

3959 Sheridan Avenue North Bend, OR 97459





P2 Tech Devices and Apps for Seniors P3 Team Member/Resident of the Month P4 & P5 Activities Calendar

### **Administrative Team:**

Kathleen Silveira Executive Director

**Terri Stamsos** Director of Operations

Chi Carson Resident Care Coordinator

**Robin Gonsalves** Registered Nurse

> Denise Kurtz Dietary Director

**Bruce Payne** Maintenance Director

Holly Peters Activities Coordinator

Ashley Stoddard Buissness Office Specialist

Contact us at: 541-756-4151 Our mission is to create and sustain comfortable, caring environments for those who depend on us.

8

# **Baycrest Connection**

### **Baycrest Village Newsletter**

P6 Birthdays, Social Media & Highlights **P7** Photos & Summer Destinations P8 Mission & Team

### July 2018 Edition

### Tech Devices & Apps for Seniors

Statistics show seniors are increasingly embracing technology. There is a divide in use between younger and older adults, but seniors are seeing benefits of increased connection with loved ones, learning opportunities, and lifestyle enhancement through technology.

A 2017 Pew Research Center study of over 3,000 adults 65+ found that four in 10 seniors own smartphones - more than double from 2013. Half have broadband in their homes - and Internet use has risen greatly, with 67 percent of seniors frequenting the web! Older-adult use of tablets has doubled in comparison to five years prior. Ereader and social media use are lower, with a third of seniors partaking, but those who do use social media are really dedicated, with 70 percent engaging daily. These stats show seniors increasingly One area that seniors are taking advantage of want to be engaged in tech.

### **5** Technologies to Try

- A finder. There are lots of companies designing key, wallet, phone, purse, and even pet finders. These save time and reduce panic. Two I have personally tried and liked? Tile Mate and the Firstmore Key Finder on Amazon. Both can be secured to items for easy locating. For those who want to attach the Firstmore to their phone, some phone cases have tiny pouches in them now!
- **A tablet.** Apple iPads are great for browsing • the internet, e-reading, and playing games. The mini versions may be easier to physically handle. The Samsung Galaxy Tab S3 is another widely recommended for seniors.
- **Voice-interaction tech.** A great example is the Echo Show. In it, voice commands are enhanced with visuals. It has hands-free voice calling, the ability to aid in home-monitoring, and works with smart home devices (which eases physical work a senior could have to do).
- Fall-Alert devices. One area many seniors be-• come worried about, when they are alone for

certain periods of time, is falling. There are a few products being made to address just that. A French company called E-Vone recently created shoes that, while worn by a person when they fall, will trigger an alarm.

- A cordless vacuum. There are several out there that get great reviews. The Shark Duo-Clean is touted for its ability to get to hard-toreach spots.
- A computer. This is a sixth example, but I am spreading the joy of It's Never 2 Late technology that our communities use. We adore these professional-grade computers with touchscreen capabilities. They are top-notch engagement systems!

#### **5** Apps to Explore

through technology is using apps (applications that can be used on mobile devices). We rounded up five great apps for seniors.

- **Park 'n' Forget.** This one is helpful for finding one's car in a parking lot.
- **Skype.** Video chatting can be such a great way for seniors to connect with family and friends who are far away.
- **EyeReader.** For those who wish to magnify text they're reading, this app acts as a magnifying glass and brightener.
- **Pillboxie.** This reminds people when to take medications if they lack help with that and need it.
- **bSafe.** This app helps with personal safety. It can track where a person is for chosen "Guardians" to see the location. It also has "fake calling" to help one out of unwanted situations.
- Wordbrain. (Bonus mention because I included six tech types!). This very popular wordpuzzle app may help to keep cognition strong!

If you try any of these out, or recommend them to one who does, let us know how it goes!

