



The Village at Legacy Pointe
1650 SE Holiday Crest Circle
Waukee, IA 50263

Watermark University

6/1 Music with David Winchester on June 1st at 1:00pm in the Community Room

6/13 Musical Performance with Aaron Shoemaker on June 13th at 6:30pm in the Community Room

6/14 Flag Day Celebration with The American Legion June 14th at 2:00pm in the Community Room

6/14 The June Jubilee featuring Entertainment by the West Des Moines Community Band June 14th 4-8:00pm South Parking Lot. Music beginning at 7:00pm

6/16 Old Fashioned Recipes with Tracey June 16th at 3:00pm in the Assisted Living Dining Room

6/18 Father's Day Root Beer Social June 18th at 3:00pm in the Assisted Living Dining Room

6/22 Hammer Medical will be giving a presentation on adaptation for the aging apartment at 3:00pm in the Community Room

6/28 Meals from the Heartland Labeling Event June 28th at 1:30pm in the Assisted Living Dining Room



Visit our blog at <http://villagelegacypointe.watermarkcommunities.com/join-the-talk>



1650 SE Holiday Crest Circle • Waukee, IA 50263
1-515-987-4100 • www.watermarkcommunities.com



The Inn

June 2017

Join the Waukee American Legion for a Flag Day Ceremony on June 14th at 2:00pm, located in the Community Room.

On June 14th, 1885, Bernard J. Cigrand, a 19 year old teacher at Stony Hill School, placed a 10 inch, 38- star flag in a bottle on his desk then assigned essays on the flag and its significance. This observance, commemorated Congresses adoption of the Stars and Stripes as the flag of the United States on June 14, 1777. This observance was also the beginning of Cigrand's long years of fervent and devoted effort to bring about national recognition and observance of Flag Day. The crowning achievement of his life came at age fifty when President Wilson, on May 30, 1916, issued a proclamation calling for a nation wide observance of Flag Day. Then in 1949, President Truman signed an Act Of Congress designating the 14th day of June every year as National Flag Day. On June 14th, 2004, the 108th U.S. Congress voted unanimously on H.R. 662 that Flag Day originated in Ozaukee County, Waubeka Wisconsin.

Legacy is inviting all of our resident's to join us in the Community Room for a Flag Day Ceremony alongside the American Legion and Boy Scout Troops.



WHAT'S
INSIDE



Thriving

Legacy Pointe is happy to feature Independent Living Resident, LaVonne Davis. Born 1932 in Illinois on a family farm. Met her husband Dan at the Coliseum Ballroom during a square dance. Married in 1968, Dan and LaVonne lived on a farm where they raised their two daughters, Lisa and

Darcy. After the girls were grown LaVonne went back to work in the Dietary department for the DeWitt school system, she then retired in 1996. Shortly after that her and Dan moved to town. LaVonne moved to legacy in 2016 and was not afraid to jump in and start all sorts of activities. She really enjoys traveling her favorite place being Hawaii. She also likes to read, look at family photos, playing games, watching movies, baking and going on dinner outings. When asked what kind of advise would you give to someone moving from another state to an Independent Living, she replied with " Participate in things they have going on! It makes it easier to meet others and get involved. "

It has been fun watch LaVonne come to Legacy, not only personally *Thrive* but encourage others to *Thrive* as well.

Path to Well-Being

The beginning of June kicks off Vision Research month and is also a good time to look forward with a vision for the future. The importance of having something to look forward to brings joy in a few ways. The first is by looking forward to something, having something on the calendar to look forward to can be as enjoyable as the event itself. You can maximize your enjoyment by being mindful during the event; don't let anything distract you from fully experiencing the moment. Lastly, use mementos and photos to relive happy times over and over again.



