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LOST IN TRANSLATION:
LANGUAGE DIFFERENCES WITH GEN Z!

Members of Gen Z, who were born between 1997 and 2012, are using a slew of “slang” words that may be confusing to older generations. If you don’t have an Urban Dictionary handy, don’t worry. Here are a few choice Gen Z words and how to translate them!



Quote of the Month

“LIVE IN THE SUNSHINE. SWIM IN THE SEA. DRINK IN THE WILD AIR.” ~ RALPH WALDO EMERSON



LET THE GAMES BEGIN

The opening ceremony of the 2024 Olympic Games will be the first ever held in a city center, with gigantic Olympic rings to be displayed on the Eiffel Tower overing looking the Seine River. A swarm of boats will carry athletes toward the Tower.

Once the Games begin, there will be 32 sports in total, including an all-new one: breakdancing. The official start date for the Olympic Games is July 24, with non-medal competitions. Then, from July 26 to August 11, more than 10,000 athletes will compete in 329 medal events. The City of Lights will host 45 sporting events across 35 venues in Paris and its neighboring cities, including Versailles, Le Bourget, Saint-Denis and more. Catching the fervor and spirit of the Olympic Games, American House communities will be hosting our own resident competitions that will begin on July 29 and go through August 9. Best of luck to all our American House athletes. Let the games begin!

FOLLOW US ON FACEBOOK

LIVING & WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BONITA SPRINGS III

JULY 2024

THE HISTORY OF AMERICA’S INDEPENDENCE

The Fourth of July has been an American holiday since 1941, but the tradition of Independence Day celebrations dates to the 18th century and the American Revolution. When the first battles in the Revolutionary War broke out in April 1775, few colonists wanted complete independence from Great Britain. But due to growing hostility against Britain and the spread of revolutionary sentiments as those expressed in the bestselling pamphlet, “Common Sense,” published by Thomas Paine, calls for complete independence began to grow louder.



On July 2nd, the Continental Congress voted in favor for independence in a near-unanimous vote. Two days later delegates from the 13 colonies adopted the Declaration of Independence. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

On July 4th, the Continental Congress formally adopted the Declaration of Independence. Though the vote for actual independence took place on July 2nd, from then on, the 4th became the day that was celebrated as the birth of American independence.



JULY 2024 EVENTS!

- "4th of July Picnic 7/4
- Dermatologist Visit 7/8
- Cooking Demo w/Chef 7/16
- "Happy Notes" Choir 7/17
- Casino Royale Fun & Games 7/17
- Hydrate with Stacy 7/23
- Birthday Luncheon 7/25
- Jewelry Making 7/25

THE POWER OF SPEAKING YOUR TRUTH

Speaking your truth is a key component to living an authentic life. It’s not easy to do but what if we spoke up in all areas of our life—our work, our relationships, our family, with people in public? It’s not about getting in people’s faces and challenging them. Our opinions are often filled with a sense that we’re “right” and others are “wrong.” But “Our Truth” is about expressing what we think and feel in a transparent way. When we let go of being “right” and take responsibility for our experience, we speak our truth from a more authentic place.



