

## Johnny Ray Gomez at Gateway Vista

The residents of Gateway Vista enjoyed a morning of entertainment from local accordion player, Johnny Ray Gomez.



Summer time is probably the most active time of year for most people. Even on the hottest days, it can be hard to resist the temptation to enjoy the great outdoors. It is important to remember however, that older adults are at a greater risk for developing heat-related illnesses.

The National Institutes of Health has provided the following tips on what to do if you suspect someone is suffering from the heat: Get the person out of the sun and into a cool place; offer fluids, but avoid drinks with alcohol or caffeine; provide a shower, bath, or sponge the person off with cool water; apply a cold, wet cloth to the wrists and/or neck, and lay the person down to rest in a cool, air conditioned place, if possible.

**The entire team at Gateway Vista encourages you to enjoy your summer and stay safe!**

**Gateway Vista**  
a Nye Health Services campus

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# Happy Times

August 2016 - Senior Living



## Life Long Learner

August is back to school time, but not just for kids. Older adults can take advantage of a myriad of lifelong learning opportunities as far ranging as taking a cooking class, being tutored in computer skills or visiting a public library.

Research shows that older adults can benefit both physically and mentally by continuing to learn throughout their lifetimes. A survey by AARP showed that adults over 50 want to stay educationally active, but have different expectations and demands than younger learners. According to the survey, older adults prefer informal learning settings to traditional classrooms. They want information quickly and want to put it to use right away.

Gateway Vista also provides; TED talk learning groups, Bible study groups, Travel movies, Book Clubs & Bookmobile, Music education and guest lecturers which provide thought-provoking discussion and information. We're always open to your suggestions, so if you have an idea or a way to expand our Life Long Learning mission, please let us know.

So with the phrase, "Back to School" what do you plan to do this August to expand your mind and learn? Please see the calendar for posted learning sessions and activities they are going around campus.

