

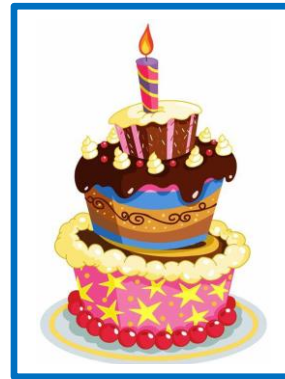
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coloring</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: <b>Pastor Deb</b>	<b>2</b> <b>Monthly Birthday Party</b> 10:30-11: Daily Chronicle 10:30-11:30: <b>Coffee Talk</b> 2-3: <b>Monthly Birthday Party</b> Game Night 6:30-7:30	<b>3</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Trivia</b> 10:45-11:30: Snacks <b>1:30 Catholic Mass (Ch 957)</b> 2-2:30: <b>Exercise</b> 2-4: <b>Social</b>	<b>4</b> <b>4<sup>th</sup> of July</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Balloon Toss</b> 10:45-11:30: <b>Reading</b> 2-3:30: <b>Crafts</b> 3:30-4: Snacks	<b>5</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Memory Lane</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>6</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Dart Ball</b> 1:30-3:30: <b>Movie</b> 3:30-4: 1-on-1
<b>7</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Reading</b> 2:30-3:30: Games 3:30-4: Snacks  <b>2:30 Worship- (Ch 957)</b>	<b>8</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coloring</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: <b>Pastor Deb</b> Documentary 6:30-7:30	<b>9</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coffee Talk</b> 2-3:30: <b>Famous Faces</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>10</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Trivia</b> 10:45-11:30: Snacks <b>1:30 Catholic Mass (Ch 957)</b> 2-2:30: <b>Exercise</b> 2:30-4: <b>Wii Bowling</b>	<b>11</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Balloon Toss</b> 10:45-11:30: <b>Reading</b> 1:30-3:30: <b>Movie</b> 1:30-3:30: <b>Aviary Trip</b>	<b>12</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Memory Lane</b> 2-3:30: <b>Jerry DeMaria on Hickory</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>13</b> 10-10:30: Daily Chronicle 10:30-11: <b>Coffee Talk</b> 1:30-3:30: <b>Nail Art</b> 3:30-4: 1-on-1
<b>14</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Reading</b> 2:30-3:30: Games 3:30-4: Snacks  <b>2:30 Worship- (Ch 957)</b>	<b>15</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coloring</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: <b>Pastor Deb</b>	<b>16</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Baking</b> 2-4: <u>Group Resident Council</u> Game Night 6:30-7:30	<b>17</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Trivia</b> 10:45-11:30: 1-on-1 <b>1:30 Rosary (Ch 957)</b> 2-2:30: <b>Exercise</b> 2:30-4: <b>Wii Bowling</b>	<b>18</b> <b>Shark Day</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Balloon Toss</b> 10:45-11:30: <b>Shark Trivia</b> 2-3:30: <b>Crafts</b> 3:30-4: Snacks	<b>19</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Memory Lane</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>20</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Dart Ball</b> 1:30-3:30: <b>Movie</b> 3:30-4: 1-on-1
<b>21</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Reading</b> 2:30-3:30: Games 3:30-4: Snacks  <b>2:30 Worship- (Ch 957)</b>	<b>22</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Trivia</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: <b>Pastor Deb</b> Documentary 6:30-7:30	<b>23</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coffee Talk</b> 2-3:30: <b>Famous Faces</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>24</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Words from Words</b> 10:45-11:30: Snacks <b>1:30 Rosary (Ch 957)</b> 2-2:30: <b>Exercise</b> 2:30-4: <b>Wii Bowling</b>	<b>25</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Reading</b> 1:30-3:30: <b>Movie</b> 1:30-3:30: <b>Aviary Trip</b>	<b>26</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Memory Lane</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: Snacks	<b>27</b> 10-10:30: Daily Chronicle 10:30-11: <b>Coffee Talk</b> 1:30-3:30: <b>Nail Art</b> 3:30-4: 1-on-1
<b>28</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Reading</b> 2:30-3:30: Games 3:30-4: Snacks  <b>2:30 Worship- (Ch 957)</b>	<b>29</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Coloring</b> 2-2:30: <b>Exercise</b> 2:30-3:30: <b>Bingo</b> 3:30-4: <b>Pastor Deb</b>	<b>30</b> 10-10:30: Daily Chronicle 10:30-11:30: <b>Baking</b> 2-3:30: <b>Famous Faces</b> 3:30-4: Snacks Game Night 6:30-7:30	<b>31</b> 10-10:30: Daily Chronicle 10:30-10:45: <b>Words from Words</b> 10:45-11:30: Snacks <b>1:30 Rosary (Ch 957)</b> 2-2:30: <b>Exercise</b> 2:30-4: <b>Wii Bowling</b>			

\*Activities are subject to change when needed

### BIRTHDAY LIST

Nancy K. 7/4  
Giuliana V. 7/6  
Alan A. 7/9  
Betty R. 7/13  
Mohamed K. 7/24

Anna B. 7/5  
Stephen H. 7/ 9  
Michelle Z. 7/9  
Nancy B. 7/18



Resident Council Meeting  
July 19 2:30pm-3:30pm

Food Committee Meeting  
July 19 2pm-2:30pm

### Dates to Remember in July:

- 2- Monthly Birthday Party
- 3- Evergreen Social
- 4- 4<sup>th</sup> of July
- 7- First of Muharram
- 10- Art with Janet on Willow
- 10- Hickory Social
- 11- Aviary Trip
- 12- Jerry Demaria on Hickory

- 16- Ashura Begins
- 17- Redwood Social
- 18- Shark Day
- 19- Drum Circle on Willow
- 21- Full Moon
- 24- Willow Social
- 25- Aviary Trip

### Lemon Sharks

In addition to its color, one easy way to identify a lemon shark is by its dorsal fins. In this species, both dorsal fins are triangular in shape and about the same size as each other.

The shark has a short snout and a flattened head that is rich in electroreceptors (ampullae of Lorenzini). Lemon sharks are bulky fish, typically reaching lengths between 2.4 and 3.1 m (7.9 to 10.2 ft) and weights of 90 kg (200 lb). The largest recorded size is 3.4 m (11.3 ft) and 184 kg (405 lb).



Evergreen Times

### Fitness Tips: Breath Meditation

Breath meditation is both simple and versatile. “There are all sorts of studies that show when you breathe better, you feel better,” says Sherwin. “Your body works better. Slow, deep breaths activate the body’s relaxation response and reduces chronic stress.”

In this type of meditation, you’re focusing on the very act of inhaling and exhaling. “You’re bringing awareness to the natural process of breathing,” she adds. “So it’s giving your mind something to do. You’re following the in breath, and you’re following the out breath.”

Taking deeper breaths can provide many surprising health benefits. “If you’re breathing more deeply, you’re getting much more oxygen to the brain,” Sherwin says. “You’re also releasing much more carbon dioxide on your exhale, which is good for releasing toxins in the body.”

Breathing deeply also has a positive impact on your concentration, creativity and problem-solving skills, she adds. “Something as simple as breathing better can help you in so many ways. It’s profoundly effective.”



Worship Services  
Worship Service Every Sunday  
2:30 - HC/ch957