### "You don't take a photograph, you make it!"



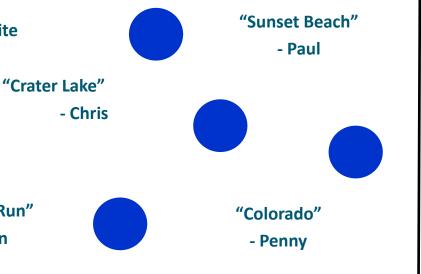


We asked our residents and team members: What is your all-time favorite summer destination? "Newport, Oregon" Donna

> "Whiskey Run" - Puddin

-Ansel Adams

### **Our Favorite Summer Spots!**



### July Highlights

July 7th: Enjoy National Chocolate Day by joining the Chocolate Social at 2pm in the Activity Room.

July 9th: Join in the fun in the Activity Room at 3pm to snack on some sugar cookies to celebrate National Sugar Cookie Day!

July 11th: We're going on a trip to the Charleston Marine Life Center! We are going to load up the bus at 1pm. Admission is \$5.

July 18th: Come enjoy some hot dogs with us in the Activity Room at 3pm and enjoy some fun Summer games.

July 20th: Prepare for a fun visit from the Lollipop Kid herself at 3pm in celebration of National Lollipop Day!

July 23rd: Visit us in the Dining Room at 3pm to get vourself some vanilla ice cream thanks to National Vanilla Ice Cream Day!

July 30th: It doesn't get much sweeter than National Cheesecake Day! So bring your sweet tooth to the Dining Room at 3pm to enjoy a slice of cheese cake!

### Follow us on Social Media:

Facebook.com/BaycrestVillage Blog.radiantseniorliving.com Radiantsrliving on Instagram Radiantvoices on Instagram RadiantSrLiving on Twitter Pinterest.com/radiantsrliving



Did you know? Blueberries are where it's at! This super fruit has the potential to lower the risk of heart disease and cancer. and help to improve memory and cognitive function in some older adults. In those with cognitive impairments, it may be more effective. In a study of 47 adults over age 68 who had mild cognitive impairment, a blueberry-consuming group (versus placebo-consuming) had improved memory and access to words and concepts, per a study cited in 2016 by the American Chemical Society, an organization chartered by U.S. Congress.

### **July Birthdays!**



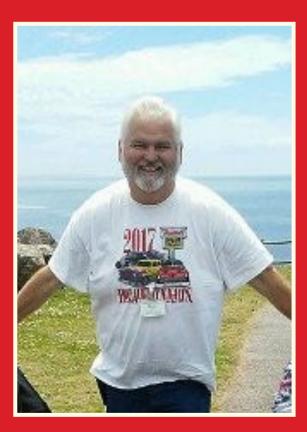
We hope you enjoy your special day!

**Rosemary Silversteen** 5th Wayne Augustine **12th** Paul Koluvek **29th** 



### **Resident of the Month!** Helen

Helen has been a resident at Baycrest Village Assisted Living for 7 months and has already made a huge impact on the community. Helen is often walking the halls with the biggest smile on her face making sure to greet every resident, staff member, or visitor with the warmest welcome just as they come out of the elevator. It is with that cheerful attitude being spread around the campus that makes Baycrest Village more like home than ever before. You can often catch Helen working on her latest drawing or in the Activity Room bringing company to whomever is playing Yahtzee or Bingo. Thank you Helen for being the best friend to anyone who would ever need it.



### **Team Member of the Month!** Dave

Dave has been the Bus Driver for Baycrest Village for a year now and brings excitement and laughs to our outings. All of our residents who attend bus outings rave about how comedic and witty Dave is, and say quite often how his conversations are their favorite part of the bus rides and the scenery comes in 2nd place. Dave always shows up to pick up our residents with a smile on his face and a groovy song playing on the radio which makes for a fun trip every time. He is constantly on time, and the bus is always in clean and orderly shape making rides even more fun. Thank you Dave not only for escorting us to the fun but going above and beyond in your role as an Activity Bus Driver every day.

