

# KENNEDY MEADOWS

Gracious Retirement Living

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AUGUST 2021  
KENNEDY  
MEADOWS STAFF

## A Tropical Touch

Try one of today's hottest trends and add a few tropical touches to your space.

**Striking colors.** Greens and blues are popular for their soothing effects, and can give the look of a seaside paradise. Add accents of hot pink, bright red or sunny yellow, found in flowers from the tropics, like hibiscus.

**Lush leaves.** Plants bring warmth and life to a space—and they don't even have to be real to do it. Create island vibes with varieties of leafy plants such as monstera and philodendrons. You'll also find tropical leaf patterns on throw pillows, artwork and other home goods.

**Natural accents.** Accessories made from bamboo or rattan are a natural fit in a tropical setting. Using woven baskets and trays can easily insert an island feel.

**Fun and friendly fruit.** A longtime symbol of hospitality, pineapples in design are both trendy and timeless. This fruit adorns a variety of items.

**Wildlife whimsy.** Unleash your inner jungle animal and decorate your space with images or figurines of exotic wildlife such as colorful birds, spotted cats and playful elephants.

**Vacation vibes.** Have you traveled to a tropical place? Use photos, postcards and other souvenirs to decorate your space and bring back happy memories.



HAWTHORN  
SENIOR LIVING



# AUGUST 2021

**“It’s important to enjoy yourself and embrace whatever comes your way.”  
—Miranda Kerr**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>1</p> <p>9:00 Group Exercise, F</p> <p>11:00 Bean Bag Baseball, A</p> <p>2:00 Rummikub, ACT</p> <p>6:45 Movie, T</p> <p>7:00 Poker Night, G</p>	<p>2</p> <p>9:00 Beach Ball Volleyball, A</p> <p>2:00 Light of the Valley Church Service, T</p> <p>2:00 <b>Wii Bowling with David, ACT</b></p> <p>3:00 <b>Ice Cream Social, ACT</b></p> <p>6:45 Movie, T</p>	<p>3</p> <p>9:00 Beach Ball Volleyball, A</p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Memories Discussion Group, New!</p> <p>11:00 <b>Bean Bag Baseball Tournament: Game #1, A</b></p> <p>11:30 <b>Avon with Barbara, ACT</b></p> <p>1:45 <b>Musical Guest: Alvin, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>3:00 Trivia for Funny Money, ACT</p> <p>6:45 Funny Money Free Bingo, ACT</p>	<p>4</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>11:00 <b>Bean Bag Baseball Tournament: Game #2, A</b></p> <p>11:15-11:45 <b>Library Bookmobile, LB</b></p> <p>1:45 Rummikub, ACT</p> <p>2:00 Book Club Meeting, ACT</p> <p>3:00 <b>Iced Tea Tasting, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>	<p>5</p> <p>9:00 Chair Dancing Exercise, F</p> <p>10:00 <b>Outing: Arden Fair Mall and Lunch, LB</b></p> <p>11:00 <b>Bean Bag Baseball Tournament, A</b></p> <p>12:00 <b>Resident/Manager Meeting, D</b></p> <p>2:00 Painting with Samantha, ACT</p> <p>3:00 <b>Art Class with Cindy, ACT</b></p> <p>6:45 Movie, T</p>	<p>6</p> <p>9:00 Group Exercise and Simple Stretches, F</p> <p>10:00 Bean Bag Baseball Team Practice, A</p> <p>10:30 <b>Atlas Hearing Aid Service, ACT</b></p> <p>12:30 <b>Sock Hop Dinner, ACT</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Bridge Group, G</p> <p>2:00 1950s Trivia, ACT</p> <p>3:00 1950s Picture Show and Music, ACT</p> <p>6:45 Nickel Bingo, ACT</p>	<p>7</p> <p>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b></p> <p>10:00 Catholic Communion, C</p> <p>11:00 Hangman for Funny Money, ACT</p> <p>2:00 <b>Exercise Your Brain with Brain Games, ACT</b></p> <p>3:00 Online Games with Chelsea, ACT</p> <p>6:45 Movie &amp; Popcorn, T</p>		
