

Life. Love. Legacy.™  
602 N. Segoe Road  
Madison, WI 53705

YOUR  
LEADERSHIP  
TEAM



Sira Nsibirwa  
Campus Executive  
Director



Bruce Beckman  
Sales & Marketing  
Director



Jamison Toepel, LPN  
Resident Services  
Director



Chris Johnson  
Business  
Development Director



Kadja Diallo, BSN, RN  
Clinical Director



Alisia Lovely  
Life Enrichment  
Director-AL



Anesha Coleman  
Life Enrichment  
Director-The Harbor



Gonzalo Saldana  
Dining Services  
Director



Mike Vik  
Maintenance  
Director



Dina Aybazova  
Business Office  
Manager



Jim Hergenroether  
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JULY 2026

July always seems to arrive with a sense of celebration—flags waving, fireworks lighting up the night, and families gathering in backyards to mark the heart of summer and the promise of freedom. In our community, I’m reminded that these moments of togetherness, both big and small, are what give each holiday meaning.

Just the other day, I sat with a resident as she reminisced about her childhood Fourth of July gatherings. She spoke about simpler times: sparklers handed out to grandkids, neighbors stopping by with homemade lemonade, and the stories that would flow as the sun dipped low. Her memories weren’t of grand gestures, but of the quiet bonds formed sitting shoulder-to-shoulder, listening to one another and sharing laughter. It struck me how the true spirit of Independence Day isn’t measured by the size of the celebration, but by the warmth of the connections we build.

After listening to her stories, I found myself thinking about the way even small moments can shape history. In fact, while Thomas Jefferson was penning the Declaration of Independence in the summer of 1776, he often found inspiration from an unexpected companion—a pet mockingbird who sang by his window. Jefferson believed those gentle songs helped him find clarity in the midst of

great responsibility. It’s a detail lost to most history books, but it makes me wonder how often the quietest presences in our lives—a friend’s encouragement, a family tradition, a simple act of kindness—become the true guiding lights.

This July, as we enjoy our own traditions, let’s cherish both the celebrations and the stillness. Scripture reminds us, “It is for freedom that Christ has set us free” (Galatians 5:1), and I see that freedom expressed in the way our team members and residents lift each other up, day in and day out.

We have a wonderful lineup of events all month long, from patriotic singalongs to cool treats on hot afternoons and fellowship gatherings. Whether you’re able to join us for a special occasion or just for a warm hello, your presence is always a blessing.

Thank you for allowing us to serve you and your loved ones. We wish you a joyful, peaceful July—may your days be filled with both celebration and the simple joys that linger long after the fireworks fade.

Sincerely,  
  
Sira Nsibirwa  
Executive Director



ROOTED IN RESILIENCE: MEET *Rick Walgenbach*

When you meet Richard “Rick” Walgenbach, you sense right away that hard work and a hunger for knowledge have always been his compass. Born and raised in Fond du Lac, Wisconsin, Rick grew up in a bustling household as the second of six children—a lively mix of three boys and three girls. His father balanced life as a farmer and milk truck driver, while his mother, a registered nurse, poured her energy into raising the family before eventually returning to her own nursing career once the youngest children were school-aged.

School was an early proving ground for Rick. He attended St. Mary’s Grade School through eighth grade, then St. Mary’s Springs High School, where he stood out not just for his academic drive but for his leadership and sense of responsibility. Rick served as class president in both his freshman and junior years and took on the role of treasurer as a sophomore, already showing the steady hand his family and friends would come to rely on.

After graduation, Rick headed to UW–Madison, living in the dorms and working diligently to help cover the cost of tuition. Even in those early years, he recognized the value of education and was determined to make it work, despite the strain on his family’s finances. Then, during his junior year, everything changed—his father suffered a heart attack, and Rick made the difficult decision to put his studies on hold for over a year so he could return home and help run the family

farm. It was a defining moment that revealed his sense of duty and love for his family.

Eventually, Rick returned to UW–Madison. Alongside his studies, he joined the Army Reserves and completed Drill Sergeant Academy training, adding another layer to his character: discipline and service. He earned his bachelor’s degree in Agronomy and landed a job as a research technician, where his dedication caught the attention of a professor who encouraged Rick to keep learning. Balancing work and study, Rick earned his master’s degree and, with another mentor’s encouragement, took on the challenge of a PhD. His academic journey led him to Minnesota, where he completed his doctorate and found a new home for his growing ambitions.

While attending graduate school in Minnesota, Rick met his future wife, who was then an undergraduate student also studying Agronomy. Their shared passion for the field sparked a connection, and soon they were inseparable. The couple married in Minnesota and celebrated their honeymoon with an unforgettable trip to Europe. After Rick completed his doctorate, he accepted his first position as an assistant professor in Illinois. Two years later, Rick was offered a unique opportunity with the United States Department of Agriculture in Madison, Wisconsin, where he would help establish a new research department. This new role brought the family back to Madison, a place that would become home as Rick built both his career and his family.

