



July Highlights

4th Live Music w/ Josh
7th Resident Council Meeting
8th Summer Picnic at Fairport Canal Park
9th Live Music w/ Mike
15th Lunch Outing
15th Live Music w/ Kim
18th Live Music w/ Paul
20th Live Music w/ Sam
21st Scenery Ride
22nd Men's Club- Out to Lunch
22nd Heathwood Annual Chicken BBQ
25th Tea Party & Snack
27th Live Music w/ Frank



Janet Mamula was born in Philadelphia, Pennsylvania, and moved to Buffalo, New York, at the age of 15. She graduated from Orchard Park High School and later attended Alfred State College, where she studied Secretarial Science. A few years later, Janet married her husband, Bert. Together, they shared more than 50 wonderful years of marriage, raised two daughters, and were blessed with two grandchildren. Over the years, they lived in California and

Connecticut before eventually settling in Canandaigua, New York. Janet worked as a marketing representative for a company that manufactured helicopter parts. She has always loved adventure and built many incredible memories along the way. Some of her favorite experiences include riding mules down the Grand Canyon, biking down mountains in Hawaii, truck-camping in Alaska, racing sailboats throughout the Finger Lakes, and swimming across Canandaigua Lake. Her travels also took her to Slovenia, Venice, Italy, and Sweden. Janet enjoys great conversations, meeting new people, and sharing stories from her many adventures. She looks forward to making new friends and getting to know everyone in the community.

God Bless America!

We hope you have a wonderful Independence Day holiday! Our best wishes to you and your family on the anniversary of the birth of our great nation!





Happy Birthday!

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy!

Beverly L. 2nd
Kay S. 3rd
Bernie D. 6th
Lousie V. 6th
Bob I. 12th
Brian L. 15th
Marion A. 19th
Nina I. 19th
Jeanne C. 22nd
Janet M. 28th
Tom G. 30th
Jo P. 30th

Famous Faces Born in July

July 2, 1990: Margot Robbie
July 6, 2000: Zion Williamson
July 8, 1977: Milo Ventimiglia
July 12, 1978: Michelle Rodriguez
July 13, 1940: Patrick Stewart
July 20, 1971: Sandra Oh
July 21, 1948: Cat Stevens
July 30, 1968: Terry Crews



**Cynthia Machamer
- Administrator**

Not only is July the month we celebrate our nation's independence with fireworks and decorate with red, white, and blue, but we will also see you for the annual BBQ with families and residents. Each year has its own "flavor," as the community changes with the comings and goings of new friends and old.

As you know, the event is scheduled for July 22 at 4:30 pm. Reservations are due by July 15. No more than two guests per resident, please. Cost is \$20 in advance (paid by 7/15) or \$25 at the door. Last month, you and your family received a letter with event details as well as information in the June newsletter.

We'll have a tent set up and music will be provided by a trio, which will be a wonderful accompaniment to the BBQ chicken, baked beans, potato salad, homemade rolls, and cookies. Our theme is Lemons! We'll also have a 50/50 raffle. I

look forward to enjoying good food and music together.



Alison Petsky

At Heathwood Assisted Living, the housekeeping team plays an important role in creating a warm and welcoming environment—and Alison is a wonderful example of that dedication. Alison lives in Macedon with her husband and is the proud mother of five children and grandmother to two grandchildren. Family is at the heart of everything she does, and that caring spirit carries over into her work each day. When she's not at work, Alison enjoys cooking and baking, especially making cookies for her loved ones. She also values staying active through running and walking and appreciates quiet moments to relax and recharge. At home, she's kept company by her cat, Darryl, who is always nearby. Alison's kindness, hard work, and positive energy help make Heathwood feel like home for both residents and staff.

MOTHER'S DAY CELEBRATION



At Heathwood Assisted Living, Mother's Day was filled with music, laughter, and love. Residents gathered with their children and families while live music played throughout the room. Good food, warm hugs, and happy memories brought everyone together.