<p>8</p> <p>9:00 Group Exercise, F</p> <p>11:00 Bean Bag Baseball, A</p> <p>2:00 Rummikub, ACT</p> <p>2:00 <b>New York Life Insurance Presentation, ACT</b></p> <p>6:45 Movie, T</p> <p>7:00 Poker Night, G</p>	<p>9</p> <p>9:00 Beach Ball Volleyball, A</p> <p>12:30 <b>Light of the Valley Church Service, T</b></p> <p>3:00 Big Band Tunes in the Atrium, A</p> <p>6:45 Movie, T</p>	<p>10</p> <p>9:00 <b>Brain and Fitness Training, New!</b></p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Giant Crossword Puzzle, ACT</p> <p>11:00 <b>Bean Bag Baseball Tournament Game #5, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>3:00 Trivia, ACT</p> <p>6:45 Funny Money Free Bingo, ACT</p>	<p>11</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>10:30 Crafting Together, ACT</p> <p>11:00 Bean Bag Baseball, A</p> <p>1:45 Rummikub, ACT</p> <p>1:45 <b>Musical Guest: Don Terra, A</b></p> <p>2:00 <b>Annual Overnight Trip to the Beach, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>	<p>12</p> <p>9:00 Chair Dancing Exercise, F</p> <p>10:00 <b>Outing: Red Hawk Casino, LB</b></p> <p>10:00 Selfie Session #1, ACT</p> <p>11:00 Ring Toss for Funny Money, A</p> <p>2:00 Selfie Session #2, ACT</p> <p>2:00 <b>Social Security and Medicare Info, ACT</b></p> <p>3:00 True or False Game for Funny Money, ACT</p> <p>6:45 Movie, T</p>	<p>13</p> <p>9:00 Group Exercise and Simple Stretches, F</p> <p>10:00 Movie Matinee, T</p> <p>1:45 Mexican Train, G</p> <p>2:00 Bridge Group, G</p> <p>3:00 <b>Stone Cold Ice Cream Demonstration, ACT</b></p> <p>6:45 Nickel Bingo, ACT</p>	<p>14</p> <p>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b></p> <p>10:00 Catholic Communion, C</p> <p>11:00 Hangman for Funny Money, ACT</p> <p>2:00 <b>Exercise Your Brain with Brain Games, ACT</b></p> <p>6:45 Movie &amp; Popcorn, T</p>		
<p>15</p> <p>9:00 Group Exercise, F</p> <p>11:00 Bean Bag Baseball, A</p> <p>2:00 Rummikub, ACT</p> <p>6:45 Movie, T</p> <p>7:00 Poker Night, G</p>	<p>16</p> <p>9:00 Beach Ball Volleyball, A</p> <p>2:00 Light of the Valley Church Service, T</p> <p>2:00 <b>Wii Bowling with David, ACT</b></p> <p>3:00 <b>Ice Cream Social, ACT</b></p> <p>6:45 Movie, T</p>	<p>17</p> <p>9:00 Beach Ball Volleyball, A</p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Memories Discussion Group, New!</p> <p>1:45 Mexican Train, G</p> <p>1:45 <b>Musical Guest: Mike Jasper, A</b></p> <p>2:00 Banking Outings, LB</p> <p>3:00 Trivia for Funny Money, ACT</p> <p>6:45 Funny Money Free Bingo, ACT</p>	<p>18</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>10:30 Crafting Together, ACT</p> <p>11:00 Bean Bag Baseball, A</p> <p>1:45 Rummikub, ACT</p> <p>2:00 Book Club Meeting, ACT</p> <p>3:00 <b>New Resident Welcome Party, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>	<p>19</p> <p>9:00 Chair Dancing Exercise, F</p> <p>10:00 <b>Outing: Critic’s Corner: The Critic’s Corner, LB</b></p> <p>11:00 <b>Bus Outing Adventures, LB</b></p> <p>2:30 <b>Outing: Eco Thrift, LB</b></p> <p>3:00 True or False Game for Funny Money, ACT</p> <p>6:45 Movie, T</p>	<p>20</p> <p>9:00 Group Exercise and Simple Stretches, F</p> <p>10:00 Movie Matinee, T</p> <p>1:45 Mexican Train, G</p> <p>2:00 Bridge Group, G</p> <p>3:00 <b>Stone Cold Ice Cream Demonstration, ACT</b></p> <p>6:45 Nickel Bingo, ACT</p>	<p>21</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>11:00 Bean Bag Baseball Team Practice, A</p> <p>1:45 Rummikub, ACT</p> <p>2:00 <b>Cell Phone Q and a Session with Chelsea, ACT</b></p> <p>3:30 <b>Candy Craze Giveaway, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>		
