

Life. Love. Legacy.™ (615) 824-4552 674 E. Main St. Hendersonville, TN 37075

### **Your Administrative Team**



John Pugh



Executive Director Sales & Marketing



Kathleen Hawkins Casey Stevens, LPN Resident Services



Wendi Wright **Business Office** Manager



Lawrence Young Life Enrichment Director - AL



John Waters Dining Services Director



Jereme Hahn Plant Director



**Eric Jackson** Chaplain



Shayla Hunter Therapy Director Legacy Healthcare Services



### LEGACY VILLAGE OF HENDERSONVILLE

### **NEWSLETTER | JULY 2025**



### Message From Your Executive Director



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,





### **Spotlight on Lynn Josie**



Born and raised in Atlanta, Georgia, Lynn was an only child and a self-proclaimed daddy's girl who fondly recalls being "spoiled rotten." She graduated from Grady High School and went on to attend Dekalb Community College. Beyond her studies,

Lynn found joy in singing—she was a proud member of her choir, which toured beyond county lines and even had the unforgettable honor of performing in front of the White House in 1976.

On a memorable charter bus trip to Myrtle Beach, Lynn's life took a beautiful turn when she met her future husband, Dan, who was the bus driver. The two married in November 1996 and shared 27 wonderful years together.

Professionally, Lynn dedicated 19 years as the executive secretary for Life of Georgia Insurance Company. She also embraced her passion for fitness, working as an exercise instructor, personal trainer, and water aerobics teacher. In 1996, Lynn chose to leave her career to become a stay-at-home wife, cherishing the time with her loved ones.

Lynn loves to travel and explore new places, but she says there's truly no place like home. She's found a warm and welcoming community here at Legacy Village, where she continues to enjoy life's moments to the fullest.

We're so grateful to have Lynn as part of our family!

# BEAUTIFUL DAY FOR A DAY AT THE PARK











### **Life Enrichment Corner**



July feels like a blind date with summer—full of bright possibilities and new adventures waiting to unfold. Now that we're settled into our summer rhythm, it's the perfect time to pause and express

our heartfelt appreciation to all the wonderful residents who make our community so special.

Every day, we are inspired by the incredible talents, professions, and experiences that our residents generously share with us. Among us are registered nurses, pharmacists, teachers, exercise trainers, police officers, business owners, and military veterans—just to name a few. These diverse backgrounds and achievements enrich our community, reminding us of the strength and spirit we build together.

As we enjoy the sunshine and longer days, let's continue to support one another, celebrate our unique stories, and thrive as a vibrant, caring community. Here's to making this summer one filled with joy, connection, and growth!

Lawrence Young
Life Enrichment Director



### BINGO BATTLE ROYALES

American House Takes on Legacy Village!



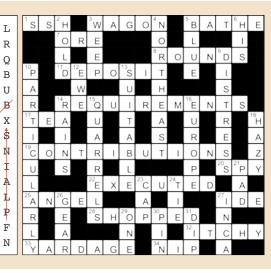


# CRAFT CORNER: STENCIL PAINTING













# LEGACY VILLAGE OF HENDERSONVILLE

### Storytime, Smiles, & Scribbles: Residents & Tots Team Up for Fun!

Our wonderful residents spent a joyful day with the little ones from The Academy, sharing stories, coloring, and laughter. The visit

was such a hit that it's now becoming a regular monthly tradition — bringing generations together one smile at a time!















## The Power of Community: Staying Connected Matters

In every season of life. connection is a vital ingredient for happiness and health. At our community, both independent and assisted living residents share more than just

a building—they share friendships, experiences, and the simple joy of being together.

Whether enjoying activities in the common areas, joining outings, or simply chatting over coffee, these moments of connection do more than fill the day. Studies show that staying socially active can improve mental sharpness, reduce feelings of loneliness, and even support physical well-being. For our independent living residents, engaging with neighbors and friends offers the perfect balance of independence and companionship. For those in assisted living, these connections provide comfort, encouragement, and a sense of belonging.

Our community's design encourages this blending of lifestyles, so it's common to see residents from both sides participating in the same events and outings. It's a beautiful reminder that age or ability doesn't limit the power of friendship.

By nurturing these bonds, we create a supportive environment where everyone can thrive—feeling seen, valued, and part of something bigger than themselves. After all, community isn't just a place; it's a feeling we build together every day.

We encourage everyone to take advantage of the many opportunities available to connect with neighbors and friends—whether it's joining a game night, attending a group outing, or simply stopping by the common areas for a chat. These moments create memories, spark laughter, and foster support networks that make everyday life richer and more fulfilling. Remember, no matter where you are in your journey, there's always a place for you here, surrounded by people who care.  $\ddot{v}$ 



### Introducing Kathleen Hawkins, Sales & Marketing Director

### Hello!

My name is Kathleen Hawkins, and I am so excited to introduce myself as the new Sales and Marketing Director at Legacy Village of Hendersonville. Many of you may already

know me from my years with the Hendersonville Chamber of Commerce, where I had the pleasure of connecting with so many families, businesses, and community leaders in our wonderful town.

