNDAES

Find the two sundaes that are identical. The answer is hidden in the newsletter.



Puzzle Solutions



Good Friends, Great Views, Even Better Seafood

Renaissance Lunch Bunch at Capt. Hiram's











RENAISSANCE SENIOR LIVING OF VERO BEACH

BEAUTY SHOP BLISS: **FRESH** STYLES & SMILES



















KEEP YOUR MIND IN THE GAME (WITHOUT BREAKING A SWEAT)

Keeping the mind active is one of the best ways to stay sharp, feel energized, and enjoy every moment. The great news? You don't need fancy tools or hours of time. These simple

activities fit easily into your day and can bring a fresh spark to your routine:

- Word Puzzles and Crosswords: Engage your vocabulary and problem-solving skills by tackling a crossword or word search. Even a few minutes can boost your brain's agility.
- Nature Walks with a Twist: Take a stroll outside and make it a game to notice five new things you haven't seen before—the color of a flower, a bird's call, or the shape of clouds.
- Story Sharing: Reconnect with neighbors or friends by sharing a favorite memory or book. Storytelling not only strengthens social bonds but also exercises your memory.

- Musical Moments: Listening to music from your youth can awaken joyful memories. Sing along or tap your fingers to the beat—it's a fun way to stimulate both mind and body.
- Creative Crafts: Try simple crafts like coloring, knitting, or even just doodling. These activities encourage focus and creativity while being relax-
- Brain Teasers: Challenge yourself with riddles or logic puzzles. They're a playful way to keep your mind curious and sharp.
- Learn Something New: Pick up a new hobby or skill, even if it's just a small step—like trying a new recipe or learning a few phrases in another language.

The key is variety and enjoyment. Mixing these activities into your day can help keep your mind lively and your spirit bright.

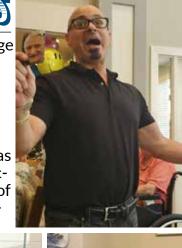
HOLOGRAMS, HUGS & HEARTFELT THANKS

We recently hosted a special Resident, Family, and Team Appreciation Day. filled with fun, laughter, and unforgettable entertainment. The highlight of the day was a captivating performance by Pete Michael, the world's first immersively holographic 3D illusionist. Pete's show combined stunning sleightof-hand magic with cutting-edge holographic effects, creating moments where real props seamlessly transformed into lifelike holograms right before the audience's eyes. His unique blend of closeup micro-illusionism and large-scale

visual effects kept everyone on the edge of their seats, making the event truly memorable.

Alongside Pete's mesmerizing performance, local vendors were on hand offering a variety of snacks and treats, adding to the festive atmosphere. It was a wonderful day of community, connection, and celebration, reminding us all of the joy that comes from shared experi-

ences and the magic of coming together.





























The Power of Connection

Connecting with others is one of the simplest yet most powerful ways to enrich our lives. At Renaissance, socializing isn't just about passing time—it's about building meaningful relationships that nurture the heart and mind. Whether it's sharing a laugh over coffee, joining in a favorite activity, or simply enjoying a friendly conversation, these moments of connection help foster a sense of belonging and purpose.

Social engagement has been shown to support cognitive health, improve mood, and even boost physical well-being. It helps us stay active, both mentally and emotionally, and reminds us that we are part of a caring community. Every smile exchanged and every story shared adds to the vibrant tapestry of life here.

No matter where you are in your journey, the friendships and bonds formed at Renaissance bring comfort, joy, and strength. Together, we create a

welcoming environment where everyone can thrive, feel valued, and enjoy the

richness of connection every day.

We invite everyone to take part in the many opportunities to connect—whether it's a group activity, a shared meal, or a quiet moment with a friend. These small moments build a strong, supportive community where every person's presence matters.

Join us in making each day brighter by connecting with friends and neighbors—there's a place for you here at Renaissance Senior Living of Vero Beach.



ACROSS

- 1. Often overheard in a library
- 3. Oregon Trail transportation
- 5. Get clean
- 7. Mineral yet to be processed
- 8. Pub orders
- 11. Withdrawal's opposite
- 14. Criteria
- 17. Caffeine source
- 19. Donations
- 20. Mole
- 22. Carried out
- 25. Heavenly host?
- 27. Integrated Drive Electronics, abbrev.
- 28. Made purchases
- 32. Like wool, to some
- 33. Distance gained by a football player
- 34. Small bite

