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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

LIVING & WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

SPRING LAKE VILLAS

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!

- 3rd BIG BINGO
- 4th Popsicle Social @SB
- 5th Paul Carmichael @SB
- 11th Blueberry Day Social
- 12th Dave Molinari @PB
- 17th Catholic Mass @TB
- 17th Family Night
- 19th Marty Miller
- 25th Wine & Cheese Social
- 26th Monthly Birthday Party

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			
										AR Activity Room DR Dining Room LIB Library		LR Living Room OUT Outing SCP South Carport	
01		02		03		04 INDEPENDENCE DAY		05		06			
 <div>10:00a Monthly Villa Meeting 1:00p Meijer Trip 3:00p Crossword 4:45p Movie Night</div> <div>OUT</div>		<div>10:00a Walking Club 11:00a Devotions With Dennis 4:00p Wii Games 6:00p Euchre!</div>		<div>9:30a Rykes Bakery 10:00a Bunco 3:00p BIG BINGO 5:00p Evening Walking Club 6:00p Yahtzee</div> <div>OUT</div>		<div>12:00a Independence Day 9:30a Coffee and Conversation 10:00a Walking Club 3:00p 4th of July Popsicle Social @SB 6:00p Rummikub</div>		<div>10:00a Walk with a Friend 3:15p Paul Carmichael @SB 6:00p Happy Hour</div>		<div>10:00a Coffee and Conversation 1:30p Bingo! 6:00p Dominos</div>			
07		08		09		10		11		12		13	
<div>10:00a Walk with a Friend 1:30p Puzzles With Friends 6:00p Let's Play Scrabble!</div>		<div>10:00a Morning Memory Exercises 1:30p Leppinks 3:00p Engaged Senior: Wheel of Fortune 4:45p Movie Night</div> <div>OUT</div>		<div>10:00a Walking Club 11:00a Devotions With Dennis 2:00p Wellness U: Grief Counseling Speaker 3:00p Non-Denominational Church Service 4:00p Wii Games 6:00p Euchre!</div>		<div>9:30a Coffee and Donuts on the Beach 10:00a Dominos 2:00p Mani's/Pedi's 5:00p Evening Walking Club 6:00p Yahtzee</div> <div>OUT</div> <div>OUT</div>		<div>9:30a Muskegon Farmers Market 10:00a Walking Club 2:00p Ice Cream 3:00p National Blueberry Muffin Day Social 6:00p Rummikub</div> <div>OUT</div> <div>OUT</div>		<div>10:00a Cardio Drumming 2:00p Trivia 3:00p Dave Molinari @PB 6:00p Happy Hour</div>		<div>10:00a Coffee and Conversation 1:30p Bingo! 6:00p Dominos</div>	
14		15		16		17		18		19		20	
<div>10:00a Walk with a Friend 1:30p Puzzles With Friends 6:00p Let's Play Scrabble!</div>		<div>10:00a Morning Memory Exercises 1:00p Meijer Trip 3:00p Engaged Senior: Jeporady 4:45p Movie Night</div> <div>OUT</div>		<div>10:00a Walking Club 11:00a Devotions With Dennis 4:00p Wii Games 6:00p Euchre!</div>		<div>9:30a GH Farmers Market 10:00a Left Center Right 10:15a Catholic Mass @TB 12:15p Dockers 5:00p Family Night</div> <div>OUT</div>		<div>9:30a McDonalds 10:00a Walking Club 12:00p Blood Pressure Clinic 1:30p Target 3:00p Cooking Demo 6:00p Rummikub</div> <div>OUT</div> <div>OUT</div>		<div>10:00a Cardio Drumming 1:30p National Ice Cream Day Social 3:00p Marty Miller @Villas 6:00p Happy Hour</div>		<div>10:00a Coffee and Conversation 1:30p Bingo! 6:00p Dominos</div>	
21		22		23		24		25		26		27	
<div>10:00a Walk with a Friend 1:30p Puzzles With Friends 6:00p Let's Play Scrabble!</div>		<div>10:00a Morning Memory Exercises 1:30p Leppinks 3:00p Engaged Senior: Crossword 4:45p Movie Night</div> <div>OUT</div>		<div>10:00a Walking Club 11:00a Devotions With Dennis 4:00p Wii Games 6:00p Euchre!</div>		<div>9:30a Carmen's Cafe 10:00a Phase 10 Card Game 2:00p Aldi 5:00p Evening Walking Club 6:00p Yahtzee</div> <div>OUT</div> <div>OUT</div>		<div>10:00a Walking Club 10:00a Scenic Bus Bingo 12:15p El Burrito 3:00p Wine & Cheese Social 6:00p Rummikub</div> <div>OUT</div> <div>OUT</div>		<div>10:00a Cardio Drumming 2:00p Monthly Birthday Party! 6:00p Happy Hour</div>		<div>10:00a Coffee and Conversation 1:30p Bingo! 6:00p Dominos</div>	
28		29		30		31		BIRTHDAYS					
<div>10:00a Walk with a Friend 1:30p Puzzles With Friends 6:00p Let's Play Scrabble!</div>		<div>10:00a Morning Memory Exercises 1:00p Meijer Trip 3:00p Engaged Senior: Wheel of Fortune 4:45p Movie Night</div> <div>OUT</div>		<div>10:00a Walking Club 11:00a Devotions With Dennis 4:00p Wii Games 6:00p Euchre!</div>		<div>9:30a Dollar Tree 10:00a Uno 2:00p Ice Cream 5:00p Evening Walking Club 6:00p Yahtzee</div> <div>OUT</div> <div>OUT</div>		<div>Carol L. 7/09 Shelia L. 7/20 Patricia M. 7/28 Donna S. 7/30</div>					