For one special afternoon, the celebration reminded every mother and resident how deeply they are loved and appreciated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	2 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jewelry Making 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	3 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 LR Social Hour w/ Friends 4:15 C Games w/ Friends 7:00 T Night at the Movies	4 Independence Day 10:00 A2 Fitness Exercise 10:45 A1 Wii Game - Bowling 1:30 C Euchre Game w/ Friends 1:30 LR Live Music w/ Josh 3:00 C Independence Day Trivia 4:15 C Walking Club 7:00 T Night at the Movies
5 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Word Game 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	6 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	7 10:00 A2 Tuesday Movement 10:45 A1 White Board Game - Hangman 2:00 T Movie Matinee 2:00 A1 Resident Council Meeting 3:30 A1 Manicure 7:00 T Night at the Movies	8 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:00 E Summer Picnic at Fairport Canal Park 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	9 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Card Making 2:30 TB Live Music w/ Mike 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	10 10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:00 C Crocheting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friends 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	11 10:00 A2 Fitness Exercise 10:45 C Shuffleboard Game 1:30 C Euchre Game w/ Friends 2:30 A1 Snack Bingo 4:15 C Walking Club 7:00 T Night at the Movies
12 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 C Balloon Ball 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	13 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	14 10:00 A2 Tuesday Movement 10:45 A1 White Board Game - Jeopardy 2:00 A1 Coloring Therapy 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	15 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Lunch Outing 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	16 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Baking w/ Lacey 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	17 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 LR Social Hour w/ Friends 4:15 C Uno Game / Friends 7:00 T Night at the Movies	18 10:00 A2 Fitness Exercise 10:45 A1 Wii Bowling 1:30 C Euchre Game w/ Friends 2:00 LR Live Music w/ Paul 4:45 C Walking Club 7:00 T Night at the Movies
19 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Fuse Beads 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	20 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 TB Live Music w/ Sam 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	21 10:00 A2 Tuesday Movement 10:45 A1 Word Game 1:30 E Scenery Ride 2:00 T Movie Matinee 3:30 A1 Manicure 7:00 T Night at the Movies	22 HEATHWOOD ANNUAL CHICKEN BBQ 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Men’s Club - Out to Lunch 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:30 Heathwood Annual Chicken BBQ w/ Live Music 7:00 T Night at the Movies	23 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 How Much It Cost 2:00 A1 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	24 10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:00 T Movie Matinee 3:00 C Social Hour w/ Friends 4:15 C Coloring Sheets 7:00 T Night at the Movies	25 10:00 A2 Fitness Exercise 10:45 A1 Jewelry Making 1:30 C Euchre Game w/ Friends 2:30 A1 Tea Party and Snack 4:45 C Walking Club 7:00 T Night at the Movies
26 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	27 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Frank 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	28 10:00 A2 Tuesday Movement 10:45 A1 Pictionary Game 2:00 CY Birthday Party 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	29 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 7:00 T Night at the Movies	30 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jumbo Crossword Puzzle 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	31 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Crocheting Group 2:00 T Movie Matinee 3:00 LR Social Hour w/ Friends 4:15 C Card Game w/ Friends 7:00 T Night at the Movies	All activities are subject to change. Please see the Daily Activity sheet for changes. If you have any questions, please contact Edina Hazmic at (585)425-9663.



SOUND ALL AROUND

Two musicians played their instruments and filled the room with beautiful music. Residents gathered and enjoyed the performance. The music created a warm and joyful atmosphere, bringing everyone together for a special and memorable time.



CRAFT TIME



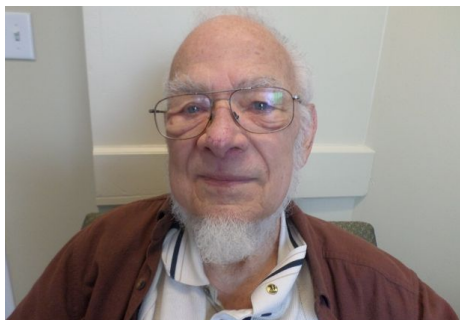
At Heathwood Assisted Living, children arrived carrying flowers and small jewelry gifts for the residents. Some residents smiled quietly, while others wiped away happy tears.

The gifts were simple, but the kindness behind them filled the room with warmth, laughter, and love. For that afternoon, everyone felt remembered and special.



WELCOME, NEW RESIDENTS

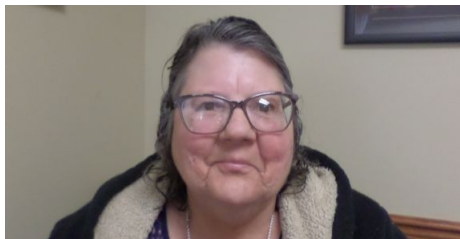
We would like to welcome these new residents to our Heathwood family.



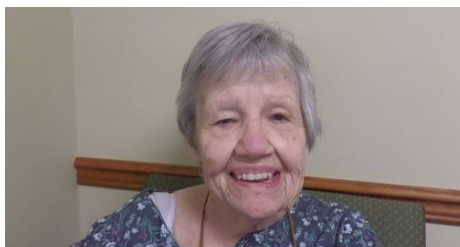
Jack R.



Mable R.



Eileen K.



Kay S.



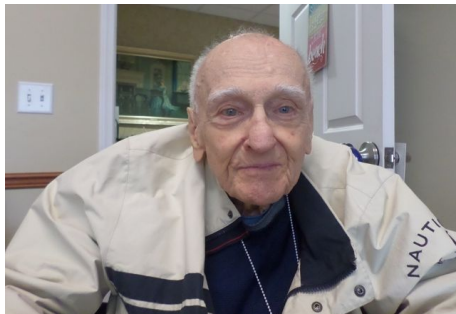
Beverly L.



Janet M.



Carrol M.



Wayne K.



Service Excellence Award at Penfield

Congrats to our dining room manager, Ronnie Redd, on receiving the Service Excellence Award for Heathwood Penfield.





Residents participated in outdoor exercise and enjoyed stretching in the fresh air.

Bus rides always put smiles on residents' faces, and they enjoyed the outing.



American
Anthem
Apple pie
Fireworks
Flag
Fourth
Freedom

Independence
Parades
Parks
Party
Patriot
Picnic
Stars
Stripes
Summer

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