

CONTACTS

- Executive Director**
Stacey Griffin
- Community Relations Director**
Erica Brown
- Culinary Director**
Tommie Coleman
- Life Enrichment Director**
Robbin Larkin
- Housekeeping**
Stephanie Cadeau
- Office Support**
Alexis/Kara
- Maintenance Director**
Morris Davis
- The Medical Team**
Linda & Ashley

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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

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WESTLAND HUNTER

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!

- July 4th Party
- Meet and Greet TMT
- Cooking Demo
- Family Night
- Food Committee Meeting 1/16
- Olympics Games
- Birthday Bash

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.



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
															LOCATION KEY					
															IFL I st Floor BG Butterfly Garden CAF Café CTR Craft Room DR Dining Room FPO Front Porch			LO Lobby OUT Outing PAT Patio S Salon SOL Solarium APT Your Apartment		
01			02			03			04 INDEPENDENCE DAY			05			06					
			10:00a Board Game Day! 10:30a Chair Volleyball 11:00a Balance Class 1:30p Community Store 2:00p BINGO	CAF SOL CAF CAF DR	9:00a Brain Games 9:30a Meet & Great TMT 9:30a Grocery Outing 10:00a Movement w Kaylin TMT 1:30p Quarter Toss 3:00p Protestant Services 3:00p Keno Game 6:00p Movie Time	CAF CAF Out LO SOL CTR SOL CAF	9:30a Trivia 11:00a Stylin with Ameila 1:00p July 4th Party 2:00p Happy Hour 3:00p Wellness U 6:00p Euchre Night	CAF S CAF CAF CAF DR	12:30p Arts & Crafts 2:00p BINGO! 3:00p Yahteez Game	CAF DR DR	10:30a Chair Volleyball 12:00p Knitting Club 12:00p Coloring and Convo 2:00p Keno Board Game 3:00p Spintopia 6:00p Card Club	SOL SOL CAF DR SOL DR	10:30a Hangman 1:00p UNO 2:00p BINGO! 4:00p Red Hat Society	CAF CAF DR CTR						
07			08			09			10			11			12			13		
9:00a Morning News 10:00a Worship Service w/ Pastor Henry CAF 10:00a Catholic Services 3:00p Trivia 6:00p Puzzles	CAF CTR CAF CTR	10:00a Board Game Day! 10:30a Chair Volleyball 11:00a Balance Class 1:30p Community Store 2:00p BINGO	CAF SOL CAF CAF DR	9:00a Brain Games 10:00a Grocery Outing 10:00a Movement w Kaylin TMT 1:30p Quarter Toss 2:00p Town Hall Meeting 3:00p Protestant Services 3:00p Keno Game 6:00p Movie Time	CAF Out LO SOL DR CTR SOL CAF	9:30a Trivia 11:00a Stylin with Ameila 2:00p Happy Hour 3:00p Craft 6:00p Euchre Night	CAF S CAF CAF CAF DR	9:30a Brain Games 10:30a Chair Zumba 12:30p Arts & Crafts 2:00p BINGO! 3:00p Yahteez Game	CAF CAF CAF DR DR	10:30a Chair Volleyball 12:00p Knitting Club 12:00p Coloring and Convo 2:00p Keno Board Game 3:00p Spintopia 3:00p Painting with Durwood 6:00p Card Club	SOL SOL CAF DR SOL CAF DR	10:30a Hangman 1:00p UNO 2:00p BINGO! 4:00p Red Hat Society	CAF CAF DR CTR							
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9:00a Morning News 10:00a Worship Service w/ Pastor Henry CAF 10:00a Catholic Services 3:00p Trivia 6:00p Puzzles	CAF CTR CAF CTR	10:00a Board Game Day! 10:30a Chair Volleyball 11:00a Balance Class 1:30p Community Store 2:00p BINGO	CAF SOL CAF CAF DR	9:00a Brain Games 10:00a Grocery Outing 10:00a Movement w Kaylin TMT 1:30p Quarter Toss 2:00p Welcome Meet & Greet 3:00p Protestant Services 3:00p Keno Broad Game 3:00p Keno Game 6:00p Movie Time	CAF Out LO SOL CAF CTR CAF SOL CAF	9:30a Trivia 11:00a Stylin with Ameila 2:00p Happy Hour 3:00p Craft 6:00p Euchre Night	CAF S CAF CAF CAF DR	HAPPY BIRTHDAY!! ENJOY YOUR DAY!!												