Matt Cohara- Director of Rehab

Please welcome Matt Cohara to the Legacy Pointe team. Matt is our Director in the Therapy Department and oversees 10 other staff members. Matt was born in Los Angeles California, raised in Kansas City, and graudated from the University of Kansas (Go JayHawks!) with a O.T. Degree. Matt also has a R.N. degree from Salt Lake College. He has been in healthcare 20 years.

Matt has three children; Bailey, Carter, and Harper that keep him busy. In his spare time he enjoys riding his motorcycle, camping at Saylorville Lake, and taking trips back to Kansas City to visit family and friends. His favorite movie is Shawshank Redemption, and favorite food is a good steak on the grill.

Please introduce yourself the next time you see Matt in the hallway!

WHAT'S HAPPENING



Music with David Winchester

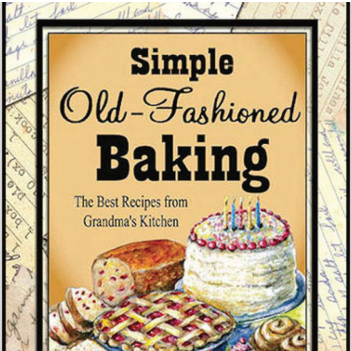
Join us Thursday, June 1st at 1:00pm in the Community Room for a musical performance by David Winchester. David and his wife are wonderful vocalist and guitarists that perform many of your favorite classical country and gospel tunes.



Musical Performance by Aaron Shoemaker

Join us Tuesday, June 13th at 6:30pm in The Community Room for an evening with Aaron Shoemaker. Aaron has been entertaining crowds with his Frank Sinatra and Elvis Presley impersonations for years. If you are a fan of The King of Rock or Old Blue Eyes, it is sure to be an evening you won't want to miss.

Old- Fashioned Baking



Join us Friday, June 16th at 3:00pm in the Assisted Living Dining Room for some old-fashioned baking recipes with Legacy's own exceptional baker, Tracey. Tracey will be holding a monthly class on the 3rd Friday of every month to discuss some old-fashioned favorite recipes. Feel free to bring a recipe or two to share with the cl

Meals from the Heartland Labeling Event



Join us Wednesday, June 28th at 1:30pm in the Assisted Living Dining Room for a labeling event with Meals from the Heartland. Volunteers from the organization will provide us with all of the supplies to help label bags with expiration date labels, a step that helps to expedite the packaging process. Last time our facility helped label almost 4,000 bags! Let's see if we can beat our record.