Hendersonville has always felt like home, and I am truly passionate about serving the seniors and families who make this community so special. In my new role, I hope to be a resource for you-someone you can turn to for guidance, support, and real solutions as you explore options for yourself or a loved one.

I look forward to meeting each of you, building new relationships, and helping more people discover all that Legacy Village has to offer. Whether you're interested in collaborating with us, searching for answers, or just want to stop by and say hello, my door is always open. Please feel free to reach out, schedule a tour, or simply introduce yourself—I can't wait to get to know you!

I can be reached on my phone at (615) 490-5029. Let's connect, collaborate, and continue caring for our seniors together.

Sincerely,

Lathern tawing Sales and Marketing Director











**5 Years of Residency** 

Shirley King

### A WALK DOWN MEMORY LANE: 4TH OF JULY EDITION



Reba. My parents met on the 4th of July. So, we would have a large family gathering and celebration with a cookout, spending time with our entire family. Since we had a large family, we wouldn't go into town to watch the fireworks.



**Beth.** On the Fourth of July, we love to have a picnic with my entire family. It wasn't a cookout or anything like that, but it was a typical picnic style meal. Sometimes, we'd also go downtown to watch the fireworks.



Mark. As a state trooper, you typically don't get holidays off. However, when I do have the 4th of July off, we would have a cookout with hotdogs and burgers. We would spend the day with my friends and family. Later in the evening, we would set off fireworks and see who could set the neighbor's field on fire first.









### THE SCOOP ON GARDENING!

Gardening provides both physical and mental benefits. Tending plants reduces stress and agitation while stimulating the senses through touch, smell, and sight. It encourages gentle movement and fosters a sense of accomplishment and purpose, boosting mood and well-being. Beyond physical benefits, gardening promotes connection through shared activities or quiet moments in nature—helping residents stay grounded, comforted, and joyful in a nurturing environment.

### **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
- 3. Crv 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

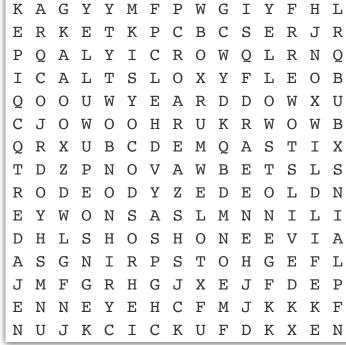
- 27. Machu Picchu group
- 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips