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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY									
										LOCATION KEY											
										<div><div>1FA</div><div>1FL</div><div>2FA</div><div>2FL</div><div>2FI</div><div>3FL</div></div> <div><div>1st Floor Activity Room</div><div>1st Floor</div><div>2nd Floor Activity Room</div><div>2nd Floor</div><div>2nd Floor Fitness Room</div><div>3rd Floor</div></div>	<div><div>3LG</div><div>B</div><div>BC</div><div>CAF</div><div>DR</div><div>FD</div></div> <div><div>3rd Floor Lounge</div><div>Bistro</div><div>Boccee Ball Court</div><div>Café</div><div>Dining Room</div><div>Front Desk</div></div>	<div><div>LO</div><div>LR</div><div>PL</div><div>PG</div></div> <div><div>Lobby</div><div>Living Room</div><div>Pool</div><div>Putting Green</div></div>									
01		02		03		04		INDEPENDENCE DAY		05		06									
		10:00a Church 1st Floor 10:15a Beanbag Baseball 1st Floor 11:30a Puzzle Palooza 1:00p Choir practice 3:00p Quarter Bingo 4:00p Ind Games: Cards, Sequence, and More! 1st Floor	Mass with Communion - St Leo's 1st Floor LR CAF 3FL 1FA LR LR	9:45a 10:45a 12:00p 1:00p 2:30p	Shuffleboard Weight Exercise w/ Solaris Scrabble Game, 1st Floor Independent Golf putting practice Happy Hour	1FA 2FI LR 3FL 2FI FD LR B	10:00a 10:15a 11:00a 11:30a 1:30p 3:00p	Blood Pressure Screening Beanbag Baseball Communion with Nancy Stretch and Balance Publix Outing Bingo	2FL CAF 3FL 2FI FD LR	10:00a 10:30a 11:00a 1:00p 2:00p 3:30p 6:00p	Shuffleboard Working on puzzles Scrabble Game 1st floor Phase 10 Cards 1st Floor Water Aerobics w/Solaris Ambassador Meeting - Past, Present & Future! Independent Card Games	1FA 3LG LR LR PL 3LG LR	10:00a 11:00a 1:00p 1:00p 2:30p	Bocce Ball Wii Workout - Independent Left, Right, Center 1st Floor Mahjongg with Jackie 1st Floor Happy Hour with Zarita	BC 1FA LR LR B	10:15a 12:30p 1:00p 2:00p 3:00p 6:30p	Beanbag Baseball "Why Knot Knit Club" 1st Floor Shuffleboard Wii Bowling Sequence Game Movie Night	CAF LR 1FA 1FA LR 1FL			
07		08		09		10		11		12		13									
9:00a 9:30a 11:00a 2:00p 3:00p 6:00p		Bus leaves for St Leo the Great Service with Pastor Tim 1st Floor Wii Workout - Independent BRAINIACS, Assorted Games and Challenges 1st Floor Sequence Game 1st Floor Independent Card Games 1st Floor	LO LR 1FA LR LR LR	9:00a 10:15a 11:30a 1:00p 2:00p 3:00p 4:00p	Communion - St Leo's 1st Floor Beanbag Baseball 1st Floor Puzzle Palooza Choir practice Apartment Safety Presentation w/Solaris Quarter Bingo Ind Games: Cards, Sequence, and More! 1st Floor	LR CAF 3FL 1FA LR LR LR LR	9:45a 10:45a 12:00p 1:00p 2:30p 2:30p	Shuffleboard Weight Exercise w/ Solaris Scrabble Game, 1st Floor Independent Golf putting practice Happy Hour with Flash Forward Happy Hour	1FA 2FI LR 2FI FD LR B B	10:00a 10:30a 11:00a 12:30p 1:00p 2:00p 6:00p	Blood Pressure Screening Walgreens and CVS Beanbag Baseball Stretch and Balance Publix Outing Bingo	2FL LO CAF 2FI FD LR	10:00a 10:30a 11:00a 12:30p 1:00p 2:00p 6:00p	Shuffleboard Working on puzzles Scrabble Game 1st floor Cooking Demo w/Chef Phase 10 Cards 1st Floor Water Aerobics w/Solaris Independent Card Games	1FA 3LG LR B LR PL LR	10:00a 11:00a 1:00p 1:00p 2:30p	Bocce Ball Wii Workout - Independent Left, Right, Center 1st Floor Mahjongg with Jackie 1st Floor Happy Hour	BC 1FA LR LR B	10:15a 12:30p 1:00p 2:00p 3:00p 6:30p	Beanbag Baseball "Why Knot Knit Club" 1st Floor Shuffleboard Wii Bowling Sequence Game Movie Night	CAF LR 1FA 1FA LR 1FL
14		15		16		17		18		19		20									
