Dear Residents,

Thank you for being a part of our 50th anniversary BBQ BASH, 2023. A grand celebration honoring the nostalgia of the past 50 years while commemorating with residents & employees, family members, and special guests! Special thanks to the Challenger Car Club for the classic car show. Hats off to our talented planning team. An extra special thanks to our dining services crew for their culinary creation of the delicious BBQ fare.

As we celebrate Independence Day in July, we also honor cultural diversity and learn about resident heritage within our community. Looking ahead, we are thrilled to partner with residents in celebration of our 3nd annual Cultural Heritage Day event. Save the date on Thursday, August 24th. Our residents and staff, collaborating together to highlight four different cultures selected by the resident planning committee: Vietnam, Ukraine, Africa, and Argentina. Taste cultural foods & sip specialty beverage samplings from each of the different cultures being represented. Provide your own keepsake in theme for display, dress the part and showcase attire from a culture of your own or personal interest. Share your stories, enjoy live music, even dance if you are so moved!

Wishing everyone a safe and festive July! Reminder to keep hydrated throughout this summer and beat the heat.

Best wishes,
Office Hours
The business office is open (with holiday exceptions)
Monday through Friday, 8:00 a.m. to 5:00 p.m.
Photo copies are available upon request. Copies of 10 pages or less are complimentary. Additional pages are $1 per page. The telephone number for the office is: 916-441-1015.

Transportation
The Lodge provides scheduled transportation within a 10-mile radius. Social outings and trips vary month-to-month. Submit your ride request at least 24-hours in advance, seating and availability can be limited. Reference the transportation schedule for daily locations. Arrive 10 minutes before your scheduled departure time.

Maintenance - Work Orders
When you need to repair or something needs attention in your apartment, please contact the reception desk so we can complete a work order request for you. All work orders shall be requested via the front desk. After submitting your work order request, our maintenance team will contact you to coordinate service. This will ensure the fastest service from our maintenance department and will help keep our records accurate. We appreciate your calls when something needs attention.

TED Talk Fridays
Meet volunteer Nooshin and attend TED Talks every Friday at 10:30 am in the Garden Room. TED Talks are informative and thought-provoking presentations by renowned speakers, covering a vast range of topics including technology, business, science, culture, and more. By participating, you'll expand your knowledge, learn new perspectives, and engage in discussions with like-minded individuals.

Please note that to avoid any disturbance, kindly wait until the meditation session after the yoga class is done. Doors will open at 10:30 am for the TED Talks.

Zumba Gold With Rhea
Join Rhea for a fun and energetic Zumba Gold workout on Thursday, July 13th, at 11:00 a.m. and Thursday, July 27th, at 1:00 p.m. With her dynamic and lively routines, you'll be sure to get your your body moving. Whether you're a beginner or an experienced Zumba enthusiast, Rhea's classes are suitable for all levels. Don't miss out on the opportunity to dance your way to fitness and have a blast while doing it.

Music Therapy
Get ready for Music Therapy Monday on the 17th at 1:00 p.m. with Music Therapist Danielle. Join in to experience a therapeutic session that uses music to promote wellness and improve emotional, physical, and mental health.

Robin & Alice in Musicland
Featuring a balance of light classical and popular music for all occasions. Alice Schilla on Piano and Robin Richman on Flute. Join them Friday, July 7th, at 1:00 p.m.

National Ice Cream Month
In celebration of National Ice Cream Month, we cordially invite you to indulge in a delicious Ice Cream Social. Join us on Thursday, July 13th, at 1:00 p.m. for an array of ice cream flavors and toppings. Be sure to bring your appetite and your sweet tooth! Don't miss out on this fun-filled event, where you can mingle with fellow ice cream lovers and satisfy your cravings. See you there!
July Birthdays!
2 Jean L.
4 Tony M.
5 Chris H.
10 Ruth W.
11 Jim B.
15 Mercedes S.
16 Helen T.
25 Jodie W.
26 Don E.
27 Marjorie L.
27 Hiroshi K.

Happy Birthday Happy Hour!
Celebrate July birthdays with us at a Happy Birthday cocktail hour on Wednesday, July 12th, at 3:00 p.m. Let’s raise a toast to all our July friends!

Independence Day
On July 4, 1776, the Continental Congress approved the Declaration of Independence. A few days later, on July 8, the first public reading of the document occurred when Col. John Nixon read it to an assembled crowd in Philadelphia.

July 2023 Give Back Corner - Artisan Mind
Studies have shown that expression through art can help people with depression, anxiety, and stress. Art has also been linked to improved memory, reasoning, and resilience in aging adults. Did you know that the Eskaton Foundation, through the generosity of our donors, sponsors the Art Reveals on the Screen, and Art Reveals on Canvas with Artisan Mind? Artisan Mind’s classes are offered throughout Eskaton communities twice monthly. These engagement classes are focused on art observation, painting and life-enriching opportunities that nurture strength, hope and joy through creative experiences. See your monthly events calendar for the next class or ask your Life Enrichment team to share more about these classes with you.

Consider a donation to “Where the Need is Greatest” to help support Life Enriching classes like these. Questions, reach out to the Director of Fund Development, Nicole Zamora, CFRE today to learn more about your giving options. Call Nicole at 916-802-3749 or email, nicole.zamora@eskaton.org.

Stop & Smell the Roses!
We thank resident Mele H. for her devoted years of service to the community rose garden. Your exceptional care led to the thriving flower beds. We will miss your touch. We are delighted to welcome new residents, George and Jane, as they take on the responsibility of caring for the roses. We know they will be wonderful partners in maintaining the beautiful garden!

Joe’s Sunflowers
Resident, Joe, started a sunflower project in February of 2022 to promote peace! Thank you, Joe, for sharing your light with the lodge! Check out the sunflowers located by the rose beds! Be sure to also join in on his Putting Green games, Sundays at 10:30 a.m., located by the Sunflowers.
Eskaton Monroe Lodge
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