



The FOUNTAINS

AT CEDAR PARKE

114 Hayes Mill Road • Atco, NJ 08004 • (856) 753-2000



Our "Fountain Follies" theatre group meets Tuesday evenings at 6:30pm in the Auditorium.

Come join the fun and frolic as we read...

- **Comedic Plays** (remember Abbott and Costellos' Who's On First Routine?)
- **Radio Shows** (How about Burns and Allen, Baby Snooks, and Jack Armstrong the All-American boy?)
- **Hollywood Classic Films** (Casablanca, The Odd Couple, etc?)
- **Broadway Shows and Scenes** (Carousel, Oklahoma, and My Fair Lady!)

Here's what our group members say about our Tuesday evenings in the Auditorium:

"We work beautifully as a group. We didn't know each other five weeks ago and we now have made wonderful new friends." -

John Quinn

"I wasn't sure I'd like the Follies. But it's really starting to grow on me." - **Marlene Bracken**

"It brings back fond memories of my high school theatre days." - **Randy Padula**

"The Fountain Follies is by far my favorite activity. I look forward to every Tuesday night."

- Jean Colligan

No prior theatre, acting or singing experience or "talent" necessary. No memorization involved. Bring your spirit of playfulness and spontaneity. We guarantee lots of laughs and great fun.

August 2018

The Spirit of Philadelphia Lunch Cruise

Wednesday, August 29th

Bus leaves at 10:00am

Experience the City in a new way aboard a lunch cruise

Enjoy delicious food, a narrated tour, and an unbeatable skyline view from Spirit's rooftop lounge!

Trip Includes:

- 2-hour cruise on the Delaware River
- Delicious Lunch Buffet with freshly prepared entrees, salads and desserts.
- Unlimited coffee, hot tea, iced tea, and water.
- Amazing views of the Philadelphia Skyline
- DJ Entertainment

Attire:

Lunch cruises are a relaxed environment

Casual attire is suggested

Don't forget we'll be cruising on the water! For your safety we suggest wearing flat, closed-toed shoes!

LIMITED SEATING

Please Contact Jenna if you are interested or have any questions!

\$30.00 per person (Money Due Day Of)

Going on this trip is something you won't regret!





Activities

Wednesday, August 1st: 2:30pm
Pokeno (AU)

Thursday, August 2nd: 2:00pm
Ice Cream Sandwiches (AU)

Friday, August 3rd: 2:00pm
Stretch Band Class (AU)

Friday, August 3rd: 2:00pm
Happy Hour (FL)

Saturday, August 4th: 10:00am
Ocean City Boardwalk Trip

Saturday, August 4th: 6:30pm
Pete Innaurato (AU)

Sunday, August 5th: 10:30am
Yoga with Bridget (AU)

Monday, August 6th: 6:30pm
Leo's Ice Cream Trip

Tuesday, August 7th: 11:30am
Friendly's Lunch Trip

Tuesday, August 7th: 2:30pm
Instructed Tai Chi (AU)

Tuesday, August 7th: 6:30pm
Acting for Fun Class (AU)

Wednesday, August 8th: 2:30pm
Instructed Zumba (AU)

Wednesday, August 8th: 6:30pm
Muzique Music Therapy (AU)

Thursday, August 9th: 2:00pm
Mark Dezii (AU)

Friday, August 10th: 2:00pm
Happy Hour (FL)

Friday, August 10th: 2:00pm
Painting with Jazzy Jen (AU)

Monday, August 13th: 2:00pm
Ann Michal (AU)

Monday, August 13th: 6:30pm
Philly Senior Stage Man of La Mancha (AU)

Tuesday, August 14th: 2:30pm
Monthly Birthday Party (AU)

Tuesday, August 14th: 5:00pm
Dinner Outing (Cracker Barrel)

Tuesday, August 14th: 6:30pm
Acting for Fun (AU)

Wednesday, August 15th:
2:30pm Crafts with Felecia (AU)

Thursday, August 16th: 2:00pm
Resident Meeting (AU)

Friday, August 17th: 11:00am
Ceramics Class (AU)

Friday, August 17th: 2:00pm
Dan Marro (AU)

Saturday, August 18th:
12:00pm-2:00pm \$5 Paparazzi
Jewelry Sale (CH)

Sunday, August 19th: 10:30am
Yoga with Bridget (AU)

Sunday, August 19th: 2:00pm
Pokeno (AU)

Monday, August 20th: 6:30pm
Maggie Mustico (AU)

