



*Life. Love. Legacy.™*

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## Your Administrative Team



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Director; Director of  
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Director



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## LEGACY VILLAGE OF ATHENS

NEWSLETTER | JULY 2025



## Message From Your Director of Life Enrichment & Engagement



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,





Lorrie Miller: A Life in Harmony



Born and raised amid the scenic wheat fields and apple orchards of Spokane, Washington, Dolores “Lorrie” Miller grew up surrounded by creativity and community. The youngest of three, Lorrie inherited her artistic spirit from her parents—her father, a skilled woodworker and artist, and her mother, a master of sewing and needlepoint. Creativity wasn’t just a hobby; it was woven into the fabric of her family’s life.

Music found Lorrie early. From singing in the church choir as a young girl to directing the children’s choir by eighth grade—and even leading the adult choir as a teenager—her talent and poise shone bright. A quietly inspiring moment came when she discovered her father’s secret gift for singing, planting the roots of her own passion.

College brought more than education; it brought Jerry, her future husband. An energetic athlete and head cheerleader, Jerry was captivated by Lorrie’s voice, often sitting silently in the audience, letting her songs speak straight to his heart. Their love blossomed in those quiet moments, built on devotion rather than grand gestures.

After college, Lorrie and Jerry’s journey took them from California and Texas to Lilburn, Georgia, where Lorrie became a cherished Lutheran church choir director for over 30 years. Her leadership and musicianship touched countless lives, and her retirement left a void felt deeply by the community.

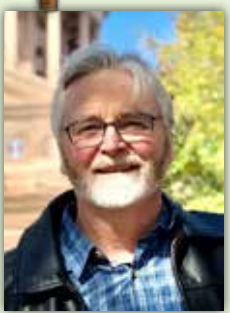
Now a beloved resident of Legacy Village of Athens, Lorrie continues to inspire with her unwavering love for music and family. A proud mother, grandmother, and great-grandmother, she looks forward to sharing her passion by joining the upcoming music club, bringing her story full circle.

Lorrie’s life is a beautiful melody of creativity, love, and grace—a true testament to the power of music and the joy of growing with heart.



Guest Chaplain Corner

Freedom



As we prepare to celebrate the 249th anniversary of our nation’s independence, we have a lot to be thankful for. Even in the midst of the current political turbulence gripping our nation, we are thankful for our country’s founding and guiding documents- the Constitution and the Bill of Rights. Our Founding Fathers ensured that we (and all generations) have freedom from tyranny:

*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by the Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”* This is the law of the land and has governed us for 248 years.

As Christians, we also celebrate a different form of freedom. It is found in another guiding document, the Bible. There is much about freedom in God’s Word. When teaching His Jewish followers, He said this to them about freedom:

**John 8:31-32 (NIV)** “To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” Many followers of Jesus had a problem with this teaching because they felt they were already free. They were descendants

of Abraham and God’s chosen people. But Jesus was teaching about freedom from sin. The people thought they were righteous by following the Jewish law. So, Jesus went on to explain in **John 8:34-36** “Jesus replied, “**Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.**”

Freedom in Christ. Unalienable Rights from the Creator, not just for our nation but for the world! Because: **“For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16.**

Believe in Jesus, remain in Him, and hold to His teaching. The ultimate freedom is available to all of us, and it is for eternity, and no one can take it from us!

*\*Next year will be our country’s 250th year anniversary. It’s otherwise known as our semiquincentennial celebration (say that five times as fast as you can)! This sounds like a long time but it’s really not that long for a country. We should cherish the freedom that we have and remember that our freedom wasn’t free but was paid for by the sacrifice of others. Let us remember and be thankful for them.*

Chaplain Jim Hergenroether  
Renaissance Senior Living of Hilldale  
Madison, Wisconsin



**Engine Trouble:** Taxiing down the tarmac, the jetliner abruptly stopped, turned around and returned to the gate. After an hour long wait, it finally took off. A concerned passenger asked the flight attendant, “What was the problem?” “The pilot was bothered by a noise he heard in the engine,” explained the flight attendant, “and it took us a while to find a new pilot.”



