

Wellness & You

Did You Know?

July is National Ice Cream Month!
Here are some "cool" facts!

- The United States is the 2nd largest consumer of ice cream worldwide, just behind New Zealand.
- Vanilla is America's favorite flavor.
- Chocolate syrup is the #1 topping in the world!
- On average, it takes 50 licks to finish 1 scoop of ice cream.

Celebrate National Ice Cream Month with us on **Ice Cream Wednesday!**
Wednesday, July 5th & 19th
2:30pm- Lounge



Motivational Moment

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."
-Harry S. Truman



Beat the Heat!

- Water, water, water- Stay hydrated!
- Always wear sunscreen
- If possible, stay inside during the hottest time of day- Around 3pm
- If outside, stay in the shade as much as possible



Doctor Office Schedule

Tuesday:
US Labs

9:00am-10:15am

Wednesday:

Dr. Flora (Optometrist)
2nd Wednesday of month
1:00pm-3:30pm

Thursday:

John Lythgoe Licensed
Hearing Aid Specialist
9:30am-12:30pm

Dermatologist
Once a Month

Massage Services:
As requested

Birthday Dinner Night

In honor of your birthday, on the **Second Wednesday** of every month we'll host a "Birthday Dinner" for all of the residents having a birthday. Each birthday resident may invite one guest to the dinner. Dinner will be held on July 12th in the **Private Dining Room at 5:00pm.**



Reservations are **REQUIRED!**
Sign Up In The Events Book
BEFORE July 5th.

Religious Services

All residents are welcome!

Bible Study:

Wednesdays 1:00pm

Catholic Mass & Services:

Wednesdays 11:00am- MCC

Methodist Services:

Second Thursday 3:00pm

Presbyterian Services:

First Presbyterian Church
First Sunday 2:30pm

St. Andrews Presbyterian:
Third Wednesday 2:30pm

Numbers You Should Know

For events call:
727.738.3204

Or visit
www.measemanor.com/events

Let's Celebrate America!

It's a Red, White, and Blue flag-waving celebration this month at The Manor! It's America's birthday and we're partying all month long. What better way to show our American pride than by doing what we do best! We love games! So this month, we've chosen some of the most popular traditional games that we've all played for years. Sign up and plan to join in on the fun. Happy Birthday, America! Game on!



This Month's Passport Events

Historic Toss Across-
Friday, July 7th



Hot Diggity Dog Happy Hour-
Thursday, July 13th

Jenga- Friday, July 14th

Bonkers for Bunko-
Friday, July 28th



Passports are only stamped at time of event

Stage Works Theater Trip

Join us for a Sunday afternoon matinee of the Pulitzer Prize and Tony Award-winning play, "Proof".
Tickets are \$30.
Sunday, July 23rd
Bus Leaves at 1:15pm
Sign Up in the Trips Book.



Want to watch the fireworks without the crowds and noise? Come to the Hub on 4th of July to watch Macy's Firework Spectacular on NBC!

Don't forget to sign up for the 4th of July Holiday Lunch in the Events Book!

Join the Readers Theater Group! "Aging Out Loud"

The Readers Theater Group has come together to give aging a "new voice"- one that reflects what adults have to say. In other words, we're aging out loud!

New readers are always welcome!