Home in Madison, Rick’s focus was always on family as much as career. He and his first wife raised three daughters, each forging their own impressive paths. Emily graduated

from Columbia University and now works for the Federal Reserve in New York City. Elizabeth, who was always drawn to the past, studied Medieval History and Literature at Cornell before continuing her education in Canada and later at Yale. Fluent in four languages, she followed her passion for ancient texts all the way to Iceland, where she conducted her thesis research using Old Norse manuscripts. There, she met her husband, and the two married in Iceland, where they now live with their three daughters. Laura, the youngest, combined her love of French and Fashion Design into a career creating and selling her own clothing designs, while also putting her skills to use part-time at a sewing machine company in the area.

Though Rick and his first wife eventually parted ways, he always prioritized staying close to his daughters, supporting them through every stage and milestone in their lives. In 2012, Rick met Lisa, who would become his wife and partner ever since—a new chapter marked by companionship and shared dreams.

Rick retired at age 70 after a distinguished career in agricultural research and education. Today, he enjoys spending time gardening and hopes to explore woodworking more in the future—a lifelong learner, always eager for the next project.

From the fields of Fond du Lac to the halls of academia and the warmth of family gatherings, Rick’s story is woven with perseverance, curiosity, and steadfast devotion. His journey is still unfolding—quietly inspiring those around him and leaving a lasting impression on everyone fortunate enough to share in his company.



PERFECT UNITY

Are you ready? The time has finally come to celebrate our nation’s 250th birthday! As hard as it may be to pronounce, our Semiquincentennial celebration—to commemorate the signing of the Declaration of Independence—takes place this year on July 4th. According to America250, the goal is to inspire our fellow Americans to reflect on our past, strengthen our love of country, and renew our commitment to the ideals of democracy through programs that educate, engage, and unite us as a nation.

Those are lofty goals, especially at a time of division and disunity in our country. I pray that we can put aside our differences, celebrate the freedom that we all share, and remember that our history is about working together for a better tomorrow. Despite our deep political differences, as the Pledge of Allegiance proclaims, our country has remained “one Nation under God, indivisible, with liberty and justice for all.”

Unity, liberty, and justice have all been American ideals from the beginning. I think of some famous quotes from the past:

- UNITY**  
“United we stand, divided we fall.” – John Dickinson  
“...ask not what your country can do for you – ask what you can do for your country.” – John F. Kennedy

**LIBERTY**  
“Land of the free and the home of the brave.” –

- National Anthem  
“Give me liberty or give me death.” – Patrick Henry
- JUSTICE**  
“Equal justice under the law.” – Inscription on Supreme Court building  
“Justice is blind.” – Unknown author, symbolized by Lady Justice

These same ideals were sought many years prior to our nation’s founding. The Apostle Paul wrote a letter to the Colossian church with instructions on how to live as new Christians. Despite their many differences, Paul reminded them that in Christ, they were free from their past identities (Col 3:11). He then went on to instruct them in how to live in their new identity. I believe Paul’s instruction applies equally to us today:

*Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Col 3:12–14 NIV*

As we celebrate our nation’s 250th birthday this year and proudly wear our red, white, and blue, don’t forget to clothe yourselves with these virtues: compassion, kindness, humility, gentleness, patience, bearing with one another, forgiving one another, and loving one another. Love binds everything together in perfect unity.



ALZHEIMER’S SUPPORT SERVICES

LEGACYSL.NET/  
ALZHEIMERS-SUPPORT

BERRY Sweet



REMEMBERING FRIENDS WHO SHARED OUR DAYS

Triveni Shukla  
Kay Monson



AND TOUCHED OUR LIVES ALONG THE WAY.

HIGHLIGHTS AND Happenings

COMBINED AL & HARBOR EVENTS

- 10<sup>th</sup> Harmonica & Guitar Duo
- 13<sup>th</sup> Drumming with Dan
- 15<sup>th</sup> Funeral Pre-Planning w/ Cress
- 20<sup>th</sup> Mad City Jug Band
- 24<sup>th</sup> Randy Hanzel Musical Performance
- 26<sup>th</sup> Sabrina & Luka Dog Visit
- 30<sup>th</sup> Shari the Harpist

TRAVEL CLUB DESTINATIONS

- 7<sup>th</sup> Pennsylvania, PA
- 14<sup>th</sup> Maine, US
- 21<sup>st</sup> Santa Fe, New Mexico
- 28<sup>th</sup> Charleston, SC

EXUBERANT EXERCISE (Chapel)