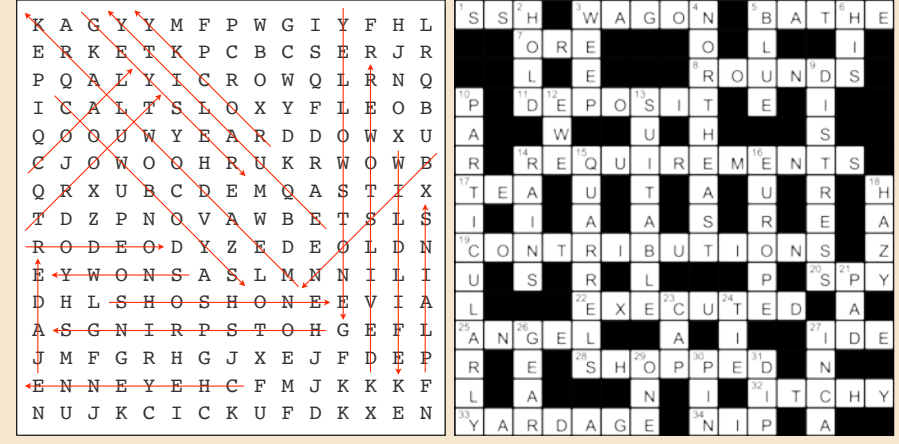
Food for Thought

Cucumbers make great natural deodorizers. Their high water content and mild scent freshen the air when sliced and left in the fridge or small spaces. They also absorb odors, making them especially useful in places like your kitchen or bathroom. Just slice and place in a bowl to let the fresh scent eliminate unwanted smells.



Sea otters hold hands while they sleep to keep from drifting away from each other in the water. This adorable behavior helps them stay connected, especially in large groups called rafts. They may also wrap themselves in kelp to attach themselves in place. It’s not just practical, it’s also one of the cutest survival strategies in the animal kingdom.

PUZZLE SOLUTIONS



TALKING Tidbits

In the early 1900s, it was popular to celebrate July 4th with “bicycle parades”—but the real showstoppers were the pigs. That’s right: in some towns, folks would dress up pigs in patriotic ribbons and race them down Main Street. Prizes were given for the fastest (and best-dressed) pig. Nothing says “freedom” quite like a pig in a bowtie running for glory!







## Artful Articulation


### 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.

happy  4th of july  
INDEPENDENCE DAY



## 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 relaxing.
- **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.



## The Power of Community: Why Staying Connected Matters

In every season of life, connection is a vital ingredient for happiness and health. At our community, our residents share more than just a building—they share friendships, experiences, and the simple joy of being together.



Matching Sundaes: 3&7

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. ÷



## Happy Birthday!

**RESIDENTS**  
18<sup>th</sup> Betty Dawson

**TEAM MEMBERS**  
15<sup>th</sup> Nicole Jacoby  
20<sup>th</sup> Jeremy Wood  
27<sup>th</sup> Quintella Thomas



**3 YRS** Sandra Carey  
**1 YR** Regina Clonts  
John Lord

## TEAM MEMBER Anniversaries

**1 YEAR OF SERVICE**  
Amanda Eubanks  
Cindy Hannon  
Mara Smith

Thank You!





## Welcome, Pam Forehand – Our Texas-Sized Treasure!



We are beyond thrilled to welcome Pam Forehand, a vibrant soul with a heart as big as Texas, into our community. Born and raised in the Lone Star State, Pam embodies everything Texan—gritty, gracious, and overflowing with charm.

A true free spirit, Pam has journeyed across the globe and devoured every book she could get her hands on. Her boundless curiosity and love for learning have shaped her into a storyteller, a philosopher, and the kind of friend who always offers fresh, insightful perspectives.

Pam's family story is as rich as her own adventures. Growing up alongside her beloved sister Joanne, their bond extended to Joanne's son, Brad—who often says he was lucky to have two moms. Pam has remained a guiding light in Brad's life, a source of unwavering love, laughter, and support.