and \_\_\_

# **Wyoming**

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"July is	y 2025	11:00 Yoga 1:30 p.m. Daily Chronicles and Word Challenge!	10:00 a.m. Daily Chronicles 10:45 a.m. Uplifting Short Stories/ w Lawrence 11:00 a.m. Communion in the front Parlor 1:00 p.m. Devotion w/ Jamie On the 3 <sup>rd</sup> Floor 1:00 p.m. Walmart 3:00 p.m. Bingo	10:30 a.m. Daily Chronicles & Chat Pack! 11:00 Movement & Fitness 1:00 p.m. Food Council	and Independence Day Trivia! 11:30 a.m. 4th of July	10:00 a.m. Devotion in the 5 dining room 1:00 p.m. UNO 2:00 p.m. Bingo!
10:00 a.m. Church in the 6 Dining room 1:00 p.m. Uno 2:30 p.m. Movie	11:00 a.m. Senior Fitness Chair workout 1:30 p.m. Devotion w/ Carol 3 <sup>rd</sup> floor	11:00 Yoga 1:30 p.m. Daily Chronicles and Word Challenge! 2:30 p.m. Music w/ Brian Gleason!	10:00 a.m. Daily Chronicles 10:45 a.m. Uplifting Short Stories/ w Lawrence 11:00 a.m. Communion in the front Parlor 1:00 p.m. Devotion w/ Jamie On the 3 <sup>rd</sup> Floor 1:00 p.m. Walmart 3:00 p.m. Bingo	10:00 a.m. Devotion w/Erito 10:30 a.m. Daily Chronicles & Chat Pack! 11:00 Movement & Fitness 1:00 p.m. Arts n Craft 2:00 p.m. Music w/ Billy Gaines 3:00 p.m. Minute to win It! Ring Toss!	Chronicles and Chat Pack! 11:00 Outing (Myers Front Porch and Hobby Lobby)	10:00 a.m. Devotion in the 12 dining room 1:00 p.m. UNO 2:00 p.m. Bingo Selected First SC! W/ Mattie!
10:00 a.m. Church in the 13 Dining room 1:00 p.m. Checkers 2:30 p.m. Movie	11:00 a.m. Senior Fitness Chair workout 1:30 p.m. Devotion w/ Carol 3 <sup>rd</sup> floor 2:30 p.m. Bingo!	11:00 Yoga 12:45 p.m. Outing Baskin Robbins/ Park and Scenic Drive		10:30 a.m. Daily Chronicles & Chat Pack! 11:00 Movement & Fitness 1:00 p.m. Resident Council	and Balloon Badminton 10:45 a.m. Outing (Edley's) 1:00 p.m. Music w/ Ricky	10:00 a.m. Devotion in the 19 dining room 1:30 Music w/ Danny McCorkle! 2:30 p.m. Bingo!
10:00 a.m. Church in the 20 Dining room 1:00 p.m. Uno 2:30 p.m. Movie	News and Brews 11:00 a.m. Senior Fitness Chair workout 1:30 p.m. Devotion w/ Carol 3rd floor	11:00 Drum Fit! 1:30 p.m. Daily Chronicles and Word Challenge! 2:00p.m. Bocce Ball! 3:45 p.m. July Trivia and Prizes!	10:00 a.m. Daily Chronicles 10:45 a.m. Uplifting Short Stories/w Lawrence 11:00 a.m. Communion in the front Parlor 1:00 p.m. Devotion w/ Jamie On the 3 <sup>rd</sup> Floor 1:00 p.m. Walmart 3:30 p.m. Bingo	10:30 a.m. Daily Chronicles & Chat Pack! 11:00 Movement & Fitness 1:00 p.m. Music/ Garth	and Simon Says! 10:45 Outing (Puckett's) 1:00pm Movie (West Side Story) Popcorn and Soda	10:00 a.m. Devotion in the 26 dining room 1:00 p.m. UNO 2:00 p.m. Bingo!  Happy Birthday Lawrence!
10:00 a.m. Church in the 27 Dining room 1:00 p.m. Checkers 2:30 p.m. Movie	Chair workout 1:30 p.m. Devotion w/ Carol 3 <sup>rd</sup> floor 2:30 p.m. Bingo!	10:30 Italian Hotdogs w/ Lawrence and Travel to New Jersey! 1:00 Music/ W Gabe Steel Drums! 2:30 p.m. Washer Toss!	10:45 a.m. Uplifting Stories w/Lawrence 11:00 a.m. Communion in the front Parlor 1:00 p.m. Devotion w/ Jamie On the 3 <sup>rd</sup> Floor 1:00 p.m. Walmart 3:00 p.m. Bingo	10:00 a.m. Devotion w/Erig1 10:30 a.m. Daily Chronicles & Chat Pack! 11:00 Movement & Fitness 1:00 p.m. Axonics Health Talk on Bladder Control 2:30pm Birthday Bash and Magic Show w/ Stephen Gervais!	All I need is a good	dose of vitamin sea.  d Living

	The second second		MONTH IN					100
Z	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	•	2025	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Balloon Toss 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Parachute Play 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Reminiscence Stories 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Sing-Along 10:00 Hydration and Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Music Therapy 3:00 Movie and Popcorn	10:00 Morning Exercise 11:00 The Table Talk Tea 1:00 Crafty Creations 3:00 Put Me Together	5
	The F	Harbor	Canada Day			Independence Day (US)		1
	11:00 The Table Talk Tea 1:00 Church 3:00 Bingo	9:00 Morning Exercise 9:30 Manicure Monday 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	,	9:00 Morning Exercise 9:30 Parachute Play 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Music Therapy 3:00 Lovely and Lucynt		1 10:00 Morning Exercise 11:00 The Table Talk Tea 1:00 Crafty Creations 3:00 Put Me Together	12
	11:00 The Table Talk Tea 1:00 Church 3:00 Bingo	9:00 Morning Exercise 9:30 Manicure Monday 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Tennessee State Museum 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Parachute Play 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Puzzle Time 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Sing-Along 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Music Therapy 3:00 Movie and Popcorn	10:00 Morning Exercise 11:00 The Table Talk Tea 1:00 Crafty Creations 1:30 Music Therapy 3:00 Put Me Together	19
	11:00 The Table Talk Tea 1:00 Church 3:00 Bingo	9:00 Morning Exercise 9:30 Manicure Monday 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Resident Council 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Parachute Play 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Sensory Box 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Sing- Along 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	10:00 Morning Exercise 11:00 The Table Talk Tea 1:00 Crafty Creations 3:00 Put Me Together	26
	11:00 The Table Talk Tea 1:00 Church 3:00 Bingo	9:00 Morning Exercise 9:30 Manicure Monday 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Music Therapy 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Ice Cream at The Park 3:00 Lovely and Lucynt	9:00 Morning Exercise 9:30 Parachute Play 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Bingo 3:00 Movie and Popcorn	9:00 Morning Exercise 9:30 Arts & Crafts 10:00 Hydration & Snacks 11:00 The Table Talk Tea 1:00 Quiet Hour 2:00 Parachute Play 3:00 Lovely and Lucynt			
	The Harbor at Legacy Villa	age of Hendersonville *ac	tivities are subject to chang	le*		and the same		-