# **July 2018**

#### Baycrest Village Assited Living 3959 Sheridan Ave North Bend, OR 97459 (541) 756-4151

			(541) 756-4151										
Sun		Mon		Tue		Wed		Thu		Fri		Sat	
	2		3		4		5		6		7	Chocolate Day	
0:00 Rock Painting		Seated Stretches	9:15	Wii Workout	9:15	, , ,	9:15	Resistance Bands		Good News & Coffee		Ring Toss	
1:00 Gospel Music		Hydration	9:45	Hydration	9:45	Hydration	9:45	Hydration	10:00	Walmart Shopping Outing	11:00	Balloon Volleyball	
2:00 Bible Study	10:00	Crafting Hour	11:00	-	10:00	Furry Friends Visit	10:00	Yahtzee	11:00	Mini Manicures	1:00	Puzzle Club	
3:00 Coloring Club	1:00	1:1's W/ Holly		Shake N Burger	11:00	Tie Blanket Craft	11:00	Name That Tune	11:00	1:1's W/ Holly	2:00	Chocolate Social	
	2:00	Catholic Mass	1:00		1:00	1:1's W/ Holly	2:00	Sun Catcher Craft	2:00	Happy Hour			
	3:00	Yahtzee	2:00	Jewelry Making	6:00	Bingo	3:00	Wii Bowling League	6:00	Movie Night—			
			3:00	Deal or No Deal on Wii						Legends of the Fall			
	9	Sugar Cookie Day	10		11		12		13	French Fry Day	14		
.0:00 Clay Sculpting	9:15	Seated Stretches	9:15	Wii Workout	9:15	Full Body Flexibility	9:15	Resistance Bands	9:15	Good News & Coffee	10:30	Cinnamon Roll Treat	
1:00 Gospel Music	9:45	Hydration	9:45	Hydration	9:45	Hydration	9:45	Hydration	10:00	Hair by Sassy Pants	11:00	Yahtzee	
2:00 Bible Study	10:00	Yahtzee	10:00	Scenic Drive	10:00	Poker Club	10:00	Uno		Ministries	1:00	Crafting Hour	
3:00 40-s-50's Radio Show Social	1:00	Music W/ Carol	1:00	Plant Care	11:00	Magnet Craft	11:00	Reminiscing Corner	11:00	Aroma Therapy	6:00	Virtual Beach Trip	
		Cupcake Liner Craft	2:00		1:00	Charleston Marine Life	2:00	Bean Bag Toss	1:00	French Fry Social			
	3:00	Sugar Cookie Social	3:00	Ū.		Center Outing	3:00	Wii Baseball League	2:00	Scenic Drive			
					3:00	Welcome Wagon		5	6:00	Movie Night—			
						-				The Patriot			
.5	16		17		18	Hot Dog Day	19		20	Lollipop Day	21		
10:00 Sudoku Hour	9:15	Seated Stretches	9:15	Wii Workout	9:15	Full Body Flexibility	9:15	Resistance Bands	9:15	Good News & Coffee	10:00	Ring Toss	
1:00 Gospel Music	9:45	Hydration	9:45	Hydration	9:45	Hydration	9:45	Hydration	10:00	Dollar Tree Outing	11:00	-	
2:00 Bible Study			11:00	-	10:00	Ross Shopping Outing	10:00	Yahtzee		Mini Manicures		, Puzzle Club	
3:00 Water Coloring		1:1's W/ Holly		Fisherman's Grotto	1:00	1:1's W/ Holly		Oldie Sitcom/Movie Trivia		1:1's W/ Holly		Flower Vase Painting	
5.00 Water coloring		Try A New Brew	1:00	Plant Care	3:00	Hot Dog Social		Knitting/Crocheting		Maya's Lollipop Treat	2.00		
		•	2:30	Music W/ Susie	6:00			Wii Bowling League		Movie Night—			
	3:00	Yahtzee	3:00		0.00	bingo	5.00	Will bowling League	5.50	0			
			5.00							Grumpy Old Men			
2	23	Vanilla Ice Cream Day	24	Tequila Day	25		26		27		28		
10:00 Clay Sculpting	9:15	Seated Stretches	9:15	Wii Workout	9:15	Full Body Flexibility	9:15	Resistance Bands	9:15	Good News & Coffee	10:30	Donut Treat	
1:00 Gospel Music	9:45	Hydration	9:45	Hydration	9:45	Hydration	9:45	Hydration	10:00	Hair by Sassy Pants	11:00	Yahtzee	
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3:00 Coloring Club	1:00	Menu Meeting	1:00	Plant Care	11:00	Balloon Tennis	11:00	Reminiscing Corner	11:00	Aroma Therapy	6:00	Virtual Deep Sea Trip	
	2:00	Summer Wreath Craft	2:00	It's 5 O'clock Somewhere	1:00	1:1's W/ Holly	2:00	Bean Bag Toss		1:1's W/ Holly			
	3:00	Vanilla Ice Cream Social			2:00	Resident Birthday Party		Wii Baseball League		Scenic Drive			
			3:00	Jeopardy on the Wii				C		Movie Night—			
				, , , , , , , , , , , , , , , , , , , ,					0.00	M*A*S*H			
9	30	Cheesecake Day	31										
10:00 Rock Painting	9:15	Seated Stretches	9:15	Wii Workout									
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2:00 Bible Study	10:00	Poker Club	11:00	Lunch Outing—									
3:00 Water Coloring	1:00	) 1:1's W/ Holly		Coach House									
	2:00		1:00	Resident Council									
	3:00	) Cheesecake Social		Meeting									
				Chocolate Committee									
			3:00	Deal or No Deal on Wii									



