



*Life. Love. Legacy.™*  
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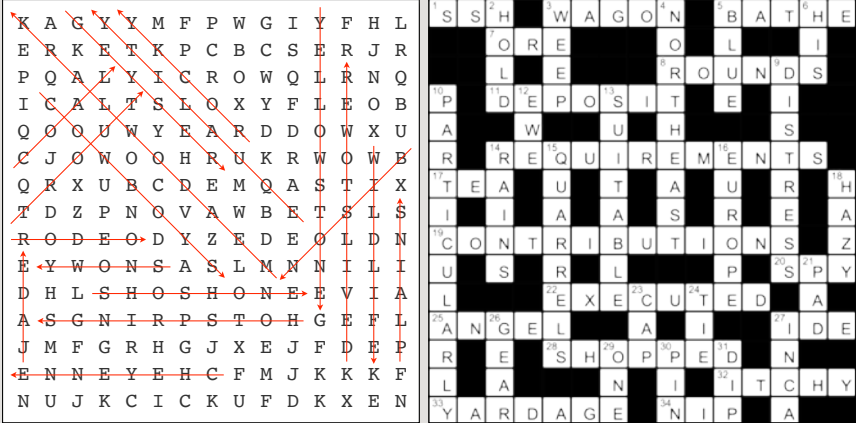
RENAISSANCE ASSISTED LIVING NEWSLETTER | JULY 2025

Bringing you closer to the heart of Renaissance Assisted Living—  
through stories, updates, and shared moments.

Life. Love. Legacy.™



Beth Murphy, LPN  
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,  
*Beth Murphy*

**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!



**Just for Laughs!** *Engine Trouble:* Taxi-ing 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."

*Matching Sundaes: 3&7*



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. ☺



I'd like to be remembered as a person who wanted to be free & wanted other people to be also free

Rosa Parks

Artful Articulations



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.





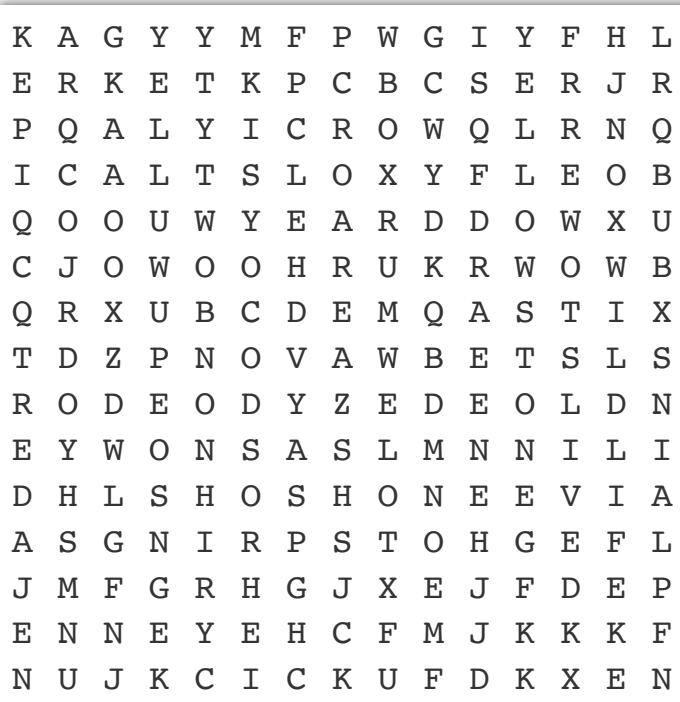
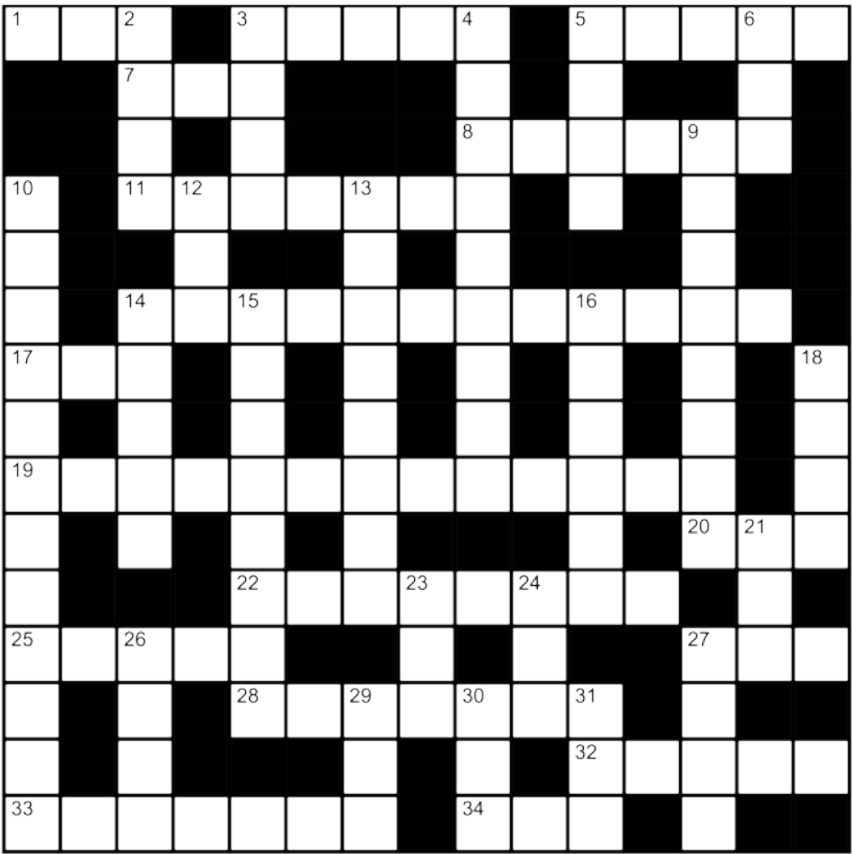
ACROSS