Tuesday, August 21st: 10:00am
Movie and Lunch Outing

Tuesday, August 21st: 2:30pm
Instructed Tai Chi (AU)

Tuesday, August 21st: 6:30pm
Acting for Fun Class (AU)

Wednesday, August 22nd:
2:30pm Mick Stone (AU)

Wednesday, August 22nd:
6:30pm Muzique Music Therapy
(AU)

Thursday, August 23rd: 2:00pm
Horticultural Therapy (AU)

Friday, August 24th: 2:00pm
Water Ice Social (AU)

Saturday, August 25th: 7:00pm
Mark Dezii (AU)

Sunday, August 26th: 6:30pm
Horse Racing (Bring \$1 Bills)
(AU)

Monday, August 27th: 1:30pm
Pokeno (AU)

Monday, August 27th: 6:30pm
Jimmy Edwards (AU)

Tuesday, August 28th: 2:00pm
Massages with Joy (FL)

Tuesday, August 28th: 6:30pm
Acting for Fun (AU)

Wednesday, August 29th:
10:00am Spirit of Philadelphia
Lunch Cruise

Wednesday, August 29th:
2:30pm Instructed Zumba (AU)

Wednesday, August 29th:
6:30pm Nighttime Bingo (AU)

Thursday, August 30th: 5:00pm
Dinner Outing (Adelphias)

Friday, August 31st: 2:00pm
Happy Hour (FL)

Location Key

AU: Auditorium

CH: Clubhouse

FL: Fireside Lounge

A3: A Third Floor

D2: Apartment D209

CL: Chapel

F2: F 2nd Floor

*Please Check the Calendar
page 4 & 5
for Additional Activities*



Resident Meeting Reminder

Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community! Make plans to attend this month's meeting; check the calendar for the date and time!

Transportation Schedule

Weekly Bus Trips

(These trips are consistent each week, unless noted otherwise)

Please Note: Residents are to be up at the clubhouse 10 minutes before scheduled time.

- **Mondays:** 10:00 am ShopRite
- **Wednesdays:** 10:00 am Bank, Post Office & Rite Aid
- **Thursdays:** 10:00 am Walmart
- **Saturdays:** 10:00 am ShopRite & Dollar Store
- **Sundays:** 8:50 am Local Church drop-offs begin

Monthly Add-on Trips

- **Friday, August 3rd:** 10:00 am Berlin Mart
- **Friday, August 10th:** 10:00 am Stella Farms

- **Tuesday, August 14th:** 5:00 pm Dinner Outing
- **Friday, August 17th:** 10:00 am Aldi's Market (New One)
- **Friday, August 24th:** 10:00 am Amish Mart
- **Thursday, August 30th:** 5:00 pm Dinner Outing
- **Friday, August 31st:** 10:00 am Boscov's Shopping

Signing Up for Bus Trips

For the safety of all our residents, please remember to sign up for any bus trip you plan to go on.



Out & About

Community Services

Cafe:

- Open Monday-Saturday 7:30am-3pm
- Open Sunday 3pm-6pm
- Phone Extension 7229

Dining Room:

- Open Monday-Saturday 4pm-5:30pm
- No assigned seating
- Please sit at a cleaned, reset table only
- To reserve seating for outside guests, call 7228
- Monday-Saturday room tray orders, call 7228 by 3pm
- Sunday room tray orders, call 7228 by 10am

Daily Menu:

- Call 8400

Sunday Meal and Holidays:

- Open seating 11:30am-1:30pm

The Fountains Salon: Beauty and Barber Services

- Appointment Only
- Call 856-809-7230

Rehab:

- Tuesday and Thursday: Personal Training Sessions 1pm-2:30pm
- Sign-up sheets are located outside IL Gym

Daily Activities:

- Tune in to channel 1970



Community News

From the Desk of...

Your Activity Director Jenna

The Fountains Concierge Service

The Fountains concierge service enhances the living experience for our residents and truly helps make our community feel like home. But it's so much more than a service; it is a supportive, easy-to-use amenity that helps residents manage their schedules, activities, and daily tasks.

Call Jenna to order services: (856) 809-7486 for yourself or your family member living here at The Fountains.

Each resident can use the Concierge Service at his or her discretion, making it a truly personal experience.

Service offerings include:

- Grocery shopping & delivery straight to your apartment
- Errands (like dry cleaning, & or prescription pickup)

As a Continuing Care

Retirement Community

(CCRC), we believe that quality service does make a difference, and we work hard to provide that quality in all we do. That's why we created this unique, quality-focused service for our residents.