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Karisha Summers Licensed Nursing Home Administrator

Shirley Rolison RN, Director of Nursinfg

**Cindy Zellner** RN, Resident Care Manager

Terri Stamsos Director of Operations

Penny Stark Social Services

Kila Jones **Activities Director** 

**Denise Kurtz Dietary Director** 

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# **Baycrest Health Center**

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We asked our residents and team members: What is your all-time favorite summer destination?



-Ansel Adams



### **Our Favorite Summer Spots!**

### July Highlights

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July 18th: We're going on a trip to the Coos Historic Museum! We are going to load up the bus at 2pm. July 19th: Join us on the lawn at 3pm to celebrate National Daiguiri Day with some frozen virgin daiguiris of all different flavors.

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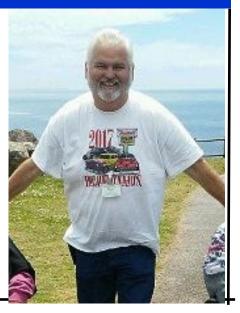
Facebook.com/BaycrestVillage Blog.radiantseniorliving.com Radiantsrliving on Instagram Radiantvoices on Instagram RadiantSrLiving on Twitter Pinterest.com/radiantsrliving Radiant Senior Living on YouTube



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### **Resident of the Month! Estelle**

Estelle has been a resident of Baycrest Village for almost 3 years and has brightens everyone's life more and more each day that she has been with us. Estelle is a talented artist that not only paints, but also uses watercolor pencils, as well as making projects just using medicine cups!! Estelle has her art on display all over the campus including her giraffe, turkey, and airplane that she has put together using the medicine cups as well as being realistically painted. Estelle is also a published author, and has written a book of poems and stories named 'Oregon Stores, Alaskan Tales'. Estelle's artistic capabilities are nothing short of amazing and we all appreciate being able to admire it all each and every day.