At 81, Pam's energy and zest for life are nothing short of inspiring. She boasts walking

endurance that would impress even the most seasoned hikers, always ready for outings and new experiences. Whether she's choosing a classic nail polish shade one week or rocking a funky 1970s hue the next, Pam's flair for surprises keeps everyone guessing.

And then there's her love of music. The moment a favorite song starts during activities, Pam's voice fills the room, singing every word with joy and infectious enthusiasm. Her spirit lights up every space, bringing smiles and a skip to everyone's step.

As August approaches and Pam celebrates her 81st birthday, we're calling it "80-Fun" because with her around, every day is brighter, livelier, and full of heart.

We're incredibly lucky to have Pam as part of our family—a true Texas treasure whose spirit enriches us all.



### ACROSS

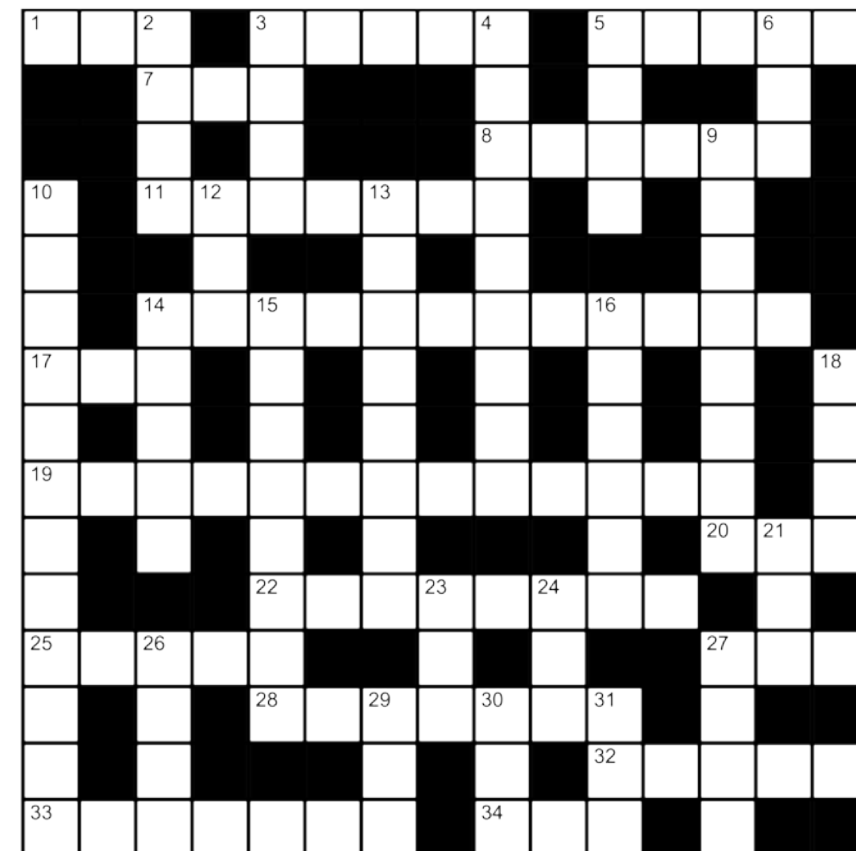
- Often overheard in a library
- Oregon Trail transportation
- Get clean
- Mineral yet to be processed
- Pub orders
- Withdrawal's opposite
- Criteria
- Caffeine source
- Donations
- Mole
- Carried out
- Heavenly host?
- Integrated Drive Electronics, abbrev.
- Made purchases
- Like wool, to some
- Distance gained by a football player
- Small bite

### DOWN

- "I Want to \_\_\_\_ Your Hand," by the Beatles
- Cry softly
- In the United States, New England
- Red + \_\_\_\_ = purple
- He's a man of \_\_\_\_ word
- Anguish, hardship
- Especially
- Lamb's mother
- Appropriate
- "When it \_\_\_\_\_, it pours!"
- Disagreements

- France's continent
- Vague, as a memory
- Hippie's hangout
- Graduate's headwear
- Windsor, for one
- Equipment

- Machu Picchu group
- "The loneliest number"
- Brooch
- Party favorites: chips and \_\_\_\_



## Alzheimer's Support Services

This is a complimentary service to the family members we serve! It includes a teleconference or voice call where Dr. Harvard can listen to the history and daily challenges you and your loved one are experiencing and relate those concerns and feelings to his twenty years of caregiving for his wonderful wife, Linda. A special calendar is provided for you to schedule your time with Dr. Harvard.