Please don't hesitate to call!



August 2018

- AU

Auditorium
- CH

Clubhouse
- FL

Fireside Lounge
- A3

A Third Floor
- D2

D209

CL

Chapel

F2

F 2nd Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div>1</div> <div>9:30 AU Stretch & Bend 10:00 Bank/Post Office Bus Trip 11:30 AU Bowling Game 1:00 AU Worship Service 2:30 AU Pokeno 6:30 AU Card Games</div>	<div>2</div> <div>Thrift Shop Is OPEN 9:30 AU Stretch & Bend 10:00 Walmart Bus Trip 11:00 Walking Club 11:45 AU Imagine Peace Craft 2:00 AU Ice Cream Sandwich Social 3:00 CH Singing with Tony 6:15 FL Wii Bowling 6:30 AU Movie Night</div>	<div>3</div> <div>9:30 AU Stretch & Bend 10:00 Berlin Mart Bus Trip 11:30 AU Wheel of Fortune Game 12:00 AU Red Hat Ladies 1:00 Billiards 1:00 CL Rosary 2:00 FL Happy Hour 2:00 AU Stretch Band Class 6:30 AU Card Games</div>	<div>4</div> <div>OC Trip Will Not Be Back in Time for Bingo 10:00 Ocean City Boardwalk Trip 11:00 AU Catholic Services 1:30 AU Bingo 6:30 AU Pete Innaurato</div>
<div>5</div> <div>8:50 Transportation to Church 10:30 AU Yoga with Bridget 1:00 AL Bus Trip 6:30 AU Movie Night</div>	<div>6</div> <div>9:30 AU Stretch & Bend 10:00 ShopRite Bus Trip 12:00 AU Word N Word 1:00 Billiards 1:30 AU Bingo with Norm 6:15 FL Wii Bowling 6:30 Leo's Ice Cream Trip 6:30 AU Card Games</div>	<div>7</div> <div>9:30 AU Stretch & Bend 10:00 AU Dance Band 10:30 F2 Intro to Wii Bowling 11:30 Friendly's Lunch Outing 1:30 A3 Arts & Crafts 2:30 AU Instructed Tai Chi Class 6:30 AU Acting For Fun Class</div>	<div>8</div> <div>9:30 AU Stretch & Bend 10:00 Bank/Post Office Bus Trip 10:00 Library Bus Trip 11:30 AU Kindness Bracelet Craft 1:00 AU Worship Service 2:30 AU Instructed Zumba Class 3:00 CH M&M Game 6:30 AU Muzique Music Therapy Class</div>	<div>9</div> <div>9:30 AU Stretch & Bend 10:00 Walmart Bus Trip 11:00 Walking Club 11:45 AU Chair Volleyball 1:00 CH Singing with Tony 2:00 AU Mark Dezii 6:15 FL Wii Bowling 6:30 AU Movie Night</div>	<div>10</div> <div>9:30 AU Stretch & Bend 10:00 Stella Farms Bus Trip 11:45 AU Dot Art 1:00 CL Rosary 1:00 Billiards 2:00 AU Painting with Jazzy Jen 2:00 FL Happy Hour 6:30 AU Card Games</div>	<div>11</div> <div>10:00 ShopRite/Dollar Store Bus Trip 11:00 AU Catholic Services 11:45 Lunch Outing 1:30 AU Bingo with Norm 6:30 AU Movie Night</div>
<div>12</div> <div>Aud. Blocked Off 1pm-5pm 8:50 Transportation to Church 6:30 AU Movie Night</div>	<div>13</div> <div>Thrift Shop Is OPEN 9:30 AU Stretch & Bend 10:00 ShopRite Bus Trip 12:00 AU Word N Word 1:00 Billiards 2:00 AU Ann Michal 6:15 FL Wii Bowling 6:30 AU Philly Senior Stage</div>	<div>14</div> <div>9:30 AU Stretch & Bend 10:00 Marshalls Shopping Store 10:30 F2 Intro to Wii Bowling 11:00 AU Video Yoga 1:30 A3 Arts & Crafts 2:30 AU Monthly Birthday Party 5:00 Dinner Outing - Cracker Barrel 6:30 AU Acting For Fun Class</div>	<div>15</div> <div>9:30 AU Stretch & Bend 10:00 Bank/Post Office Bus Trip 11:45 AU Art Based Cognitive Therapy 1:00 AU Worship Service 2:00 CH Brain Teasers 2:30 AU Crafts with Felecia 6:30 AU Card Games</div>	