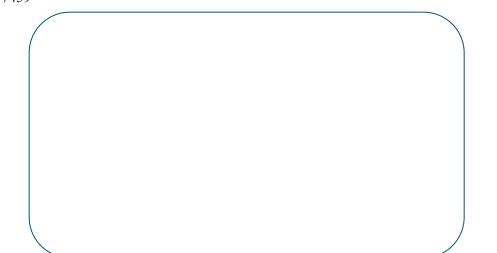
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Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<ul><li>0:00 Rock Painting</li><li>1:00 Gospel Music</li><li>2:00 Bible Study</li><li>3:00 Coloring Club</li></ul>	2 9:15 Baycrest Ball Toss 9:45 Hydration Pass 10:00 Balloon Volleyball 1:00 Music W/ Carol 2:00 Catholic Mass 3:00 40's-60's Radio Show S	3 9:15 Giant Parachute Exercise 9:45 Hydration 10:00 DIY No Bake Dog Treats 1:00 Walmart Shopping Outing 2:00 Plant Care ocial 3:00 Jewelry Making	44th of July9:15Tai Chi Exercise9:45Hydration Pass10:00Furry Friends Visit11:00Popsicle Stick Flag1:001:1's W/ Kila3:00Patriotic Bingo	59:15Seated Stretches Exercise9:45Hydration Pass10:00Uno11:00Bean Bag Toss2:00Sun Catcher Craft3:00Name That Tune	<ul> <li>6</li> <li>9:15 Good News &amp; Coffee</li> <li>9:45 Hydration Pass</li> <li>10:00 Hair by Sassy Pants Min.</li> <li>11:00 Mini Manicures</li> <li>1:00 Scenic Drive</li> <li>2:00 1:1's W/ Kila</li> <li>3:00 Movie Night—</li> </ul>	7Chocolate Day10:00Sorry! Board Game11:00Yahtzee1:00Puzzle Club2:00Chocolate Social		
10:00 Clay Sculpting	9Sugar Cookie Day9:15Baycrest Ball Toss	<b>10</b> 9:15 Giant Parachute Exercise	<b>11</b> 9:15 Tai Chi Exercise	<b>12</b> 9:15 Seated Stretches Exercise	The Hunt for Red October 13 9:15 Good News & Coffee	<b>14</b> 10:00 10,000 Dice Game		
<ol> <li>1:00 Gospel Music</li> <li>2:00 Bible Study</li> <li>3:00 Water Coloring</li> </ol>	<ul> <li>9:45 Hydration Pass</li> <li>10:00 Poker Club</li> <li>1:00 Country Music W/ Dicl</li> <li>2:00 Wii Deal or No Deal</li> <li>3:00 Sugar Cookie Social</li> </ul>	<ul> <li>9:45 Hydration Pass</li> <li>10:00 Balloon Tennis</li> <li>1:00 Riddles</li> <li>2:00 Scenic Drive</li> <li>3:00 Crafts with Kids</li> </ul>	<ul> <li>9:45 Hydration Pass</li> <li>10:00 Wii Bowling League</li> <li>11:00 Magnet Craft</li> <li>1:00 1:1's W/ Kila</li> <li>3:00 Tie Blanket Craft</li> </ul>	<ul> <li>9:45 Hydration Pass</li> <li>10:00 Yahtzee</li> <li>11:00 Reminiscing Corner</li> <li>2:00 Button Pin Craft</li> <li>3:00 Oldie Sitcom/Movie Trivia</li> </ul>	<ul> <li>9:45 Hydration Pass</li> <li>10:00 Aroma Therapy</li> <li>11:00 Mini Manicures</li> <li>1:00 1:1's W/ Kila</li> <li>2:00 Music W/ Simple Harmonies</li> <li>3:00 Movie Night—</li> <li>Rambo</li> </ul>	<ul><li>11:00 Dominos</li><li>1:00 Crafting Hour</li><li>2:00 Virtual Deep Sea Trip</li></ul>		
<b>L5</b> 10:00 Sun Catcher Craft 1:00 Gospel Music 2:00 Bible Study 3:00 Coloring Club	169:15Baycrest Ball Toss9:45Hydration Pass10:00Balloon Volleyball1:001:1's W/ Kila2:00Wii Jeopardy3:00Menu Meeting	179:15Giant Parachute Exercise9:45Hydration Pass10:00Mad Libs1:00Dollar Tree Shopping2:00Plant Care3:00Outside Horseshoes	189:15Tai Chi Exercise9:45Hydration Pass10:00Furry Friends Visit1:001:1's W/ Kila2:00Coos Historic Museum3:00Welcome Wagon	19Daiquiri Day9:15Seated Stretches Exercise9:45Hydration Pass10:00Uno11:00Bean Bag Toss1:00Music W/ Robin3:00Virgin Daiquiri Social on The Lawn	20Lollipop Day9:15Good News & Coffee9:45Hydration Pass10:00Hair by Sassy Pants Min.11:00Mini Manicures1:00Scenic Drive3:30Visit from Lollipop Kid4:00Movie Night— Above the Law	21 10:00 Sorry! Board Game 11:00 Yahtzee 1:00 Puzzle Club 2:00 Flower Vase Painting		
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451 O'Connell Street North Bend, OR 97459