Services available:

Mon. & Wed. 10am – 1pm ET  
Tues. & Thurs. 12pm – 3pm ET

[legacysl.net/Alzheimers-support](https://legacysl.net/Alzheimers-support)



"My struggles and victories are chronicled in my blog, *Dementia: Walking Victoriously through the 'Long Goodbye.'* During this ordeal, two things became very clear to me: My academic background was being greatly enhanced by on-the-job training, and secondly, God was preparing me, in the final chapter of my life, to minister to the families of Memory Care residents.

I began conversing with and supporting other family members at Legacy Village of Cleveland in 2019. Also, I hosted a monthly support group for other family members, team members, and community leaders who found themselves going through the same heartbreak and desperation that I had been through.

It has been an honor and a privilege to have the opportunity to meet so many fellow travelers."

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

## Wyoming

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



BISON	GEYSER	RODEO
CHEYENNE	HOT SPRINGS	SHOSHONE
COAL	JADE	SNOWY
COWBOYS	MEADOWLARK	TROUT
DEVILS TOWER	PLAINS	WILDLIFE
EQUALITY	ROCKY	YELLOWSTONE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>July 2025</div> <div>Assisted Living</div> </div>		<b>National Joke Day 1</b> 9:00 Daily Devotion 9:30 Move to Music 10:00 Refreshment/Reflect 10:00 <b>Walking with Travis</b> 11:00 Triva Fun 2:00 Nature Art 3:00 Move to the Music 4:00 Music Play Back 6:00 Game Show Network <small>Canada Day</small>	<b>National I Forgot Day 2</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Win Lose or Draw 2:00 Step to the beat 3:00 Drum Roll 4:00 Bingo 6:00 Game Show Network	<b>Stay Out of the Sun Day 3</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word Game 2:00 Creative Art 3:00 Aroma Therapy 4:00 Moving and Grooving 6:00 Game Show Network	<b>Happy July 4<sup>th</sup> 4</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 4 <sup>th</sup> of July Triva 2:00 Cluster Groups 3:00 Walk It Out 4:00 4 <sup>th</sup> of July Music 6:00 Game Show Network <small>Independence Day (US)</small>	<b>National Corn Hole Day 5</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board games 4:00 Afternoon Freshen Up 6:00 Evening News
<b>Fried Chicken Day 6</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing- A- long 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>National Strawberry Day 7</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 <b>Strawberry Sundae Haylee</b> 3:00 Moving and Grooving 4:00 Google Earth 6:00 Game Show Network	<b>Freezer Pop Day 8</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 World Art 3:00 Dance like no one is Looking 4:00 Music with Michael 6:00 Game Show Network	<b>Fashion Day 9</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Hang Man 2:00 Art of Dancing 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>National Kitten Day 10</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Finish the Line 2:00 Creative Art 3:00 Aroma Therapy 4:00 Mountain Music 6:00 Game Show Network	<b>All American Pet Day 11</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Triva Fun 2:00 Cluster Groups 3:00 Move to the Music 4:00 Classical Music 6:00 Game Show Network	<b>National Jell-O Day 12</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00 Evening News
<b>Embrace Your Geekness Day 13</b> 9:00 Exercise with Sharon 9:30 Refreshment/ Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>Mac &amp; Cheese Day 14</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 Creative Cooking 3:00 Mole in a Hole 4:00 Sing-along 6:00 Evening Current Events	<b>National Be a Dork Day 15</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 Mountain Art 3:00 Dance like no one is Looking 4:00 Folk Music 6:00 Game Show Network	<b>National Ice Cream Day 16</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/ Reflect 11:00 Ice Cream Triva 2:00 Feel the Beat 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>National Peach Day 17</b> 9:00 Daily devotion 9:30 B-Fit exercise 10:00 Refreshment/Reflect 11:00 Ga Peach Triva 2:00 <b>Peach Ice Cream with Cissy</b> 3:00 Aroma Therapy 4:00 Moving and Grooving 6:00 Game Show Network	<b>National Pajama Day 18</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 PJ Triva 2:00 The Art of New York 3:00 Loosen Up 4:00 Music on the Move 6:00 Game Show Network	<b>National Football Day 19</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00 Evening News