<p>22</p> <p>9:00 Group Exercise, F</p> <p>11:00 Bean Bag Baseball, A</p> <p>2:00 Rummikub, ACT</p> <p>6:45 Movie, T</p> <p>7:00 Poker Night, G</p>	<p>23</p> <p>9:00 Beach Ball Volleyball, A</p> <p>12:30 <b>Light of the Valley Church Service, T</b></p> <p>3:00 Big Band Tunes in the Atrium, A</p> <p>6:45 Movie, T</p>	<p>24</p> <p>9:00 <b>Brain and Fitness Training, New!</b></p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Giant Crossword Puzzle, ACT</p> <p>11:00 Horse Racing for Funny Money, A</p> <p>1:30-3:30 <b>See’s Candy Sales Booth, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>2:00 Giant Pictionary, ACT</p> <p>3:00 Trivia, ACT</p> <p>3:30 <b>Activity Meeting with Chelsea, ACT</b></p> <p>6:45 Funny Money Free Bingo, ACT</p>	<p>25</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>11:00 Bean Bag Baseball Team Practice, A</p> <p>1:45 Rummikub, ACT</p> <p>2:00 <b>Talent Show Meeting and Discussion, ACT</b></p> <p>3:00 <b>Camden Springs Video Marathon, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>	<p>26</p> <p>9:00 Chair Dancing Exercise, F</p> <p>10:00 <b>Outing: Red Hawk Casino, LB</b></p> <p>10:00 Selfie Session #1, ACT</p> <p>11:00 Ring Toss for Funny Money, A</p> <p>2:00 Selfie Session #2, ACT</p> <p>2:00 <b>Social Security and Medicare Info, ACT</b></p> <p>3:00 True or False Game for Funny Money, ACT</p> <p>6:45 Movie, T</p>	<p>27</p> <p>9:00 Group Exercise and Simple Stretches, F</p> <p>10:00 Bean Bag Baseball Team Practice, A</p> <p>10:30 <b>Atlas Hearing Aid Service, ACT</b></p> <p>12:30 <b>Sock Hop Dinner, ACT</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Bridge Group, G</p> <p>2:00 1950s Trivia, ACT</p> <p>3:00 1950s Picture Show and Music, ACT</p> <p>6:45 Nickel Bingo, ACT</p>	<p>28</p> <p>9:00 Exercise with Jake, ACT</p> <p>10:00 <b>Bible Study Class, C</b></p> <p>11:00 Bean Bag Baseball Team Practice, A</p> <p>1:45 Rummikub, ACT</p> <p>2:00 <b>Talent Show Meeting and Discussion, ACT</b></p> <p>3:00 <b>Camden Springs Video Marathon, ACT</b></p> <p>6:45 Traveling Movie Tuesday, T</p>		
<p>29</p> <p>9:00 Group Exercise, F</p> <p>11:00 Bean Bag Baseball, A</p> <p>2:00 Rummikub, ACT</p> <p>2:00 <b>New York Life Insurance Presentation, ACT</b></p> <p>6:45 Movie, T</p> <p>7:00 Poker Night, G</p>	<p>30</p> <p>9:00 Beach Ball Volleyball, A</p> <p>12:30 <b>Light of the Valley Church Service, T</b></p> <p>3:00 Big Band Tunes in the Atrium, A</p> <p>6:45 Movie, T</p>	<p>31</p> <p>9:00 <b>Brain and Fitness Training, New!</b></p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Giant Crossword Puzzle, ACT</p> <p>11:00 Horse Racing for Funny Money, A</p> <p>1:30-3:30 <b>See’s Candy Sales Booth, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>2:00 Giant Pictionary, ACT</p> <p>3:00 Trivia, ACT</p> <p>3:30 <b>Activity Meeting with Chelsea, ACT</b></p> <p>6:45 Funny Money Free Bingo, ACT</p>				<p>31</p> <p>9:00 <b>Brain and Fitness Training, New!</b></p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Giant Crossword Puzzle, ACT</p> <p>11:00 Horse Racing for Funny Money, A</p> <p>1:30-3:30 <b>See’s Candy Sales Booth, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>2:00 Giant Pictionary, ACT</p> <p>3:00 Trivia, ACT</p> <p>3:30 <b>Activity Meeting with Chelsea, ACT</b></p> <p>6:45 Funny Money Free Bingo, ACT</p>	<p>31</p> <p>9:00 <b>Brain and Fitness Training, New!</b></p> <p>10:00 Shopping at Walmart and Target, LB</p> <p>10:00 Giant Crossword Puzzle, ACT</p> <p>11:00 Horse Racing for Funny Money, A</p> <p>1:30-3:30 <b>See’s Candy Sales Booth, A</b></p> <p>1:45 Mexican Train, G</p> <p>2:00 Banking Outings, LB</p> <p>2:00 Giant Pictionary, ACT</p> <p>3:00 Trivia, ACT</p> <p>3:30 <b>Activity Meeting with Chelsea, ACT</b></p> <p>6:45 Funny Money Free Bingo, ACT</p>	