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# August 2016 - Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gateway Vista In-house Movie Channel</b>  <b>Tune in to channel 40 every day at 10am, 2pm, and 7pm</b>	<b>1</b> 9:00 Exercise - AUD 1:00 Card Making Club - AUD 3:00 Bingo - Pub	<b>2</b> 10:00 Sing a Long - 3rd SNF <b>10:00 Grocery Store Trip - Lobby</b> 3:00 Giant Crossword - Pub <b>Afternoon Popcorn - Pub</b> 7:00 Travel Movie - PH	<b>3</b> 9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> <b>Weight and Blood Pressure Clinic - After Lunch</b> 2:00 Triominos - Pub	<b>4</b> <b>10:00 Shopping Trip - Lobby</b> <b>1:00 Resident Council - AUD</b>  <b>7:00 Nebraska Christian Men's Chorus - AUD</b>	<b>5</b> 9:00 Exercise - Auditorium <b>9:30 Catholic Rosary - MC</b> 3:00 Beer and Bingo - Pub	<b>6</b> 9:00 Exercise - AUD 10:00 Sing a long - 3rd FL SNF
<b>7</b> 2:00 Hymn Sing a long - 3rd FL	<b>8</b> 9:00 Exercise - AUD 3:00 Bingo - Pub	<b>9</b> 10:00 Sing a Long - 4th SNF <b>10:00 Grocery Store Trip - Lobby</b> 3:00 Trivia - Pub <b>Afternoon Popcorn - Pub</b> <b>7:15 Music Education with Justin - AUD</b>	<b>10</b> 9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> <b>10:45 Catholic Mass - MC</b> 2:00 Triominos - Pub	<b>11</b> 10:00 TED talks - AUD 1:30 Trip to Ivana Cone-Lobby 2:00 Bookmobile - W. Back Lot	<b>12</b> 9:00 Exercise - Auditorium <b>9:30 Catholic Rosary - MC</b> 3:00 Beer and Bingo - Pub	<b>13</b> 9:00 Exercise - AUD 10:00 Sing a long - 3rd FL SNF
<b>14</b> 2:00 Hymn Sing a long - 3rd FL	<b>15</b> 9:00 Exercise - AUD 3:00 Bingo - Pub	<b>16</b> 10:00 Sing a Long - 3rd SNF <b>10:00 Grocery Store Trip - Lobby</b> 3:00 Wheel of Fortune - Pub <b>Afternoon Popcorn - Pub</b> 7:00 Travel Movie - PH	<b>17</b> 9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> 2:00 Triominos - Pub <b>5:00 Birthday Dinner</b>	<b>18</b> <b>10:00 Shopping Trip - Lobby</b> 3:00 Thursday Afternoon Club (baking) -AUD	<b>19</b> 9:00 Exercise - AUD <b>9:30 Catholic Rosary - MC</b> 3:00 Beer and Bingo - Pub <b>7:00 Justin and Jenna Musical Performance - AUD</b>	<b>20</b> 9:00 Exercise - AUD 10:00 Sing a long - 3rd FL SNF
<b>21</b> 2:00 Hymn Sing a long - 3rd FL <b>4:00 Indian Hills Church - AUD</b>	<b>22</b> 9:00 Exercise - PH 3:00 Bingo - Pub	<b>23</b> 10:00 Sing a Long - 4th SNF <b>10:00 Grocery Store Trip - Lobby</b> <b>10:00 Custom Hearing Solutions</b> 3:00 Giant Crossword - Pub <b>Afternoon Popcorn - Pub</b> 7:00 Travel Movie - PH	<b>24</b> 9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> <b>10:45 Catholic Mass - MC</b> 2:00 Triominos - Pub	<b>25</b> 10:00 TED talks - AUD 1:30 42nd Street-AUD 2:00 Bookmobile - W. Back Lot	<b>26</b> 9:00 Exercise - Auditorium <b>9:30 Catholic Rosary - MC</b> <b>11:00 Lunch Bunch TBD</b> 3:00 Beer and Bingo - Pub	<b>27</b> 9:00 Exercise - AUD 10:00 Sing a long - 3rd FL SNF
<b>28</b> 2:00 Hymn Sing a long - 3rd FL	<b>29</b> 9:00 Exercise - AUD 3:00 Bingo - Pub	<b>30</b> 10:00 Sing a Long - 3rd SNF <b>10:00 Grocery Store Trip - Lobby</b> 1:00 Culinary Corner - PH 3:00 Family Feud - Pub <b>Afternoon Popcorn - Pub</b> 7:00 Travel Movie - PH	<b>31</b> 9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> <b>11:00 3rd FL Block Party - PUB</b> 2:00 Triominos - Pub	<b>Outings in RED</b> <b>Special Events in BLUE</b> <b>Religious Activities in PURPLE</b> <b>Activities/Groups in BLACK</b>	<b>Activities and times are subject to change. For a current daily list of events tune in to Channel 26 or Call 4228.</b>	<b>Visit the sundries shop each weekday from 1:30-3:30pm. Enjoy snack, essentials and a lot more!</b>

- Locations**
- ALF** Assisted Living Facility
  - AUD** Auditorium - Garden Level
  - CH** Television Channel
  - DIN** Dining Room - 1st Floor
  - FL** Floor
  - GL** Garden Level - Lowest Level
  - LOB** Lobby - Front Entrance
  - MC** Meditation Chapel - 1st Floor
  - PH** Penthouse - 6th Floor
  - PDR** Private Dining Room - 1st FL
  - PUB** Grill & Pub - 1st Floor
  - TBA** To Be Announced
  - TBD** To Be Determined
  - WC** Wellness Center - Garden Level

- Birthdays**
- 8/3 Dorothy Chapman
  - 8/19 John Ellis
  - 8/26 Marie Holman
  - 8/31 Doris King

**Sundry Shop**  
 Stop by and support our very own shopping center; snacks, essentials cards, and gifts! Let us know suggestions of products you'd like to see we can try and get them in!  
 Open Monday - Friday  
 1:30-3:30 PM

**Barber & Beauty Shop**  
 Tuesdays with Connie - 1:00 p.m. - 5:00 p.m.  
 Wednesdays with Connie - 9:00 a.m. - 5:00 p.m.  
 Thursdays & Fridays with Linda - 9:00 a.m. - 5:00 p.m.

Call 5020 (as a courtesy, please call ahead to make an appointment)

"All you need in the world is love and laughter. That's all anybody needs. To have love in one hand and laughter in the other."  
 ~August Wilson