Barbara Maisch Evergreen Court Manager

Denise Ehrendreich Concierge

Mary Jo Harrison Weekend Receptionist

Emmalisa Dobson Carrie Schrader Chefs

> Dave Stout Maintenance

Della McDermott Kirsten Cunningham Karen Fortune Housekeepers

> David Bishop Bus Driver



Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Contact Us: 541-756-4466

# **Evergreen Court News**

### **Evergreen Court Independent Living Newsletter**



P4 & P5 Activities Calendar

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- A finder. There are lots of companies designing key, wallet, phone, purse, and even pet finders. These save time and reduce panic. Two I have personally tried and liked? Tile Mate and the Firstmore Key Finder on Amazon. Both can be secured to items for easy locating. For those who want to attach the Firstmore to their phone, some phone cases have tiny pouches in them now!
- **A tablet.** Apple iPads are great for browsing • the internet, e-reading, and playing games. The mini versions may be easier to physically handle. The Samsung Galaxy Tab S3 is another widely recommended for seniors.
- Voice-interaction tech. A great example is the Echo Show. In it, voice commands are enhanced with visuals. It has hands-free voice calling, the ability to aid in home-monitoring, and works with smart home devices (which eases physical work a senior could have to do).
- Fall-Alert devices. One area many seniors be-• come worried about, when they are alone for

certain periods of time, is falling. There are a few products being made to address just that. A French company called E-Vone recently created shoes that, while worn by a person when they fall, will trigger an alarm.

- A cordless vacuum. There are several out there that get great reviews. The Shark Duo-Clean is touted for its ability to get to hard-toreach spots.
- **A computer.** This is a sixth example, but I am spreading the joy of It's Never 2 Late technology that our communities use. We adore these professional-grade computers with touchscreen capabilities. They are top-notch engagement systems!

#### **5** Apps to Explore

through technology is using apps (applications that can be used on mobile devices). We rounded up five great apps for seniors.

- **Park 'n' Forget.** This one is helpful for finding one's car in a parking lot.
- **Skype.** Video chatting can be such a great way for seniors to connect with family and friends who are far away.
- **EyeReader.** For those who wish to magnify text they're reading, this app acts as a magnifying glass and brightener.
- **Pillboxie.** This reminds people when to take medications if they lack help with that and need it.
- **bSafe.** This app helps with personal safety. It can track where a person is for chosen "Guardians" to see the location. It also has "fake calling" to help one out of unwanted situations.
- Wordbrain. (Bonus mention because I included six tech types!). This very popular wordpuzzle app may help to keep cognition strong!

If you try any of these out, or recommend them to one who does, let us know how it goes!

#### ED DUNK LIBRARY AT EVERGREEN COURT



Photo left to Right: Lisa Salmonson Mrs. Charlotte Dunk

The West Wing Library upgrade was the vision of our former resident, Ed Dunk, in 2015. He saw the library as a potential major resource for all Evergreen Court residents. The library needed some TLC. Ed then began the project to expand, reorganize, and renew our Evergreen Court Library for all residents in our community. He passed away soon after. Lisa and a few other dedicated residents have kept the library organized. We honored Ed with a Re-opening celebration on Tuesday, June 5th. A plaque, photo and story were placed on the wall of our library.