**SAMPLE**  
EVENTS ARE FOR SAMPLE PURPOSES ONLY





## Quote of the Month

“Summer has a flavor like no other. Always fresh and simmered in sunshine.”

— Oprah Winfrey

## Sunrise Stretches!

Start your day on a positive note! Below are three simple stretches to do first thing in the morning. If the weather is nice enough, try doing them outside! Soak up some vitamin D as you stretch those muscles!



### 1. The Overhead Side Stretch:

**How to:** Stand tall with your feet hip-width apart. Raise your arms overhead. If you'd like, interlace your fingers. Keeping your torso long, gently lean to the left, and hold for 10 to 30 seconds. Return to center, and repeat on the other side.

**Alternatively:** Sit tall in a chair keeping your hips, knees, and toes forward. It's uncomfortable to lift your arms overhead, rest your arms on your hips, or keep them down by your sides.

### 2. The Shoulder Stretch:

**How to:** Stand tall with your feet hip-width apart. Reach your right arm across your body. Place your left hand on your upper right arm, and gently draw your right arm closer. Hold for 10 to 30 seconds. Release, switch arms and repeat.

**Alternatively:** Sit tall in a chair keeping your hips, knees, and toes forward. If this stretch is at all uncomfortable, try doing a shoulder roll instead!

### 3. Triceps Stretch:

**How to:** Stand tall with your feet hip-width apart. Raise your arms overhead, and bend your right arm so it's behind your head. Place your left hand above your right elbow, and gently draw your right arm in. Hold for 10 to 30 seconds. Release, switch arms and repeat.

**Alternatively:** Sit tall in a chair (or at the side of the bed) keeping your hips, knees, and toes forward. For a shallower stretch, don't reach your bottom hand as far. Aim for the back of your head rather than the base of your neck.

## Getting Active in the Community!

At Kennedy Meadows, every day offers a variety of activities and events to choose from that promote physical activity, lifelong learning, social connection, and overall wellness.

Our daily exercise programs focus on your physical fitness, enhancing your balance and coordination, improving your strength, and enriching your independent lifestyle. Intellectual and cultural activities like art projects, writing classes, and discussion groups offer stimulating socialization and help you get in touch with your creative side. And, for the days where you simply want to bask in your own company, there are plenty of spaces for you to indulge in a bestseller, take a stroll around campus, or lose yourself in a new hobby.

Every experience you have at Kennedy Meadows is designed to fuel a greater sense of purpose, comradery, and meaning in each and every day. Whether you're playing a spirited game of cards with friends or treating yourself to live entertainment, our activities and events will energize you, spark new friendships and fill every day with plenty of fun!

## A Cool Creation

A snowy mountaintop was the inspiration for a cool creation: the root beer float. National Root Beer Float Day, Aug. 6, celebrates this summertime treat.

In 1893, Frank Wisner owned a mine and brewing company in Cripple Creek, Colo. One night, he noticed that the moonlit snow atop the dark slopes of nearby Cow Mountain looked like a scoop of vanilla ice cream. Inspired, Wisner went back to his bar and added ice cream to his customers' favorite soda, root beer.

The drink, which Wisner named Black Cow Mountain, was an instant hit, and soon people shortened the name to “black cow.” Now, it's known as a root beer float. Although mixing ice cream and soda was already popular, Wisner was reportedly the first to use root beer.

Since it first appeared, there have been as many variations on the root beer float as there are flavors of ice cream and soda, and combinations can differ by region. Brown cows or chocolate cows are floats made with root beer and chocolate ice cream. Purple cows use grape soda; orange floats use orange soda. Some mixtures use cola or ginger ale instead of root beer, and some use sherbet rather than ice cream.