DOWN

2. "I Want to ____ Your Hand," by the Beatles

K A G Y Y M F P W G I Y F H L E R K E T K P C B C S E R J R

C J O W O O H R U K R W O W B

QRXUBCDEMQASTIX

EYWONSASLMNNILI

DHLSHOSHONEEVIA

ASGNIRPSTOHGEFL

JMFGRHGJXEJFDEP

ENNEYEHCFMJKKKF

NUJKCICKUFDKXEN

ALYICROWQLRNQ

A L T S L O X Y F L E O B
O U W Y E A R D D O W X U

Z P N O V A W B E T S L S

D E O D Y Z E D E O L D N

- 3. Cry softly
- 4. In the United States, New England
- 5. Red + ___ = purple
- 6. He's a man of ___ word
- 9. Anguish, hardship
- 10. Especially
- 12. Lamb's mother
- 13. Appropriate
- 14. "When it ____, it pours!"
- 15. Disagreements

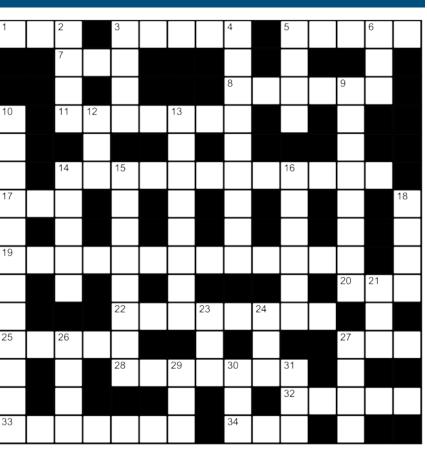
- 16. France's continent
- 18. Vague, as a memory
- 21. Hippie's hangout 23. Graduate's headwear
- 24. Windsor, for one
- 26. Equipment

- 27. Machu Picchu group 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips and ___

Wyoming

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.





| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|--|
| | Fuly 2025 | Doctors Appointments 1 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting Class W/Dawn 1:30 - Bingo 3:00 - Surprise Birthday Party for a special someone 5:30 - Card Games Canada Day | Doctors Appointments 2 9:30 - Catholic Service with St. Helen 10:00 - Pencil art with Dawn 1:30 - Movie Matinee - Wicked (2024) | 9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:30 - Bingo 3:00 - Music with Mary Ann and her students | 9:30 - Chair Yoga 10:00 - Word Scramble with Dawn 1:00 - Activity Committee Meeting 1:30 - July's Birthday Party 3:00 - Music with Amy Hueston/Celebrating 4th of July Independence Day (U.S.) | 9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Chat with friends |
| 10:00 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Therapy with Carol | 9:30 - Move and Groove Exercise in the Chapel 10:00 - Shopping with Rick 10:30 - Resident Council 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes | 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting Class with Dawn 1:30 - Bingo 3:00 - Raspberry Social 5:30 - Card Games | 9:30 - Catholic Service with St. Helen 10:00 - Pencil Art with Dawn 1:30 - Movie Matinee - Father of the Bride | 9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:30 - Bingo 3:00 - Music with Anthony Schillizzi | 9:30 - Chair Yoga 11:00 - Lunch Outing/The Old Fish House in Sebastian 3:00 - Happy Hour/Trivia 5:30 - Poker Night | 9:30 - Exercise in Chapel 10:00 - Prayer Group with Lee and Carol 1:30 - Bingo 3:00 - Chat with friends |
| 10:00 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Therapy with Carol | 9:30 - Move and Groove Exercise in the Chapel 10:00 - Shopping with Rick 10:00 - Arts & Crafts (Beaded Pipe Cleaner Dragonflies) 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes National Gummi Worm Day | 9:30 - Exercise in Gym with Legacy Rehab 10:30 - Music with Mark and Methodist Church in the Lobby 1:30 - Bingo 3:00 - Arts & Crafts with Tricialynn From Encompass 5:30 - Card Games | Doctors Appointments 16 9:30 - Catholic Service with St. Helen 10:00 - Pencil art with Dawn 1:30 - Shut the Box 2:00 - Death On The Nile (2022) | 9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:00 - Food Committee Meeting 1:30 - Bingo 3:00 - Music with Brian Bogart | 9:30 - Chair Yoga 10:00 - Word Scramble with Dawn Lunch - Pizza Party 1:30 - Nutritional Talk with Patricia Gill from the Treasure Coast Food Bank 3:00 - Happy Hour/Word Games 5:30 - Poker Night | 9:30 - Exercise in Chapel 10:00 - Prayer Group with Francine and Carol 1:30 - Bingo 3:00 - Chat with Friends |
| 10:00 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Therapy with Carol | Exercise in the Chapel 10:00 - Shopping with Rick 10:00 - Trivia 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes | 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Legacy - Snack and Chat 1:30 - Bingo 3:00 - Painting Class with Dawn 5:30 - Card Games | 9:30 - Catholic Service with St. Helen 10:00 - Pencil art with Dawn 1:30 - Shut the Box 2:00 - Movie Matinee - Haunting In Venice | 9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:30 - Bingo 3:00 - Music with Digger | 9:30 - Chair Yoga 10:00 - Word Scramble with Dawn 12:30 - Outing to The Navy Seal Museum 3:00 - Happy Hour/Wine and Cheese Social 5:30 - Poker Night National Wine and Cheese Day | 9:30 - Exercise in Chapel 10:00 - Prayer Group with Lee and Carol 1:30 - Bingo 3:00 - Chat with Friends |
| 10:00 - Church Service with Pastor Richard 12:30 - Catholic Service with Holy Cross Church 1:30 - Word Games 3:00 - Hand and Nail Therapy with Carol | Exercise in the Chapel 10:00 - Shopping with Rick 10:00 - Gardening Club 1:30 - Bingo 3:00 - Music with Mark 6:00 - Dominoes National Milk Chocolate Day | 9:30 - Exercise in Gym with Legacy Rehab 10:00 - Painting Class with Dawn 1:30 - Bingo 3:00 - Charcuterie Board Social 5:30 - Card Games | 9:30 - Catholic Service with St. Helen 10:00 - Pencil art with Dawn 1:30 - Bingo 3:00 - Cheese Cake Social | 9:30 - Exercise in Chapel 10:00 - Jewelry Class with Tejai, Carol and Dawn 1:30 - Bingo 3:00 -The Game (HEDBANZ) Who am I | ASSISTED LIVING | |