- 1<sup>st</sup> Exercise with JJ
- 2<sup>nd</sup> Exercise with Patti
- 8<sup>th</sup> Tai Chi with Sarah
- 9<sup>th</sup> Exercise with Patti
- 16<sup>th</sup> Exercise with Patti
- 22<sup>nd</sup> Tai Chi with Sarah
- 23<sup>rd</sup> Exercise with Debbie
- 30<sup>th</sup> Exercise with Patti

MYSTERY MONDAYS

- 6<sup>th</sup> What Happened to Rome's Lost 9th legion
- 13<sup>th</sup> Lost Treasure of the La Flor de lar Mar.
- 20<sup>th</sup> The Mystery Spot in California
- 27<sup>th</sup> The Bell Witch

TUESDAY SHOPPING TRIPS

- Sign up at the front desk
- 7<sup>th</sup> Sequoya library
- 14<sup>th</sup> Metcalfe's
- 21<sup>st</sup> Atomic Antiques
- 28<sup>th</sup> Sequoya Library



Jamison Toepel, LPN  
Resident Services Director

JULY UV SAFETY AWARENESS: Beat the Burn Without Becoming a Human Toast

July is UV Safety Awareness Month, which is a helpful reminder that the sun is great for daylight, tomatoes, and the occasional mood boost—but not for turning people into crispy office snacks. Ultraviolet (UV) rays can damage skin year-round, even on cloudy days, and overexposure increases the risk of sunburn, premature skin aging, eye damage, and skin cancer. UV rays are typically strongest between 10 a.m. and 4 p.m., so a little planning can go a long way.

The good news is that UV protection does not require living like a cave bat. A few simple habits help a lot: use broad-spectrum sunscreen with at least SPF 15, reapply it every two hours (or sooner if you are sweating), wear sunglasses and a wide-brimmed hat, and look for shade whenever possible. Lightweight long sleeves can also help protect skin, especially for people who work or spend time outdoors. In short: trust the weather, but dress like the sun might be plotting.

- Check the UV Index before extended time outside.
- Use sunscreen on easy-to-miss spots like ears, neck, scalp, hands, and tops of feet.
- Seek shade during peak sun hours when possible.
- Protect your eyes with sunglasses that block UVA and UVB rays.
- Remember: a “base tan” is not a safety plan.



LATRILL SLIM  
JULY WINNER

Congratulations to Latrill, our Going The Extra Mile winner! As one of our dedicated caregivers, Latrill consistently demonstrates compassion, professionalism, and a genuine commitment to the well-being of our residents. Her positive attitude, strong work ethic, and willingness to go above and beyond make her a valued member of our team. Thank you, Latrill, for the outstanding care and kindness you bring to our community each day!

To recognize an employee who's gone the extra mile, please fill out a nomination form and drop it in the box next to the mailboxes.



CELEBRATING A Full House!



We're thrilled to share that last month, Renaissance Senior Living reached 100% occupancy for the first time since opening in May 2022. This milestone reflects the trust of our residents and families, and the dedication of our incredible team. Thank you for making Renaissance a true community and a place to call home.



SWEET TREATS ON APPRECIATION DAY



IT'S A FRUIT-TAGULAR FAN FRENZY IN THE HARBOR



Celebrations & Milestones

Welcome to our newest residents!

- Ida Gates
- Dr. William Morgan
- Barbara Ragatz

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- Jul 1: Susan Chen
- Jul 1: Jo Corbae
- Jul 5: Morgan Mortensen
- Jul 7: Peter Smelser
- Jul 10: Cathrine Bregman
- Jul 15: Doyle Wilke
- Jul 20: Mary Dwyer
- Jul 22: Lois Statz
- Jul 24: Richard Hadler
- Jul 26L Frank Waitrovich
- Jul 27: Tom Leonard

TEAM MEMBER BIRTHDAYS

- Jul 2: Sinuhe Marciano
- Jul 18: Rocio Montes
- Jul 30: Ana Esquea

RESIDENT ANNIVERSARIES

- Ben Pieper – 2 years
- Mary Ann Fraley – 2 years
- Monte Throneberg – 2 years
- Jeanne Weiffenbach – 2 years
- Kamal Modir – 1 year
- James & Darlene Retzlaff – 1 yr

TEAM ANNIVERSARIES

- Kelly Reyes Gonzalez – 2 years
- Jacqueline Esquea – 2 years
- Kelley Prather – 2 years
- Kadiatou Diallo – 2 years
- Sira Nsibirwa – 1 year
- Shaniqua Davis – 1 year
- Chikiah Cole – 1 year



NOEL'S ANNUAL  
Hat  
Party!