- 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. 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.



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

A Century of Grace: Celebrating Ellie's 101 Remarkable Years



Eleanor "Ellie" Wabnitz recently celebrated her 101st birthday at Renaissance Assisted Living, and what a celebration it was! Themed around the beloved 101 Dalmatians, the party transformed the community with colorful streamers, balloons, sweet treats, and an abundance of laughter and joy. The room shimmered with warmth and admiration as friends, family, and fellow residents gathered to honor a life truly extraordinary.

Turning 101 is more than just a number—it's a doorway into a century filled with remarkable moments. Ellie's lifetime spans an era of breathtaking change and progress. She was born into a world where the Wright brothers' first flight was still fresh in memory, and where radio was a marvel that brought voices into living rooms for the very first time. She lived through the Great Depression, World War II, and witnessed the dawn of a new age of communication that forever changed how we connect.

Over the decades, Ellie has seen the rise of the internet, the explosion of smartphones that keep us linked across the globe, and the ever-evolving soundtrack of our lives—from jazz and blues to rock, soul, and hip-hop. She watched cities grow and cultures blend, all while embodying resilience, hope, and the timeless power of community.

On this special day, we celebrated not only Ellie's incredible milestone but also the kindness, wisdom, and grace she shares with everyone lucky enough to know her. Her story is a shining testament to a life well-lived—full of memories that inspire and moments that bridge generations.

Happy 101st birthday, sweet Ellie. Your journey through time is a treasure to us all, and we are truly honored to celebrate you. ü