<b>Moon Day 20</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>National Junk Food Day 21</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 <b>Junk Food Fun with Travis</b> 3:00 Table Ball Roll 4:00 1950 Sing-along 6:00 Game Show Network	<b>Good Teammate Day 22</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 Creative Art 3:00 Dance like no one is Looking 4:00 Classical Music 6:00 Game Show Network	<b>Gorgeaus Grandma Day 23</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Grandma Triva 2:00 Feel the Beat 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>Tell an Old Joke Day 24</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/ Reflect 11:00 Tell a joke 2:00 <b>Art with Tiffany</b> 3:00 Aroma Therapy 4:00 Laugh Out Loud 6:00 Game Show Network	<b>Carousel Day 25</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Carousel Triva 2:00 Art of Love 3:00 Loosen Up 4:00 Music on the Move 6:00 Game Show Network	<b>Aunt &amp; Uncle Day 26</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 ESPN Sports 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00
<b>National Walk Day 27</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>Milk Chocolate Day 28</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 Creative Cooking 3:00 Newspaper Roll 4:00 Country Sing-along 6:00 Game Show Network	<b>National Lasagna Day 29</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Teavis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 <b>ButterBean Auction with Cissy</b> 3:00 Dance like no one is Looking 4:00 Music on the Move 6:00 Game Show Network	<b>Friendship Day 30</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Friends Triva 2:00 Birthday Celebration 3:00 Stomp it Out 4:00 Bingo 6:00 Game Show Network	<b>Red Friday/Chili Dog Day 31</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Food Triva 2:00 Creative Art 3:00 Aroma Therapy 4:00 Move to the Music 6:00 Game Show Network	<b>National Social Wellness Month</b> <b>National Grilling Month</b> <b>National Ice Cream Month</b> <b>National Watermelon Month</b> <div>Happy Birthday!!!</div> <div>Betty Dawson 7/18</div>	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 2025</b>  <b>The Harbor</b>		<b>National Joke Day 1</b> 9:00 Daily Devotion 9:30 Move to Music 10:00 Refreshment/Reflect 10:00 <b>Walking with Travis</b> 11:00 Triva Fun 2:00 Nature Art 3:00 Move to the Music 4:00 Music Play Back 6:00 Game Show Network <small>Canada Day</small>	<b>National I Forgot Day 2</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Win Lose or Draw 2:00 Step to the beat 3:00 Drum Roll 4:00 Bingo 6:00 Game Show Network	<b>Stay Out of the Sun Day 3</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word Game 2:00 Creative Art 3:00 Aroma Therapy 4:00 Moving and Grooving 6:00 Game Show Network	<b>Happy July 4<sup>th</sup> 4</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 4 <sup>th</sup> of July Triva 2:00 Cluster Groups 3:00 Walk It Out 4:00 4 <sup>th</sup> of July Music 6:00 Game Show Network <small>Independence Day (US)</small>	<b>National Corn Hole Day 5</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board games 4:00 Afternoon Freshen Up 6:00 Evening News