ACROSS

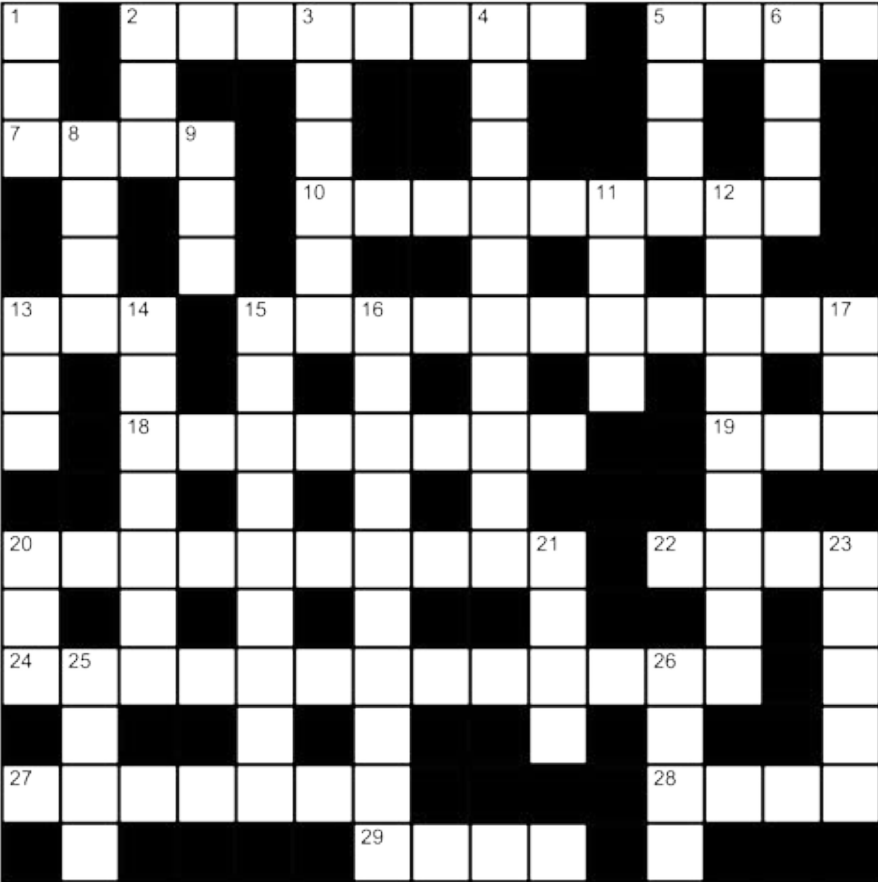
- 2. Brazil, Mexico, and Canada are in these
- 5. Laundry load
- 7. Key lime and apple are some
- 10. Schoolboy's stipend
- 13. Andy Taylor to Opie
- 15. Bouncing platforms
- 18. Pressed for cash
- 19. Shed tears
- 20. Special benefits
- 22. Alternative to plastic wrap; aluminum \_\_\_\_
- 24. Potential choices
- 27. Beach Boys hit "\_\_\_\_ It Be Nice"
- 28. Pinball mishap
- 29. Two, four, or six

DOWN

- 1. \_\_\_\_, skip, and jump
- 2. "The best things in life \_\_\_\_ free"
- 3. Fix
- 4. Ambience
- 5. Alert someone about danger
- 6. "\_\_\_\_ Like It Hot"
- 8. "Eureka! What a great \_\_\_\_!"
- 9. Stitch a seam
- 11. Comrade in arms
- 12. Alert and awake
- 13. Hair coloring
- 14. Throw out, as in a court case
- 15. Extremely scared

- 16. Value
- 17. Timid
- 20. Protagonist in Dickens' Great Expectations

- 21. Adjusts, as in a clock
- 23. Smallest
- 25. Hugs and kisses; cutesy letter-closer
- 26. Dines



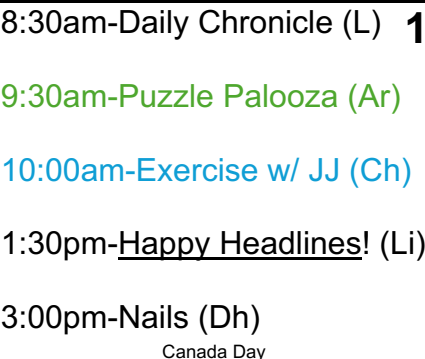
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| R | R | I | S | H | N | T | B | Z | Q | S | R | Q | D | A |
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PENNSYLVANIA

