

Cornerstone

assisted living community

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MANAGEMENT TEAM:

SHELLEY REYES - Executive Director

*EIRA REA SANTOS - Director of
Resident Development*

IRENE HERYFORD - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG- Medical Records

RICH SALCIDO - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor

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!



July 2022



Fourth of July Event - (Friday, July 1st)

Residents, come on out and join your friends and neighbors for a Fourth of July feast. We're putting on the dogs—the hot dogs, that is—along with burgers and drinks for everyone. We'll also have games, music and maybe even a few surprises for our patriotic residents. So, show your community spirit by wearing patriotic colors, flags, or anything with red, white and blue. Bingo and Happy Hour are also highlights on this special day!

Fourth of July Event 4TH OF JULY BBQ LUNCH

ENTERTAINMENT BY: ALVIN

Friday, July 1st

AT 10AM

Light Up the Sky

Fireworks have been a Fourth of July tradition since the early days of our nation's independence. The American Pyrotechnics Association estimates that over 14,000 fireworks shows take place on July 4 across the country, from small towns to major cities.

Activities Department
Lourdes/Lydia
(707) 999-5025

COMMUNITY NEWS

Welcome to Our Community
MARY MYERS

Such a sweet lady, very friendly, who enjoys bingo and spending time with other residents.

A Little Self Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.

Lunch Bunch Outings

Our Lunch Bunch heads to a local restaurant each month, and we welcome anyone who wants to join us! Get the dish on our next outing in the Activity Room or check your monthly calendar.

FUN DATES FOR JULY:

- Fourth of JULY
BBQ/Entertainment on July 1st/Friday
- Gorgeous Grandma Day
- Wine and Cheese party
- Honoring our Korean Veterans
- Summer Mini Olympics
- Men's after Dinner Board Game

Happy Independence Day!

We hope you enjoy the Fourth of July holiday! Eat some apple pie, watch some fireworks and just make an All-American celebration out of this proud event.

Honoring Our Korean War Vets

July 27th is National Korean War Veterans Armistice Day. To all our residents who served in the Korean War, we salute you and thank you for your service.

Bedtime Puzzles

Many people read in bed as a way to wind down and avoid screen time, either from a phone, tablet or TV, before going to sleep. If you're not into reading, try working on a crossword, word search or other puzzle. It will have a similar effect as reading a book.

Featured Photo



Pictured is Ms. Margaret with her favorite potted plants (right) and her good friend Gilda (left) enjoying the summer Bloom. The purple flowers pictured are "Lily of the Nile" planted in our covered courtyard.

MORE JULY ACTIVITIES:

Slurp Up a Taste of Summer

- A snow cone is a classic summertime treat. It's usually topped with brightly colored syrups in fruity flavors.
- Fresh watermelon treats
- Popsicles Day
- "We all Scream for Ice Cream" Day



That's Entertainment!

We have various performers who come to entertain us with their talent. We would love to have you in the audience! Check your activities calendar every day, and don't forget to sign up for outings and bus rides!

The Time Is Right

Thinking about simplifying your life by getting rid of things you don't need? This is the month to do it! July 12th is "Simplicity Day", and July 15th is "National Give Something Away Day". Make a little donation to a local secondhand store or to family and friends that might need a freebie!

Follow us on Facebook & Instagram

SAVE THE DATE: Gorgeous Grandma Day

"Gorgeous Grandma Day" celebrates the beauty and vibrancy that come with growing older and empowers grandmas everywhere to live life to its fullest. We will celebrate this awesome day on **July 22nd** and will announce "Gorgeous Grandma" during our Happy Hour at 3:00pm (in the activity room) with wine and cheese.

To all grandmas, great-grandmas, and great-great-grandmas in our community, rise and shine and be GORGEOUS, not just today but every day!

Friendly Reminders: Join in on the Fun!

- Please join us for "Happy Hour" every Friday to mix, mingle, and meet your new neighbors
- To start your day right, sweat it out at our seven days a week "Morning Stretch". Pick a day which is the most convenient for you and make it a habit!
- Join our monthly "Veterans Call for Coffee" led by Mr. Paul VD
- Join our monthly "Reminiscing/Sharing Stories" with Mr. Bill H.



SUMMER MINI OLYMPICS

- BOWLING
- PUTTING CONTEST
- WALKER RACE
- SCOOTER RACE
- SHOOT THE BALL
- WALKATHON
- BEAN BAG TOSS

PRIZES awaits the Winners!
and
Refreshing Summer Drinks
& Goodies
FUN SUMMER GAME TIME!

Electronics Help

Computers, tablets, and smartphones, oh my! Please check the activities calendar for the date and time for our next class held in the library.

You can also use the library computer to google, research, or play games. Get connected also with social media, like Facebook and Instagram.



Please check the activities calendar with the schedule and sign up in the Activity Room



Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

Volleyballoon Fun!

Bump, set and spike your way to fun with Volleyballoon! This game is a great way to get some exercise and share some laughs with your neighbors.

Wine and Cheese Hour

Come socialize with your neighbors and enjoy delicious nibbles at our Wine and Cheese Hour. Nonalcoholic beverages are also available. See the calendar for dates and times, and plan to join us for a good time!

Upcoming Events: Luau Event in August

Aloha! Time to get out your Hawaiian shirt, grass skirt and lei and fabulous Hula Dancers too! We're having a luau and would love to see everyone there. When released, check your August calendar for details.





July

Word Search

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

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