<div>16</div> <div>9:30 AU Stretch & Bend 10:00 Walmart Bus Trip 1:00 AU The Game Jenga 2:00 AU Resident Meeting 3:00 CH Singing with Tony 6:15 FL Wii Bowling 6:30 AU Movie Night</div>	<div>17</div> <div>9:30 AU Stretch & Bend 10:00 Aldi's Bus Trip (New Location) 11:00 AU Ceramics Class 1:00 Billiards 1:00 CL Rosary 2:00 AU Dan Marro 6:30 AU Card Games</div>	<div>18</div> <div>Paparazzi Jewelry Sale 12pm-2pm Everything Is \$5.00 10:00 ShopRite/Dollar Store Bus Trip 11:00 AU Catholic Services 11:45 Lunch Outing 12:00 CH Paparazzi Jewelry Sale 1:30 AU Bingo 6:30 AU Movie Night</div>
<div>19</div> <div>8:50 Transportation to Church 10:30 AU Yoga with Bridget 2:00 AU Pokeno 6:30 AU Movie Night</div>	<div>20</div> <div>9:30 AU Stretch & Bend 10:00 ShopRite Bus Trip 12:00 AU Word N Word 1:00 Billiards 1:30 AU Bingo with Norm 6:15 FL Wii Bowling 6:30 AU Maggie Mustico</div>	<div>21</div> <div>9:30 AU Stretch & Bend 10:00 AU Dance Band 10:00 Movie & Lunch Outing 10:30 F2 Intro to Wii Bowling 1:30 A3 Arts & Crafts 2:30 AU Instructed Tai Chi Class 6:30 AU Acting For Fun Class</div>	<div>22</div> <div>9:30 AU Stretch & Bend 10:00 Bank/Post Office Bus Trip 10:00 Library Bus Trip 11:45 AU Bottle Toss Game 1:00 AU Worship Service 2:30 AU Mick Stone 6:30 AU Muzique Music Therapy Class</div>	<div>23</div> <div>9:30 AU Stretch & Bend 10:00 Walmart Bus Trip 11:00 Walking Club 11:45 AU Doily Crafts 2:00 AU Horticultural Therapy 2:30 CH Singing with Tony 3:00 CH Brain Teasers 6:15 FL Wii Bowling 6:30 AU Movie Night</div>	<div>24</div> <div>9:30 AU Stretch & Bend 10:00 Amish Mart Bus Trip 11:30 AU Uno Card Game 1:00 Billiards 1:00 CL Rosary 2:00 AU Water Ice Party 6:30 AU Card Games</div>	<div>25</div> <div>10:00 ShopRite/Dollar Store Bus Trip 11:00 AU Catholic Services 11:45 Lunch Outing 1:30 AU Bingo with Norm 7:00 AU Mark Dezii</div>
<div>26</div> <div>8:50 Transportation to Church 6:30 AU Horse Racing</div>	<div>27</div> <div>Thrift Shop Is OPEN 9:30 AU Stretch & Bend 10:00 ShopRite Bus Trip 12:00 AU Word N Word 1:00 Billiards 1:30 AU Pokeno 5:00 AL Bus Trip 6:15 FL Wii Bowling 6:30 AU Jimmy Edwards</div>	<div>28</div> <div>9:30 AU Stretch & Bend 10:00 AL Bus Trip 10:30 D2 Mindful Meditation 10:30 F2 Intro to Wii Bowling 11:00 AU Video Yoga 1:00 AU Gym Class 1:30 A3 Arts & Crafts 2:00 FL Massages with Joy 3:00 CH Let's Reminisce 6:30 AU Acting For Fun Class</div>	<div>29</div> <div>9:30 AU Stretch & Bend 10:00 Spirit of Philadelphia Lunch CRUISE 1:00 AU Worship Service 2:30 AU Instructed Zumba Class 6:30 AU Night time Bingo</div>	<div>30</div> <div>Bring .25 cents for 11:45am Game 9:30 AU Stretch & Bend 10:00 Walmart Bus Trip 11:00 Walking Club 11:45 Right, Left, Center Game 2:30 CH Singing with Tony 5:00 Dinner Outing - Adelphas 6:15 FL Wii Bowling 6:30 AU Movie Night</div>	<div>31</div> <div>9:30 AU Stretch & Bend 10:00 Boscov's Mall Trip 11:45 AU Word Search Puzzles 1:00 Billiards 1:00 CL Rosary 2:00 FL Happy Hour 6:30 AU Card Games</div>	<div></div>

ME

I AM the Power of Divine Peace.
I AM the very presence of peace
in my world.