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

- AMISH  
EAGLES  
GREAT DANE  
GROUSE  
HARRISBURG  
HEMLOCK  
HERSHEY  
INDEPENDENCE  
KEYSTONE
- LAKE ERIE  
LANCASTER  
LIBERTY  
PENN STATE  
PHILADELPHIA  
PITTSBURGH  
QUAKERS  
STEELERS  
VIRTUE



| Sunday                                                                                                                                                                                                | Monday                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <h1>July 2026</h1> <p>Independent &amp; Assisted Living</p>                                                         |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                             |                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                           |
| 8:30am-Daily Chronicle <b>5</b><br>10:30am-Oyster Shell Painting (10 <sup>th</sup> )<br>1:15pm-BINGO! (Dh)<br>3:00pm-Nails (Dh)<br>6:30pm-Movie: <u>Ladies in Lavender</u> 2005 (10 <sup>th</sup> )   | 8:30am-Daily Chronicle <b>6</b><br>9:30am-Fox Therapy Exercise (Ch)<br>10:30am-Monday Mysteries: <b>What Happened to Rome's Lost 9<sup>th</sup> Legion?</b> (Ch)<br>1:30pm-Apple Pie & Ice Cream Social (Dh)<br>3:00pm-Card Club (10 <sup>th</sup> )<br>3:00pm-Patriotic Eagle (10 <sup>th</sup> ) | 8:30am-Daily Chronicle <b>7</b><br>9:30am-Chair Exercise (Ch)<br>10:15am- Travel Club: <u>Pennsylvania, PA</u> (Ch)<br>1:00pm-Shopping Trip: <b>Sequoia Library</b><br>2:30pm-Tropicalwear & Mocktails (Dh) | 8:30am-Daily Chronicle (L) <b>8</b><br>9:30am-Tai Chi w/ Sarah (CY)<br>10:30am-Curious Minds: <b>The Story Behind the Declaration of Independence</b> (Li)<br>1:30pm- "Camp Renaissance" Games (CY)<br>3:00pm-Nails (Dh)                                                   | 8:30am-Daily Chronicle <b>9</b><br>10:00am-Church Service (Ch)<br>10:45am-Exercise w/ Debbie<br>1:30pm-Route 66 Diamond Art Coasters (10 <sup>th</sup> )<br>3:00pm-Tea Party (Dh)<br>6:30pm-Movie: <u>April Morning</u> 1988 (10 <sup>th</sup> )                                               | 8:30am-Daily Chronicle <b>10</b><br>9:30am-Chair Exercise (Ch)<br>10:30am-Bible Study (Ch)<br>12:45pm-Rootbeer Floats (Dh)<br>1:30pm-Harmonica Hour (Dh)<br>3:00pm-Happy Hour: <b>Classic Cars &amp; Cocktails</b> (10 <sup>th</sup> ) | 8:30am-Daily Chronicle <b>11</b><br>10:30am-Card Club (10 <sup>th</sup> )<br>1:30pm-Patriotic Fridge Magnets (10 <sup>th</sup> )<br>3:00pm-Resident-Led Sing-along (Ch)<br>6:30pm-Movie: <u>The Hunger Games</u> 2012 (10 <sup>th</sup> ) |
| 8:30am-Daily Chronicle <b>12</b><br>10:30am-Coffee Sips & Social (Dh)<br>1:15pm-BINGO! (Dh)<br>3:00pm-Nails (Dh)<br>6:30pm-Movie: <u>The Hunger Games: Catching Fire</u> 2013 (10 <sup>th</sup> )     | 8:30am-Daily Chronicle <b>13</b><br>9:30am-Chair Exercise (Ch)<br>10:30am-Monday Mysteries: <b>The Lost Treasure of the La Flor de la Mar</b> (Ch)<br>1:30pm-Drum Circle w/ Dan (Ch)<br>1:30pm-Card Club (10 <sup>th</sup> )                                                                       | 8:30am-Daily Chronicle <b>14</b><br>9:30am-Chair Exercise (Ch)<br>10:15am- Travel Club: <u>Maine, US</u> (Ch)<br>1:00pm-Shopping Trip: <b>Metcalfe's</b><br>2:30pm-BINGO! (Dh)                              | 8:30am-Daily Chronicle <b>15</b><br>9:30am-Chair Zumba (Ch)<br>10:30am- <u>Happy Headlines!</u> (Li)<br>2:00pm-Wellness Wednesdays (10 <sup>th</sup> )<br>3:00pm-Nails (Dh)                                                                                                | 8:30am-Daily Chronicle <b>16</b><br>10:00am-Church Service (Ch)<br>10:45am-Exercise w/ Patti (Ch)<br>1:30pm-Paint your own Tote Bag (10 <sup>th</sup> )<br>3:30pm-Flower Arranging (Dh)<br>6:30pm-Movie: <u>Stanley &amp; Iris</u> 1990 (10 <sup>th</sup> )<br>6:45pm-Concerts in the Park (L) | 8:30am-Daily Chronicle <b>17</b><br>9:30am-Chair Exercise (Ch)<br>10:30am-Richard Shaten Piano (L)<br>1:30pm-Bible Study (Ch)<br>3:00pm-Happy Hour: <b>Goal! A World Cup Celebration</b> (10 <sup>th</sup> )                           | 8:30am-Daily Chronicle <b>18</b><br>10:30am-Card Club (10 <sup>th</sup> )<br>1:30pm-Spintopia (Dh)<br>3:00pm-Resident-Led Sing-along (Ch)<br>6:30pm-Movie: <u>The Hunger Games: Mockingjay Part 1</u> 2014 (10 <sup>th</sup> )            |