July 2017 Independent Living Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please Note: Dates, Times, & Locations are Subject to Change! Check Channel 96 for the most current information.</p>	<p>Please Note: <u>Special Events</u> & <u>Dining Out</u> Books are in the <u>Activities Office.</u></p>	<p>Activity Codes Blue~ Meetings Purple~ Event Red~ Shopping Green~ Trips Pink~ Special Event</p>	<p>Legend A- Auditorium C- Conference D- Dining GR- Game Room J- Jacaranda *- Sign Up Required</p> <p>KK- Kraft Korner L- Lounge LB- Library P- Patio WC- Wellness Center</p> <p> - Passport Event</p>			<p>1:30 Wii Bowling L* 1 6:30 Open Bridge L</p>
<p>12:00 Sports Sunday Hub 2</p> 	<p>8:40 Exercise A 3 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 <u>Shop & Bank: Winn Dixie/Post Office/SunTrust*</u> 1:00 Classics & Conversation C 1:30 Open Hand & Foot L 3:30 Bill on the Organ A 6:30 Bingo A</p>	<p>11:30 4th of July Lunch D* 4 1:00 Gather & Gab 9th FL 2:30 Wii Bowling L* 6:00 Skipbo GR 6:30 Scrabble J 6:30 Wii Bowling L* 8:00 Watch Macy's Fireworks Spectacular on NBC Hub </p>	<p>8:40 Exercise A 5 10:30 Color Your Way Happy KK 1:30 Noodle Ball A* 2:00 Open Rummikub L 2:30 Ice Cream Wednesday L* 6:30 Bridge J</p> <p>RSVP Birthday Dinner</p>	<p>8:40 Chair Yoga A 6 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 Line Dancing WC 1:30 <u>Shop: Main Street*</u> 2:00 Open Rummikub L 4:00 Happy Hour L* "Hooray for the USA" with Stacey Knights </p>	<p>8:40 Exercise A 7 9:00 Alterations J 1:00 Open Mahjong GR 1:00 Historic Toss-Across A* 6:00 Canasta L 7:00 Open Rummikub J </p>	<p>1:30 Wii Bowling L* 8 4:30 <u>Dining Out: Outback*</u> 6:30 Open Bridge L</p>
<p>12:00 Sports Sunday Hub 9</p> 	<p>8:40 Exercise A 10 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 <u>Shop & Bank: Winn Dixie/Post Office/SunTrust*</u> 1:00 Classics & Conversation C 1:30 Open Hand & Foot L 3:30 Bill on the Organ A 6:30 Bingo A</p>	<p>9:30 Coffee with Kent D 11 12:30 Readers Theater A* 1:00 Gather & Gab 9th FL 1:30 Trivia Tuesday L*  2:30 Wii Bowling L* 6:00 Skipbo GR 6:30 Scrabble J 6:30 Wii Bowling L*</p>	<p>8:40 Exercise A 12 10:30 Color Your Way Happy KK 1:30 Noodle Ball A* 2:00 Open Rummikub L 5:00 Birthday Dinner PD* 6:30 Bridge J </p>	<p>8:40 Chair Yoga A 13 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 Line Dancing WC 1:30 <u>Shop: Main Street*</u> 2:00 Open Rummikub L 4:00 Happy Hour L* "Hot Diggity Dog" with Edi & Rich </p>	<p>8:40 Exercise A 14 1:00 Open Mahjong GR 1:00 <u>Trip: Hospice Thrift Shop*</u> 1:00 Jenga A*  2:00 Bits & Pieces J 6:00 Canasta L 7:00 Open Rummikub J</p>	<p>1:30 Wii Bowling L* 15 6:30 Open Bridge L</p>
<p>12:00 Sports Sunday Hub 16</p> 	<p>8:40 Exercise A 17 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 <u>Shop & Bank: Winn Dixie/Post Office/SunTrust*</u> 1:00 Classics & Conversation C 1:30 Open Hand & Foot L 3:30 Bill on the Organ A 6:30 Bingo A</p>	<p>12:00 Ladies Tea A* 18 1:00 Gather & Gab 9th FL 2:30 Wii Bowling L* 6:00 Skipbo GR 6:30 Scrabble J  6:30 Wii Bowling L*</p>	<p>8:40 Exercise A 19 10:00 <u>Trip: Hard Rock Casino*</u> 10:30 Color Your Way Happy KK 2:00 Open Rummikub L 2:30 Ice Cream Wednesday L* 6:30 Bridge J</p>	<p>8:40 Chair Yoga A 20 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 Line Dancing WC 1:30 <u>Shop: Main Street*</u> 2:00 Open Rummikub L 4:00 Happy Hour L* "Keepin' It Cool" with Jazz Phools </p>	<p>8:40 Exercise A 21 9:00 Alterations J 10:00 Food Forum D Coffee & Conversation 1:00 Open Mahjong GR 6:00 Canasta L 7:00 Open Rummikub J</p>	<p>1:30 Wii Bowling L* 22 4:30 <u>Dining Out: Sea Sea Riders*</u> 6:30 Open Bridge L</p>
<p>1:15 <u>Trip: Play at Stage Works*</u> "Proof" 23</p>	<p>8:40 Exercise A 24/31 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 <u>Shop & Bank: Winn Dixie/Post Office/SunTrust*</u> 1:00 Classics & Conversation C 1:30 Open Hand & Foot L 3:30 Bill on the Organ A 6:30 Bingo A</p>	<p>12:30 Readers Theater A* 25 1:00 Gather & Gab 9th FL 2:30 Wii Bowling L* 6:00 Skipbo GR 6:30 Scrabble J 6:30 Wii Bowling L* </p>	<p>8:40 Exercise A 26 10:30 Color Your Way Happy KK 1:30 Noodle Ball A* 2:00 Open Rummikub L 4:00 Wine Tasting A*  6:30 Bridge J</p>	<p>8:40 Chair Yoga A 27 9:30 <u>Shop: Publix Granada*</u> 1:00 Open Poker Game GR 1:00 Line Dancing WC 1:30 <u>Shop: Main Street*</u> 2:00 Open Rummikub L 4:00 Happy Hour L* "Too Hot to Handle" with One Dan Band </p>	<p>8:40 Exercise A 28 9:00 Alterations J 1:00 Open Mahjong GR 1:00 Bonkers for Bunko A*  6:00 Canasta L 7:00 Open Rummikub J</p>	<p>1:30 Wii Bowling L* 29 6:30 Open Bridge L</p>
<p>12:00 Sports Sunday Hub 30</p>	<p>1:00 Classics & Conversation C 1:30 Open Hand & Foot L 3:30 Bill on the Organ A 6:30 Bingo A</p>	<p>6:30 Scrabble J 6:30 Wii Bowling L*</p>	<p>6:30 Bridge J</p>	<p>4:00 Happy Hour L* "Too Hot to Handle" with One Dan Band </p>	<p>7:00 Open Rummikub J</p>	