Summer Safety Tips

As summer approaches and we all begin to spend more time outdoors, it is important to remember a few safety tips to help keep us all safe. **1.** Drink plenty of water & avoid caffeine. **2.** Wear sunscreen and sunglasses. **3.** Limit the time outdoors during the hottest part of day (10am-4pm) **4.** Check medications for sensitivity to UV rays. **5.** Wear wide brimmed hats and loose fitting long sleeves.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident Birthdays Clayton Ostlund 7th Joan Bremer 20th Dee Campbell 20th Jerry Mills 24th	Indulge Salon Mary Mars (515) 250-7140 Senior Care Hair Colleen Tuesday and Thursdays (515) 669-3593	Bankers Trust Town Center Hours Wednesday 1-3 p.m.		9:00 Donut Social-CR 10:00 June Word Picture-CR 12:30-Exercise-AL 1:00 Music w/David Winchester-CR 2:00 SkipBo-ALDR 3:30 Thirsty Thursday-CR 7:00 Movie and Review-TH	9:00 St.Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 iphone/ipad User-3FIL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-ALDR	12:30-Exercise-AL 1:00 Wii Bowling-AL 3:00 Lutheran Church of Hope-CR
9:00 Heartland Presbyterian Communion Service-SNF 12:30-Exercise-AL 3:00 Cribbage-AL 4:00 Garden Club-AL	9:30 Coffee Talk-AL 10:00 National Yo-Yo Day Competition and Trivia-AL 12:30 Exercise-AL 2:00 UNO-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 10:30 Bean Bag Baseball Practice-CR 11:00 Lunch Bunch Outing-The Tavern Pizzeria-TC 12:30 Exercise-AL 2:00 Card Bingo-ALDR 7:00 Movie and Review-TH	9:00 Bus to Fareway-TC 12:30 Exercise-AL 2:00 Dominoes Club-ALDR 2:30 National Chocolate Ice Cream Day Social-SNF 3:00 Music W/Alice-SNF	9:00 Donut Social-CR 10:00 Garden Club Meeting-AL 12:30 Exercise-AL 2:30 Bunco-ALDR 6:00 Alzheimer's Caregiver Support Group-AL Library 7:00 Movie and Review-TH	9:00 St.Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 iphone/ipad-3FIL 12:30 Exercise-AL 1:30 Bridge Club-CR 2:00-Bingo-ALDR	12:30-Exercise-AL 1:00-Wii Bowling-AL 3:00 Saturday Movie Matinee-TH
9:30 St. Boniface Catholic Service-SNF 12:30 Exercise-AL 3:00 Cribbage-AL 4:00 Garden Club-AL	9:30 Coffee Talk-AL 10:00 Iowa Counties and Courthouses-AL 11:30-2:00 Treasure Cove-2FIL 12:30 Exercise-AL 2:00 Phase 10-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 10:30 Bean Bag Baseball Practice-CR 12:30 Exercise-AL 2:00 Card Bingo-ALDR 3:00 June Resident Birthday Party-ALDR 3:30 Famous Birthday Trivia-ALDR 6:30 Music w/Aaron Shoemaker-CR	9:00 Bus to Hy-Vee-TC 11:00 E-Valley Church Luncheon-TC 12:30 Exercise-AL 2:00 American Legion Flag Day Celebration-CR 3:00 Dominoes Club-ALDR 7:00 June Jubilee Outdoor Event-South Parking Lot	9:00 Donut Social-CR 10:00 Summer Craft-AL 12:30 Exercise-AL 2:30 Poker-ALDR 3:30 Thirsty Thursday-CR 7:00 Movie and Review-TH	9:00 St. Boniface Bible Study-CR 9-2:30-Bean Bag World Series(Travel)-T.C. 9:30 Puzzle Group-AL 10:30- iphone/ipad user-3FIL 12:30-Exercise-AL 1:30 Bridge Club-CR 2:00-Bingo-ALDR 3:00 Old Fashion Baking w/Traci-ALDR	12:30 Exercise-AL 1:00 Wii Bowling-AL 3:00 Lutheran Church of Hope-CR
12:30-Exercise-AL 3:00 Fathers Day Celebration and Rootbeer Social -ALDR 4:00 Garden Club-AL HAPPY FATHERS DAY	9:30 Coffee Talk-AL 10:00 Senior Science-AL 12:30 Exercise-AL 2:00 Penni Ani-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 10:30 Bean Bag Baseball Practice-CR 12:30 Exercise-AL 2:00 Card Bingo-ALDR 7:00 Movie and Review-TH	9:00 Bus to Walmart-TC 12:30 Exercise-AL 2:00 Dominoes Club-ALDR 3:00 Arnold Palmer Cookie Social-AL Patio 3:30 Golf Trivia-AL Patio FIRST DAY OF SUMMER	9:00 Donut Social-CR 10:00 Garden Club-AL 11:30 Theme Luncheon (Caribbean Cuisine)-ALDR 12:30 Exercise-AL 2:00 Garbage Card Game-ALDR 7:00 Movie and Review-TH	9:00 St.Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30-iphone/ipad user-3FIL 12:30-Exercise-AL 1:30 Bridge Club-CR 2:00-Bingo-ALDR	12:30 Exercise-AL 1:00 Wii Bowling-AL 3:00 Saturday Movie Matinee-TH
9:30 St. Boniface Catholic Service-SNF 12:30 Exercise-AL 3:00 Cribbage-AL 4:00 Garden Club-AL	9:30 Coffee Talk-AL 10:00 Webster's Words of the Month-AL 11:30-2:00 Treasure Cove Garage Sale-2FIL 12:30 Exercise-AL 2:00 Kings in the Corner-ALDR 3:00 Popcorn Social-ALDR 4:00 Bible Study-CR	9:30 Manicures-AL 10:30 Bean Bag Baseball Practice-CR 12:30 Exercise-AL 2:00 Card Bingo-ALDR 7:00 Movie and Review-TH	9:00 Bus to Hy-Vee-TC 12:30 Exercise-AL 1:30 Meals from the Heartland Outreach Project-ALDR 2:00 Current Events w/Dick-CR	9:00 Donut Social-CR 9:30 Decorate Area"USA"-CR 10:30-3:30-Iowa Cubs Baseball game-TC 12:30-Exercise-AL 7:00 Movie and Review-TH	9:00 St.Boniface Bible Study-CR 9:30 Puzzle Group-AL 10:30 iphone/ipad user-3FIL 12:30-Exercise-AL 1:30 Bridge Club-CR 2:00 Bingo-ALDR 3:00 Resident Council-ALDR	
	ALL ACTIVITIES SUBJECT TO CHANGE ALL WATERMARK CLASSES HIGHLIGHTED IN RED	JUNE 2017 The Inn			ACTIVITY LOCATOR KEY AL-Assisted living ALDR-Assisted Living Dining Room CR-Community Room TH-Theatre TC-Town Center SNF-Skilled Nursing Facility 2FIL-2nd FL Independent Living 3FIL-3rd Fl Independent Living	