| 8:30am-Daily Chronicle <b>19</b><br>10:30am-Coffee Sips & Social (Dh)<br>1:15pm-BINGO! (Dh)<br>3:00pm-Nails (Dh)<br>6:30pm-Movie: <u>The Hunger Games: Mockingjay Part 2</u> 2015 (10 <sup>th</sup> ) | 8:30am-Daily Chronicle <b>20</b><br>9:30am-Chair Exercise (Ch)<br>10:30am-Monday Mysteries: <b>The Mystery Spot in California</b> (Ch)<br>1:30pm-Card Club (10 <sup>th</sup> )<br>2:30pm-Mad City Jug Band (Dh)                                                                                    | 8:30am-Daily Chronicle <b>21</b><br>9:30am-Chair Exercise (Ch)<br>10:15am- Travel Club: <u>Santa Fe, New Mexico</u> (Ch)<br>1:00pm-Shopping Trip: <b>Atomic Antiques</b><br>2:30pm-BINGO! (Dh)              | 8:30am-Daily Chronicle <b>22</b><br>9:30am-Tai Chi w/ Sarah (CY)<br>10:30am-Curious Minds: <b>America's Forgotten Invasion: When the Colonies Tried to Capture Canada</b> (Li)<br>2:30pm-Gentle Meditation (Ch)<br>2:45pm-Outing: <b>Nitty Gritty</b><br>3:15pm-Nails (Dh) | 8:30am-Daily Chronicle <b>23</b><br>10:00am-Church Service (Ch)<br>10:45am-Exercise w/ Debbie<br>3:30pm-Spintopia (Dh)<br>6:30pm-Movie: <u>Turner &amp; Hooch</u> 1989 (10 <sup>th</sup> )                                                                                                     | 8:30am-Daily Chronicle <b>24</b><br>9:30am-Chair Exercise (Ch)<br>10:45am- Hummingbird Windchimes (10 <sup>th</sup> )<br>1:30pm-Bible Study (Ch)<br>3:00pm-Happy Hour & Music w/ Randy Hanzel (Dh)                                     | 8:30am-Daily Chronicle <b>25</b><br>10:30am-Card Club (10 <sup>th</sup> )<br>1:30pm-Foil Mandela Coaster (10 <sup>th</sup> )<br>3:00pm-Resident-Led Sing-along (Ch)<br>6:30pm-Movie: <u>UP</u> 2009 (10 <sup>th</sup> )                   |
| 8:30am-Daily Chronicle <b>26</b><br>10:30am-Coffee Sips & Social (Dh)<br>1:15pm-BINGO! (Dh)<br>3:00pm-Nails (Dh)<br>6:30pm-Movie: <u>Corrina, Corrina</u> 1994 (10 <sup>th</sup> )                    | 8:30am-Daily Chronicle <b>27</b><br>9:30am-9:30am-Fox Therapy Exercise (Ch)<br>10:30am-Monday Mysteries: <b>The Bell Witch</b> (Ch)<br>1:30pm-Card Club (10 <sup>th</sup> )<br>3:00pm-Rock Painting (10 <sup>th</sup> )                                                                            | 8:30am-Daily Chronicle <b>28</b><br>9:30am-Chair Exercise (Ch)<br>10:15am- Travel Club: <u>Charleston, South Carolina</u> (Ch)<br>1:00pm-Shopping Trip: <b>Sequoia Library</b><br>2:30pm-BINGO! (Dh)        | 8:30am-Daily Chronicle <b>29</b><br>9:30am-Chair Zumba<br>10:30am- <u>Happy Headlines</u> (Li)<br>2:30pm-Resident Council Meeting (Ch)<br>3:30pm-Nails (Dh)                                                                                                                | 8:30am-Daily Chronicle <b>30</b><br>10:00am-Church Service (Ch)<br>10:45am-Exercise w/ Patti (Ch)<br>2:00pm-Flower Arranging (Dh)<br>3:30pm-Spintopia (Dh)<br>6:30pm-Movie: <u>The Sweetest Gift</u> 1998 (10 <sup>th</sup> )<br>6:45pm-Concerts in the Park (L)                               | 8:30am-Daily Chronicle <b>31</b><br>9:30am-Chair Exercise (Ch)<br>10:30am-DiamondPainting Summer Coasters (10 <sup>th</sup> )<br>1:30pm-Bible Study (Ch)<br>3:00pm-Happy Hour: <b>A Picnic Party!</b> (10 <sup>th</sup> )              | AR- Activity Room<br>Ch-Chapel<br>CY-Courtyard<br>Li-Library<br>L-Lobby<br>10 <sup>th</sup> - 10 <sup>th</sup> Floor                                                                                                                      |