### More Words of Wisdom

#### Submitted By: Resident Jack Thomas

"The fool doth think he is wise, but the wise knows himself to be a fool."

> "Love all, trust a few, do wrong to none."

**Quotes By Shakespeare** 



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### July Highlights- You are invited!

Tuesday, July 3	9:45 p.m.	Fireworks View from Theatre Room
Wednesday, July 4	1:00-2:00	Tina Foutz, Pianist
Thursday, July 5	2:00-3:00	NEW! Dasha Gregory, Pianist
Friday, July 6	2:00-3:00	Birthday Party- Music by Belles & Beaux
Mondays, July 9 & 23	10:30-12:30	Writing Workshop w/ Annis Cassells
	1:30-4:00	Writing Workshop w/ Annis Cassells
Wednesday, July 11	1:00-2:00	Tina Foutz, Pianist
Friday, July 13	10:00-11:00	Furry Friends
	3:30 - 4:30	Social Hour
	4:15-5:00	Louis Faro, Pianist
Tuesday, July 17	2:00-3:00	Pie & Coffee Social
Wednesday, July 18	1:00-2:00	Tina Foutz, Pianist
	1:00-2:30	Rock painting w/ Terry & Suzanne
Friday, July 20	10:00-11:00	Coloring Book Club
	3:30-4:30	Social Hour w/ music by Simple Harmonies
Tuesday, July 24	3:00-3:45	Betty Bangs Does Diller!
Wednesday, July 25	10:30-11:30	Marty Giles- Science Class: Nature
	1:00-2:00	Tina Foutz, Pianist
Friday, July 27	3:30-4:30	Social hour w/ music by Shaymus Hanlin
Tuesday, July 31	10:00-11:00	Mandie's Craft Corner
	1:00-2:00	Ruthe Garagnon, Pianist

### **Evergreen Court Beauty Salon**

Hair Stylist- Julie Uppstad @ (541) 290-1735 Nails by Katie @ (541) 294-5871



Amelia always had a sense of adventure. She was one of the early adopters of wearing bloomers, creating a scandal among the 'nice girls' in her hometown of Atchison, KS. At 10, she saw her 1st aircraft at the Iowa State Fair & began saving her money (\$1,000!) for flying lessons. She became obsessed with planes. She cropped her hair & began sleeping in her leather jacket to get the worn look she liked. During her attempt to be the 1st woman to circumnavigate the globe, she & her navigator Fred Noonan disappeared near Howland Island. They were declared dead 2 years later. Recently, a picture taken by an undercover spy on the Marshall Islands surfaced showing a woman with short hair sitting on a dock watching a barge towing a plane. A man believed to be Fred is standing nearby & they are surrounded by natives. It is thought that Amelia & Fred were blown off course, crash landed & were captured by the Japanese military. Fearing the undercover spy would be exposed, the picture was buried in the Archives. Amelia & Fred were probably taken to Saipan in the Mariana Islands, kept as slaves & died in captivity. A life lived bravely & with joy & confidence, Amelia will always be remembered as an inspiration for those who follow their dreams.

### WIT & WISDOM

### **AMELIA EARHART**

Born July 24, 1897 **Disappeared July 2, 1937 American Aviation Pioneer**,

1st Female Aviator to fly solo across the Atlantic Ocean, received Distinguished Flying Cross, early supporter of Equal Rights Amendment & National Woman's Party, Author

"Adventure is worthwhile in itself."