<b>Fried Chicken Day 6</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing- A- long 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>National Strawberry Day 7</b> 9:00Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 <b>Strawberry Sundae Haylee</b> 3:00 Moving and Grooving 4:00 Google Earth 6:00 Game Show Network	<b>Freezer Pop Day 8</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 World Art 3:00 Dance like no one is Looking 4:00 Music with Michael 6:00 Game Show Network	<b>Fashion Day 9</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Hang Man 2:00 Art of Dancing 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>National Kitten Day 10</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Finish the Line 2:00 Creative Art 3:00 Aroma Therapy 4:00 Mountain Music 6:00 Game Show Network	<b>All American Pet Day 11</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Triva Fun 2:00 Cluster Groups 3:00 Move to the Music 4:00 Classical Music 6:00 Game Show Network	<b>National Jell-O Day 12</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00Evening News
<b>Embrace Your Geekness Day 13</b> 9:00 Exercise with Sharon 9:30 Refreshment/ Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>Mac &amp; Cheese Day 14</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 Creative Cooking 3:00 Mole in a Hole 4:00 Sing-along 6:00 Evening Current Events	<b>National Be a Dork Day 15</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 Mountain Art 3:00 Dance like no one is Looking 4:00 Folk Music 6:00 Game Show Network	<b>National Ice Cream Day16</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/ Reflect 11:00 Ice Cream Triva 2:00 Feel the Beat 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>National Peach Day 17</b> 9:00 Daily devotion 9:30 B-Fit exercise 10:00 Refreshment/Reflect 11:00 Ga Peach Triva 2:00 <b>Peach Ice Cream with Cissy</b> 3:00 Aroma Therapy 4:00 Moving and Grooving 6:00 Game Show Network	<b>National Pajama Day 18</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 PJ Triva 2:00 The Art of New York 3:00 Loosen Up 4:00 Music on the Move 6:00 Game Show Network	<b>National Football Day 19</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 Game Show Network 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00 Evening News
<b>Moon Day 20</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>National Junk Food Day 21</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 <b>Junk Food Fun with Travis</b> 3:00 Table Ball Roll 4:00 1950 Sing-along 6:00 Game Show Network	<b>Good Teammate Day22</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 Creative Art 3:00 Dance like no one is Looking 4:00 Classical Music 6:00 Game Show Network	<b>Gorgeaus Grandma Day23</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Grandma Triva 2:00 Feel the Beat 3:00 Pet Therapy 4:00 Bingo 6:00 Game Show Network	<b>Tell a Old Joke Day 24</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/ Reflect 11:00 Tell a joke 2:00 <b>Art with Tiffany</b> 3:00 Aroma Therapy 4:00 Laugh Out Loud 6:00 Game Show Network	<b>Carousel Day 25</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Carousel Triva 2:00 Art of Love 3:00 Loosen Up 4:00 Music on the Move 6:00 Game Show Network	<b>Aunt &amp; Uncle Day 26</b> 9:00 Daily Devotion 9:30 Exercise with Sharon 10:00 Refreshment/Reflect 11:00 ESPN Sports 2:00 ESPN Sports 3:00 Board Games 4:00 Afternoon Freshen Up 6:00
<b>National Walk Day 27</b> 9:00 Exercise with Sharon 9:30 Refreshment/Reflect 10:00 Hymn Sing-along 11:00 Sunday Worship 2:00 Afternoon Matinee 3:00 Ball Toss and Talk 4:00 Nature Show 6:00 Evening Current Events	<b>Milk Chocolate Day 28</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Word in a Word 2:00 Creative Cooking 3:00 Newspaper Roll 4:00 Country Sing-along 6:00 Game Show Network	<b>National Lasagna Day29</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 <b>Walking with Travis</b> 10:00 Refreshment/Reflect 11:00 Common Sayings 2:00 <b>ButterBean Auction with Cissy</b> 3:00 Dance like no one is Looking 4:00 Music on the Move 6:00 Game Show Network	<b>Friendship Day 30</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Friends Triva 2:00 Birthday Celebration 3:00 Stomp it Out 4:00 Bingo 6:00 Game Show Network	<b>Red Friday/Chili Dog Day31</b> 9:00 Daily Devotion 9:30 B-Fit Exercise 10:00 Refreshment/Reflect 11:00 Food Triva 2:00 Creative Art 3:00 Aroma Therapy 4:00 Move to the Music 6:00 Game Show Network	<b>National Social Wellness Month</b> <b>National Grilling Month</b> <b>National Ice Cream Month</b> <b>National Watermelon Month</b> <b>Happy Birthday!!!</b> <b>Betty Dawson 7/18</b>	