| Sunday                                                                                                                                                                                   | Monday                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                                                                                            |
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|                                                                                                         |                                                                                                                                                                                                                       |                                                                                                                                                                                                                  | 9:30am Daily Chronicles <b>1</b><br>10:00am JJ's Exercise Class<br>10:30am Weather Walk<br>1:30pm Uno!<br>2:30pm Snack & Hydration<br>3:00pm Bird Watching<br>3:30pm Nail Care & Painting<br>4:00pm Out in the Sunshine<br>Canada Day            | 9:30am Daily Chronicles <b>2</b><br>10:00am Church Service<br>10:45am Fitness Fun with Patti<br>1:00pm Weather Walk<br>1:30pm Seated Kickball<br>2:30pm Snack and Hydration<br>3:00pm July Coloring Pages<br>4:00pm Simple C | 9:30am Daily Chronicles <b>3</b><br>10:00am Weather Walk<br>10:30am Morning Movement<br>11:00am Piece by Piece Puzzle Club<br>1:30pm Bible Study<br>2:30pm Snack and Hydration<br>3:00pm Old Hollywood Hour<br>4:00pm Simple C                                               | 9:30am Daily Chronicles <b>4</b><br>10:00am Seated Stretches<br>10:30am Weather walk<br>Noon-Liberty & Legacy Luncheon (Dh)<br>1:30pm Chair Yoga<br>2:30pm Snack & Hydration<br>3:00pm July Coloring Pages<br>3:30pm Out in the sunshine<br>Independence Day (U.S.) |
| 9:30am Daily Chronicles <b>5</b><br>10:00am Weather Walk<br>10:30am Morning Movement<br>1:00pm Patriotic Star Foam Craft<br>2:00pm UNO!<br>3:00pm Snack and Hydration<br>4:00pm Simple C | 9:30am Daily Chronicles <b>6</b><br>10:00am Morning Movement<br>10:30am Weather Walk<br>1:00pm Bingo!<br>1:30pm-Apple Pie & Ice Cream Social (Dh)<br>2:30pm Snack & Hydration<br>3:00pm Petals & Pals Garden Club     | 9:30am Daily Chronicles <b>7</b><br>10:15am- Travel Club: Pennsylvania, PA (Ch)<br>1:00pm Seated Stretches<br>2:00pm Snack & Hydration<br>2:30pm-Tropicalwear & Mocktails (Dh)<br>4:00pm Nail Care and Painting  | 9:30am Daily Chronicles <b>8</b><br>10:00am Morning Movement<br>10:30pm Weather walk<br>1:30pm- "Camp Renaissance" Games (CY)<br>3:00pm July more Jeopardy Trivia<br>3:30pm Simple C<br>4:00pm Out in the Sunshine                               | 9:30am Daily Chronicles <b>9</b><br>10:00am Church Service<br>10:45am Exercise with Debbie<br>1:00pm Weather Walk<br>1:30pm Seated stretches<br>2:30pm Snack and Hydration<br>3:00pm-Tea Party (Dh)<br>4:00pm Simple C       | 9:30am Daily Chronicles <b>10</b><br>10:00am Morning Movement<br>10:30am Bible Study<br>11:00am Piece by Piece Puzzle Club<br>12:45pm-Rootbeer Floats (Dh)<br>1:30pm Harmonica Duo Performance<br>2:30pm Snack and Hydration<br>3:00pm Old Hollywood Hour<br>4:00pm Simple C | 9:30am Daily Chronicles <b>11</b><br>10:00am Chair Yoga<br>10:30am chat corner<br>1:00pm weather walk<br>1:30pm Water coloring pages<br>2:30pm Snack & Hydration<br>3:00pm Simple C                                                                                 |