Renaissance Senior Living

Assisted Living #13068

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|---|
| | July 2025 | Pledge & Devotions 1 8:00 - Sunshine Greetings 10:00 - Morning Stretch 10:30 - Showtime w/ Mark 1:00 - Coffee Chat & Chronicles 3:00 - Name That Tune 50's & 60's 6:00 - Evening Game: Classic Uno | Pledge & Devotions 2 8:00- Sunshine Greetings 9:30- Catholic Church Service 10:00- Wednesday Workout 1:00 - Picture This(Story Telling) 3:00 - Outdoor Gardening Club 6:00 - Country Radio: Hank Williams | 8:00- Sunshine Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour Around Town- Ft Pierce Jetty 3:00 - Piano Music w/ Marianne 5:00- World News Report 6:00 - Evening Meditation: Color Pencil Art | Pledge & Devotions 4 8:00- Sunshine Greetings 10:00 - Fitness Friday 1:00- Indoor Hooping Session 2:30- Celebrating July Birthday's 3:00- This Is Jeopardy 6:00 - Evening Game: Classic Checkers Independence Day (U.S.) | 9:30 - Saturday Swing 10:00 - Morning Prayer Group 1:00- Trivia Pursuit Showdown 2:30 - Coffee Chats & Chronicles 3:00 - Reminiscing- 50's & 60's 6:00 - Evening Show: Leave it to Beaver |
| Pledge & Devotions 6 | Pledge & Devotions 7 | Pledge & Devotions | Pledge & Devotions Q | Pledge & Devotions 10 | Pledge & Devotions 11 | Pledge & Devotions 12 |
| Richard 10:00 Coffee & Cozy Chats 12:15 Catholic Church Services 1:30 - Colorform Art Studio 3:00 - Hand and Nail Therapy with | 8:00 - Sunshine Greetings 10:00 - Wake Up Shake Up Workout 1:00- Monthly Gazette & Daily Chronicle 2:00- Sunshine Bingo 3:00 - Music w/ Mark 6:00 - Evening Game: Stack Attack | 8:00 - Morning Greetings 10:00 - Sit & Get Fit 10:30 - Showtime w/ Mark 1:00 - Indoor Corn Hole Game 2:00 - National Raspberry Day(Sweet Treats) 3:00 - I Remember That !970's Brands & Products 6:00 - Evening Show: Dick Van Dyke | 8:00 - Morning Greetings 9:30 - Catholic Church Service 10:30 - Wiggle Wednesday 1:00 - Let's Make Wishing Bottles 3:00 - Hump Day Social Hour w/ Friends 5:30 - Evening Game: Connect 4 | 8:00 - Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour the Town: Sebastian Inlet 3:00 - Music w/Anthony Schillizzi 6:00 - Evening Show: M.A.S.H | 8:00 Morning Greetings 10:00- Rock the House w/ Digger 11:00- Lunch Bunch: The Old Fish House 1:00 - Round Canvas Art Shop 2:00- National French Fry Day 3:00 - Get To Know Your Neighbor 6:00 Evening Show: Leave it to Beaver | 9:30 - Morning Exercise 10:00 - Morning Prayer Group 1:30- Reminiscing- Classic TV Shows 2:30 - Tic Tac Toss 3:00- Piano Music w/ Marianne 6:00 - I Love Lucy |
| Pledge & Devotions 13 | Pledge & Devotions 14 | Pledge & Devotions 15 | Pledge & Devotions 16 | Pledge & Devotions 17 | Pledge & Devotions 18 | Pledge & Devotions 19 |