# JULY 2018



Sun	Mon	Tues	Wed	Thur	Fri	Sat	
National Postal Workers Day 1:15 "Here Come the Brits" @ Dolphin Playhouse 2:00 Movie Matinee TF	1:00 NB Bi-Mart & Walmart	1:00 TaiChi (Residents only)ER2:00 TaiChi (All)ER2:30 SusieWilson , MusicianLR	Independence Day410:00 Outing: CB Farmers Market Lunch @ Luigi's1:00 Tina Foutz, Pianist1:00 Tina Foutz, PianistLR2:00 Activity MeetingTR6:00 ScrabbleAR9:45 City Fireworks: Baycrest View	9:45 Shopping NB Safeway 10:00 Chair Yoga Class ER 1:00 Fred Meyers & Banks 2:00 NEW! Dasha Gregory: Plays	National Fried Chicken Day61:00 Tai Chi (Residents only)ER2:00 Tai Chi (All)2:00 Birthday Celebration : Musicw/ Belles & BeauxLR6:00 Mexican Train DominosAR	Global Forgiveness Day 7	
2:00 Movie Matinee TR	1:00 NB Bi-Mart & Walmart 1:30-4:00 Writing Workshop w/	10Resident SPA Day10:00 AM - 2:00 PM1:00 Tai Chi (Residents Only)2:00 Tai Chi (All)ER6:00 Yahtzee Games	11 9:30 Outing: Scenic Tour Umpqua Lighthouse 1:00 Tina Foutz, Pianist LR 6:00 Scrabble AR	1:00 Fred Meyers & Banks 1:30 Mobile Library LR	1310:00 Furry FriendsLR1:00 Tai Chi (Residents only)ER2:00 Tai Chi (All)ER3:30 Social HourLR4:15 Louis Faro, PianistLR6:30 Foreign Film: "Microbe & Gasoline" (France)CB Library	Bastille Day 14 1:00 Chicken Foot AR	
National Tapioca Day12:00 Movie MatineeThe	1:00 NB Bi-Mart & Walmart	9:00-12:00 Swap Table AR 1:00 Tai Chi (Residents Only) ER 2:00 Tai Chi (All) ER	1:00 - 2:30 Rock PaintingAR3:00 Resident's MeetingTR	9:45 Shopping NB Safeway	National Lollipop Day2010:00 Coloring Book ClubLR1:00 Tai Chi (Residents only)ER2:00 Tai Chi (All)ER3:30 Social Hour : Music w/ Simple HarmoniesLR6:00 Mexican Train DominosAR	21 11:15 Outing: Oregon Music Festival Kick-Off Concert @ Mingus Park 1:00 Chicken Foot AR	
2:00 Movie Matinee TR	10:30 -12:30 Writing Workshop w/ Annis Cassells AR 1:00 NB Bi-Mart & Walmart 1:30-4:00 Writing Workshop w/	9:15 Free Movie @ Pony Village 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) TR 3:00 Betty Bangs Does Diller! LR	Amelia Earhart Day2510:00 Outing: Coos County Fair Senior Day \$4 admission10:30 Marty Giles: Nature10:30 Marty Giles: NatureTR1:00 Tina Foutz, PianistLR3:00 Bucks StoreAR6:00 ScrabbleAR	1:00 Fred Meyers & Banks	National Korean War Veterans Armistice Day271:00 Tai Chi (Residents only)ER2:00 Tai Chi (All)ER3:30 Social Hour: Music w/ Shaymus HanlinLR6:00 Mexican Train DominosAR	National Chocolate Milk Day 28 1:00 Chicken Foot AR	
National Chicken Wing Day21:15 Little Ole Opry @ Liberty Theatre "Director's Choice"2:00 Movie MatineeTR	1:00 NB Bi-Mart & Walmart 6:00 Bingo AR	National Raspberry Cake Day3110:00 Mandie's Craft CornerTR1:00 Ruthe Garagnon, PianistLR1:00 Tai Chi (Residents only)AR2:00 Tai Chi (All)AR3:00 Chair DancingLR6:00 Yahtzee GamesAR	RESIDENTS BIRTHDAYS Howard Sams- July 18 Jack Thomas- July 19 Jim Bennett- July 25	ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. CATHOLIC MASS Every Monday 2 p.m. Baycrest Village Chapel	<u>LEGEND</u> AR = Activity Room ER = Exercise Room DR = Dining Room LR = Living Room TR =Theater Room	Happy 4th of July!	