101  
YEARS YOUNG!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>Renaissance Activity Calendar</div>		<div><u>Jaba</u> 1</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:30 Greene Historical Society Presentation 11:30 Visit with ASC/Members 'Choice 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 2:00-3:00 Pastor Greg</div> <div>Canada Day</div>	<div><u>Jaba</u> 2</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise w/Minna 10:00 Site Council Meeting 10:30 Word Wednesday/Garden Room Games 11:30 How to Humor Your Stress 12:00 Lunch <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan</div>	<div><u>Jaba</u> 3</div> <div>9:30 -1 MEMBER PICNIC AT WESTOVER CHURCH LUNCH IS PROVIDED <u>Renaissance Alternative Activity</u> 2:00-3:00 Tricky Puzzle Hour 3:00-4:00 Adult Coloring</div>	<div><u>Renaissance</u> 4</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 Fourth of July Celebration!</div> <div>Independence Day (US)</div>	<div><u>Renaissance</u> 5</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games</div>
<div><u>Renaissance</u> 6</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!</div>	<div><u>Renaissance</u> 7</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 Movie and Popcorn</div>	<div><u>Jaba</u> 8</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 What's Your Verdict? 11:00 Summer Cupcake Decorating 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 2:00-3:00 Pastor Greg</div>	<div><u>Jaba</u> 9</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise w/Minna 10:00 Word Wednesday/Cards 11:00 "Cups" Game 12:00 Lunch 12:30 Adult Coloring <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan</div>	<div><u>Jaba</u> 10</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/Corn Hole/Word Search <u>Renaissance Alternative Activity</u> 2:00-3:00 DIY Crafts 3:00-4:00 Baking Club</div>	<div><u>Renaissance</u> 11</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!</div>	<div><u>Renaissance</u> 12</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games</div>
<div><u>Renaissance</u> 13</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!</div>	<div><u>Renaissance</u> 14</div> <div>9:00-10:00 Coffee Social and "Tea Talk" 12:00 Lunch 2:00-3:00 Whack a Mole! (with balloons) 3:00-4:00</div>	<div><u>Jaba</u> 15</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Balloon Craft 11:00 Visit with Piper Ivy Preschool 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 2:00-3:00 Pastor Greg</div>	<div><u>Jaba</u> 16</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Word Wednesday/Puzzles in Garden Room 11:00 TRIAD Presentation 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan</div>	<div><u>Jaba</u> 17</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise 10:00 Crafting 11:00 Drum Circle 12:00 Lunch 12:30 Ring Toss/Corn Hole/Word Search <u>Renaissance Alternative Activity</u> 2:00-4:00 Movie and Popcorn</div>	<div><u>Renaissance</u> 18</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!</div>	<div><u>Renaissance</u> 19</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games</div>
<div><u>Renaissance</u> 20</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!</div>	<div><u>Renaissance</u> 21</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Whack a Mole! with balloons) 3:00-4:00 Baking Club</div>	<div><u>Jaba</u> 22</div> <div>9: 15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Movie Day! 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 2:00-3:00 Pastor Greg</div>	<div><u>Jaba</u> 23</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Word Wednesday 11:00 Cooking Demonstration with Chef Herbert 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan</div>	<div><u>Jaba</u> 24</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/Corn Hole <u>Renaissance Alternative Activity</u> 2:00-3:00 Tricky Puzzle Hour 3:00-4:00 Adult Coloring</div>	<div><u>Renaissance</u> 25</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!</div>	<div><u>Renaissance</u> 26</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games</div>
<div><u>Renaissance</u> 27</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!</div>	<div><u>Renaissance</u> 28</div> <div>8:00-9:00 Rise and Shine with inspirational music and devotionals 9:00-10:00 Coffee, snacks, and "Tea Time"! 12:00 Lunch 2:00-4:00 Movie and Popcorn</div>	<div><u>Jaba</u> 29</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise/ Walking Club 10:00 Active Living Every Day with Lizzie 10:45 Piedmont Hospice Presentation 11:30 Garden Time 12:00 Lunch 12:30 Bowling/Word Search <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 2:00-3:00 Pastor Greg</div>	<div><u>Jaba</u> 30</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Music with Roy Brown 11:00 What am I? (Honeybee AC) 12:00 Lunch 12:30 Sudoku and Other Brain Games <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan</div>	<div><u>Jaba</u> 31</div> <div>9:15 Opening/Brain Teasers 9:30 Exercise 10:00 BINGO DAY 12:00 Lunch 12:30 Adult Coloring <u>Renaissance Alternative Activity</u> 2:00-3:00 Whack a Mole! (with balloons) 3:00-4:00 Puzzle Hour</div>		