| Richard 10:00 Patio Chats 12:15 Catholic Services 1:30 - Coffee & Trivia 2:00 Minute to Win It. | 8:00- Sunshine Greetings 10:00- Move It Monday 1:00 - Harbor Residents Council Meeting 2:30 - Mad Libs Summer Edition 3:00 - Music w/ Mark 6:00 - Radio Classics: Johnny Mathis | 8:00 - Sunshine Greetings 10:00 - Morning Fitness 10:30 - Showtime w/Mark 1:00 - At the Cinema: Heaven Can Wait 3:00- Walk Down Memory Lane- Places & Things 6:00 - Evening Meditation: Puzzle Magic | 8:00- Sunshine Greetings 9:30 - Catholic Church Service 10:00 - Morning Brain Spark 1:00 - Passport To: Ontario Canada 2:00 - Taste Station: Timbits & Coffee Milk 6:00 - Evening Game: Shut the Box | 8:00- Sunshine Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour Around Town 3:00 - Music with Brian Bogart 6:00 - Evening Show: The Jack Benny Show | 8:00-Sunshine Greetings 10:00 - Fitness Friday 11:30 - Rocktastic Pizza Party 1:00 - Activity Committee Meeting 2:00- Mingle & Jingle Social Hour 6:00 - Evening Game: Old Maid | 9:30 - Morning Exercise 10:00 - Morning Prayer Group 1:30 - Beanbag Toss 2:30 - Patio Chat & Chronicles 3:00 - Cornhole 6:00 - I Love Lucy |
| Pledge & Devotions 20 | Pledge & Devotions 21 | Pledge & Devotions 22 | Pledge & Devotions 23 | Pledge & Devotions 24 | Pledge & Devotions 25 | Pledge & Devotions 26 |
| 1:30 - Trivia & Tea 2:00 - Afternoon Card Games 6:00 - Turner Classic Movie | 8:00- Morning Greetings 10:00 - Move It Monday 1:00 - Chefs Corner: Pina Colada Fruit Parfait 2:30 - This Is Jeopardy(Happy Days) 3:00 - Music w/ Mark 6:00 - Evening Classic- Andy Griffith Show | 8:00-Morning Greetings 10:00 - Stretch It Out Tuesday 10:30 - Showtime w/ Mark 1:00 - Indoor Garden Club(Herbs & Veggies) 2:30- Table Talk: Life & Leisure 6:00 - Evening Game: Knuckles | 8:00- Morning Greetings 9:30- Catholic Services 10:00- Wiggle Wednesday 1:00 - Mini Golf Challenge 3:00 - Hello Neighbor Social Hour 6:00 - Relax with the Sounds of Maria Callas | 8:00 Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour the Town: Sit Back & Ride 3:00 - Music w/ Digger 6:00 - Evening Game: Dominoes | 8:00- Morning Greetings 10:00- Morning Jams w/ Digger 1:00- Outing: Navy Seal Museum 2:00- Chronicles at the Coffee House 3:00- Afternoon Game: Sorry 6:00 - Radio Classic- The Sounds Broadway | 9:30 - Morning Exercise 10:00 - Morning Prayer Group 1:00- Color Me Calm 2:00- Weekend Coffee Chats 3:00 - Reminiscing- Oldie Goldie Music 6:00 - I Love Lucy |
| Pledge & Devotions 27 | Pledge & Devotions 28 | Pledge & Devotions 29 | Pledge & Devotions 30 | Pledge & Devotions 31 | | |
| Richard 10:00 - Sunday Morning Patio Chats 12:15 - Catholic Services 1:30 - Daily Chronicle | 8:00- Sunshine Greetings 10:00 - Golden Yoga Fitness 1:00 - Meditation Painting in Motion Art Class 2:30- Afternoon Stroll w/ Friends 3:00 - Music w/ Mark 6:00 Evening Game: Shut the Box | 8:00-Morning Greetings 10:00 - Stretch It Out Tuesday 10:30 - Showtime w/ Mark 1:00 - Double EE's Word Game 2:30- Indoor Tic Tac Toss Game 6:00 - Evening Game: Old Maid | 8:00- Morning Greetings 9:30- Catholic Services 10:00- Wiggle Wednesday 1:00 - 1960's Name That Singer Challenge 3:00 - Table Talk: Destination Travel 6:00 - Evening Show: The Honeymooners | 8:00 Morning Greetings 10:00 - Work of Art Jewelry Class 1:00 - Tour the Town: Beach Side 3:00 - National Avocado Day Social 6:00 - Evening Game: Dominoes | THE HARBO | |