9:00a 9:30a 11:00a 2:00p 3:00p 6:00p		Bus leaves for St Leo the Great Service with Pastor Tim 1st Floor Wii Workout - Independent BRAINIACS, Assorted Games and Challenges 1st Floor Sequence Game 1st Floor Independent Card Games 1st Floor	LO LR 1FA LR LR LR	9:00a 10:15a 11:30a 1:00p 3:00p 4:00p	Communion St Leo's - 1st Floor Beanbag Baseball 1st Floor Puzzle Palooza Choir practice Quarter Bingo Ind Games: Cards, Sequence, and More! 1st Floor	LR CAF 3FL 1FA LR PG LR	9:45a 10:45a 12:00p 1:00p 2:30p 2:30p	Shuffleboard Weight Exercise w/ Solaris Scrabble Game, 1st Floor Independent Golf putting practice Happy Hour Happy Hour with Tom	1FA 2FI LR FD LR B B	10:00a 10:15a 11:30a 1:30p 3:00p 3:30p 5:00p 5:00p	Blood Pressure Screening Beanbag Baseball Stretch and Balance Publix Outing Bingo Our Choir, "The Happy Notes" performance Broadway Family Night Live Entertainment w/Lori and	2FL CAF 2FI FD LR DR	10:00a 10:30a 11:00a 12:30p 1:00p 2:00p 6:00p	Shuffleboard Working on puzzles Scrabble Game 1st floor Phase 10 Cards 1st Floor Water Aerobics w/Solaris Independent Card Games	1FA 3LG LR LR PL LR	10:00a 11:00a 1:00p 1:00p 2:30p	Bocce Ball Wii Workout - Independent Left, Right, Center 1st Floor Mahjongg with Jackie 1st Floor Happy Hour with Jim St Amour	BC 1FA LR LR B	10:15a 12:30p 1:00p 2:00p 3:00p 6:30p	Beanbag Baseball "Why Knot Knit Club" 1st Floor Shuffleboard Wii Bowling Sequence Game Movie Night	CAF LR 1FA 1FA LR 1FL
21		22		23		24		25		26		27									
9:00a 9:30a 11:00a 2:00p 3:00p 6:00p		Bus leaves for St Leo the Great Service with Pastor Tim 1st Floor Wii Workout - Independent BRAINIACS, Assorted Games and Challenges 1st Floor Sequence Game 1st Floor Independent Card Games 1st Floor	LO LR 1FA LR LR LR	9:00a 10:15a 11:30a 1:00p 2:00p 3:00p 4:00p	Communion St Leo's - 1st Floor Beanbag Baseball 1st Floor Puzzle Palooza Choir practice Wine & Wellness with Amy, 1st Floor Quarter Bingo Ind Games: Cards, Sequence, and More! 1st Floor	LR CAF 3FL 1FA LR LR LR LR	9:45a 10:45a 12:00p 1:00p 2:30p	Shuffleboard Weight Exercise w/ Solaris Scrabble Game, 1st Floor Independent Golf putting practice Happy Hour	1FA 2FI LR 3FL 2FI FD LR B	10:00a 10:00a 10:00a 10:15a 11:30a 1:30p 3:00p	Blood Pressure Screening Banks Outing Walgreens and CVS Beanbag Baseball Stretch and Balance Publix Outing Bingo	2FL LO LO CAF 2FI FD LR	10:00a 10:30a 11:00a 12:30p 1:00p 2:00p 6:00p	Shuffleboard Working on puzzles Scrabble Game 1st floor Birthday Luncheon Phase 10 Cards 1st Floor Water Aerobics w/Solaris Independent Card Games	1FA 3LG LR DR LR PL LR	10:00a 11:00a 1:00p 1:00p 2:30p	Bocce Ball Wii Workout - Independent Left, Right, Center 1st Floor Mahjongg with Jackie 1st Floor "New Resident" Happy Hour	BC 1FA LR LR CAF	10:15a 12:30p 1:00p 2:00p 3:00p 6:30p	Beanbag Baseball "Why Knot Knit Club" 1st Floor Shuffleboard Wii Bowling Sequence Game Movie Night	CAF LR 1FA 1FA LR 1FL
28		29		30		31		BIRTHDAYS													
9:00a 9:30a 11:00a 2:00p 3:00p 6:00p		Bus leaves for St Leo the Great Service with Pastor Tim 1st Floor Wii Workout - Independent BRAINIACS, Assorted Games and Challenges 1st Floor Sequence Game 1st Floor Independent Card Games 1st Floor	LO LR 1FA LR LR LR	9:00a 10:15a 11:30a 1:00p 3:00p 4:00p	Communion St Leo's - 1st Floor Beanbag Baseball 1st Floor Puzzle Palooza Choir practice Quarter Bingo Ind Games: Cards, Sequence, and More! 1st Floor	LR CAF 3FL 1FA LR PG LR	9:45a 10:45a 12:00p 1:00p 2:30p	Shuffleboard Weight Exercise w/ Solaris Scrabble Game, 1st Floor Independent Golf putting practice Happy Hour	1FA 2FI LR 3FL 2FI FD LR B	10:00a 10:15a 11:30a 1:30p 3:00p	Blood Pressure Screening Beanbag Baseball Stretch and Balance Publix Outing Bingo	2FL CAF 2FI FD LR	Joan K. 7/7 Patricia M. 7/17 Margaret P. 7/17 Carol M. 7/19 Judy J. 7/23 Phyllis H. 7/24 Robert W. 7/24								

All activities subject to change.