| 9:30am Daily Chronicles <b>12</b><br>10:00am Weather Walk<br>10:30am Chair Yoga<br>1:00pm Bingo!<br>2:00pm July Modern Trivia<br>2:30pm Snack & Hydration<br>3:30pm Simple C             | 9:30am Daily Chronicles <b>13</b><br>10:00am Morning Movement<br>10:30am Weather Walk<br>1:00pm Uno!<br>1:30pm Drumming with Dan<br>2:30pm Snack & Hydration<br>3:00pm Petals & Pals Garden Club                      | 9:30am Daily Chronicles <b>14</b><br>10:15am – Travel Club: Maine, US (Ch)<br>1:00pm Chair Yoga<br>2:00pm Basket Ball<br>2:30 Snack & Hydration<br>3:30pm Nail Care and Painting<br>Bastille Day                 | 9:30am Daily Chronicles <b>15</b><br>10:00am Morning Movement<br>10:30am weather walk<br>1:00pm I should have known that!<br>2:30pm Snack & Hydration<br>3:00pm Bird Watching<br>3:30pm Seated Kickball<br>4:00pm Simple C                       | 9:30am Daily Chronicles <b>16</b><br>10:00am Church Service<br>10:45am Fitness Fun with Patti<br>1:00pm Weather Walk<br>1:30pm Chair Yoga<br>2:30pm Snack and Hydration<br>3:00pm More July Trivia<br>4:00pm Simple C        | 9:30am Daily Chronicles <b>17</b><br>10:00am Weather Walk<br>10:30am Morning Movement<br>11:00am Piece by Piece Puzzle Club<br>1:30pm Bible Study<br>2:30pm Snack and Hydration<br>3:00pm Old Hollywood Hour<br>4:00pm Simple C                                              | 9:30am Daily Chronicles <b>18</b><br>10:00am Morning Movement<br>10:30am Weather Walk<br>1:00pm Chair Yoga<br>2:30pm: Out in the sunshine<br>3:00pm Simple C<br>4:00pm Music & Memories                                                                             |
| 9:30am Daily Chronicles <b>19</b><br>10:00am Weather Walk<br>10:30am Chair Yoga<br>1:00pm 1950's Trivia<br>2:00pm July Random Trivia<br>2:30pm Snack & Hydration<br>3:30pm Simple C      | 9:30am Daily Chronicles <b>20</b><br>10:00am Chair Yoga<br>10:30am Pass the pig This or that game<br>1:00 pm Petals and Pals Garden Club<br>2:30pm Mad City Jug Band<br>3:30pm Snack and Hydration<br>4:00pm Simple C | 9:30am Daily Chronicles <b>21</b><br>10:15 Travel Club: Santa Fe, New Mexico<br>1:00pm Chair Yoga<br>2:00pm 1960's music trivia<br>2:30pm Snack & Hydration<br>3:00pm Nail care & Painting<br>4:00pm Garden Walk | 9:30am Daily Chronicles <b>22</b><br>10:00am Seated Stretches<br>10:30am Bird Watching<br>1:00pm Foam Star Craft<br>2:30pm Gentle Meditation<br>3:00pm Snack and Hydration<br>4:00pm Simple C                                                    | 9:30am Daily Chronicles <b>23</b><br>10:00am Church Service<br>10:45am Exercise with Debbie<br>1:00pm Weather Walk<br>1:30pm Seated Kickball<br>2:30pm Snack & Hydration<br>3:00pm out in the sunshine<br>4:00pm Simple C    | 9:30am Daily Chronicles <b>24</b><br>10:00am Weather Walk<br>10:30am Morning Movement<br>11:00am Piece by Piece Puzzle Club<br>1:30pm Bible Study<br>2:30pm Snack and Hydration<br>3:00pm Randy Hanzel Performance                                                           | 9:30am Daily Chronicles <b>25</b><br>10:00am Chair Yoga<br>10:30am chat corner<br>1:00pm weather walk<br>1:30pm Water coloring pages<br>2:30pm Snack & Hydration<br>3:00pm Simple C                                                                                 |
| 9:30am Daily Chronicles <b>26</b><br>10:00am Weather Walk<br>10:30am Chair Yoga<br>1:00pm Bingo!<br>2:00pm Volkswagen Craft<br>2:30pm Snack & Hydration<br>3:30pm Simple C               | 9:30am Daily Chronicles <b>27</b><br>10:00am Seated Stretches<br>10:30am Garden Walk<br>1:00pm Watercolor Pages<br>2:00pm Petals and Pals Garden Club<br>2:30pm Snack & Hydration<br>3:30pm Simple C                  | 9:30am Daily Chronicles <b>28</b><br>10:15 Travel Club: Charleston, South Carolina<br>1:00pm Chair Yoga<br>2:00pm Themed Trivia<br>2:30pm Snack & Hydration<br>3:00pm Nail care & Painting<br>4:00pm Garden Walk | 9:30am Daily Chronicles <b>29</b><br>9:30am Daily Chronicles<br>10:00am Morning Movement<br>10:30am Weather Walk<br>1:30pm Uno!<br>2:30pm Snack & Hydration<br>3:00pm Bird Watching<br>3:30pm Nail Care & Painting<br>4:00pm Out in the Sunshine | 9:30am Daily Chronicles <b>30</b><br>10:00am Church Service<br>10:45am Fitness Fun with Patti<br>1:00pm Garden Walk<br>1:30pm Basket Toss<br>2:30pm Snack & Hydration<br>3:00pm Shari the Harpist<br>4:00pm Simple C         | 9:30am Daily Chronicles <b>31</b><br>10:00am Weather Walk<br>10:30am Morning Movement<br>11:00am Piece by Piece Puzzle Club<br>1:30pm Bible Study<br>2:30pm Snack and Hydration<br>3:00pm Old Hollywood Hour<br>4:00pm Simple C                                              |                                                                                                                                                                                |