THE BUZZ

June Jubilee and Father's Day Celebration

The Legacy Pointe Marketing Department will be hosting a June Jubilee on Wednesday June 14th from 4-8 p.m. The Jubilee will take place in the south parking lot with a variety of food trucks on hand. The West Des Moines Community Band will also be entertaining us with a outdoor concert. All current residents and family and friends are welcome to attend this event. Please mark your calendar to kick off our first summer celebration.

Father's Day, the annual holiday where Americans tell their dad's or other father figures how much he means to them and how lucky we are to have them in our lives. Mrs. Sonora Smart Dodd is the person credited for inventing the concept of Father's Day in 1910 as a way to honor the man who raised her when her mother died. President Calvin Coolidge made it a national event in 1924. All father's, uncle's, brother's, godfathers ect. are invited to a Father's Day Celebration and Rootbeer Float Social in the Assisted Living Area and Garden's Sunday June 18th at 3:00 p.m. Please bring a picture to share of your father or any male who helped you become the man you are today.

Out and About

The Town Center residents will be traveling to the Waukee Farmer's Market on a Wednesday evening. Wednesday, June 7th- 4:00-6:00pm. They will also be heading to the Urbandale Library for a classic guitar concert outdoors. Make sure to bring you portable lawn chair. Sign up sheet available outside the IL Dining room!

The Inn residents will be going to Tavern Pizza on the 11th for their lunch outing. They will also be heading the an I-Cubs game on June 29th. Sign-up Sheet outside the AL Dining Room.

Spring residents will be traveling to an I-cubs game as well on the 20th of June leaving at 10:30 am. They will also be heading to lunch at the Corn Patch on the 27th of June.



PHOTO COLLAGE



Featured in the Photo Collage is a variety of pictures from a few of things we had going on in May. We had a fun month of Derby parties, Cinco de Mayo, Mother's Day, planting flowers and more.

To the left features Bill Grismer in his Kentucky Derby hat.

Below to the left features a few Girl Scouts helping with the planting some flowers.

Below to the right features our AL ladies during a Mother's Day Social.



On the left features (Left to right) Bill Grismer, Vivian Smith, Nancy and Jerry Mills, Ray and Marge Seegers on their way back home from an afternoon concert!

On the right features IL Resident Elaine Kjar, having a good time at the Cinco de Mayo Social.