My thoughts words, and actions
are in harmony
so that I project peace from the
inside out.

I AM clear that peace is not a
smiley-face mask

that I wear - but a calm,
confident generosity
of Spirit released from within.

As day follows night, peaceful
actions flow from
my peace-filled mind.

I AM the Power of Peace
expressed in my actions.

My words heal and harmonize,
uplift and appreciate.

Powerfully and peacefully, I
speak to right wrongs
and improve conditions. I bring
about peace through my words.

I AM the Power of Peace
expressed in my actions.

Boldly, I walk a path of peace
guided by inner wisdom.

All that I do fosters mutual
blessings. I bring about peace
through my actions.

PEACE is in the midst of me as I
become the presence of peace in
the midst of every circumstance.

AMEN!



August Birthdays

August 1st: James Carns

August 4th: Maria Palermo

August 7th: Lucille Anderson

August 7th: Joan DiFlorio

August 12th: Vera Jacovelli

August 16th: Donald Lee

August 16th: Margie Malkasian

August 24th: Jeanne Voorhis

August 27th: Theresa Falzarano

August 27th: Maria Hopkins

August 27th: Jeanne

Whitney-Katinos



To All Our Residents Celebrating This Month

Happy Birthday!

Life is too short to be lived
counting the years. Just enjoy
the ride and make awesome
memories!



May your special day be
surrounded with happiness and
laughter. Blessed with love,
remembered with joy, and
enriched with hopes.

Spiritual Corner



Pastors for the Month

August 1st- Rev. Andy Englehart
Trinity Reformed Lutheran
Church

August 8th- Rev. Michelle Allen
Williamstown Presbyterian
Church

August 15th- Rev. Henry Jansma
All Souls Anglican Church
Cherry Hill

August 22nd- Rev. Michael Carr
St. Timothy Anglican Church

August 29th- Rev. David Jones
Our Lord of Life Lutheran
Church

Transportation for Worship Services

We provide transportation for
our residents who wish to attend
services at our local places of
worship.

Bus Information:

Christ the Redeemer: 8:45am

Trinity Church: 9:10am

Presbyterian Church: 10:10am

**PLEASE SIGN UP IN THE
CLUBHOUSE**



August: Happiness Happens Month

"There is only one *happiness* in this life, to love and to be loved."

"Love is when the other person's *happiness* is more important than your own."

"Be *happy* for this moment. This moment is your life."

"Friends show their love in times of trouble, not in *happiness*."

"*Happiness* is not something you postpone for the future; it is something you design for the present."

"Some days are just bad days, that's all. You have to experience sadness to know *happiness*, and remind yourself that not every day is going to be a good day, that's just the way it is."

"*Happiness* radiates like the fragrance from a flower and draws all good things toward you."

"Today I choose life. Every morning when I wake up, I can choose joy, *happiness*, negativity, pain.. To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but to embrace it."

"Independence is *happiness*"

"Life is full of *happiness* and tears; be strong and have faith"

"The secret to *happiness* is freedom.. and the secret to freedom is courage."

"The most simple things can bring the most *happiness*."

"Through a long and painful process, I've learned that *happiness* is an inside job - not based on anything or anyone in the outer material world."

"*Happiness* held is the seed; *happiness* shared is the flower."

"True *happiness* is to enjoy the present, without anxious dependence on the future."

"Family and friendships are two of the greatest facilitators of *happiness*."

"Our greatest *happiness* does not depend on the condition of life in which chance has placed us, but is always the result of good conscience, good health, occupation, and freedom in all just pursuits."

"In this life, we have to make many choices. Some are not. Many of our choices are between good and evil. The choices we make, however, determine a large extent of our *happiness* or our *unhappiness*, because we have to live with the consequences of our choices."

"*Happiness* can exist only in acceptance."

"*Happiness, true happiness*, is an inner quality. It is a state of mind. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy."

"Happiness depends upon ourselves."

"There is no way to *happiness* - *happiness* is the way"

Short Riddles

1. Ed and his wife Eve are shopping in their local supermarket. Ed picks up a case of Budweiser and puts it in their cart. "Just what do you think you're doing?" asks Eve. "They're on sale, only \$19.99 for 24 cans" Ed replies. "Put em' back, we can't afford them," and so they carry on shopping. A few aisles further on along, Eve picks up \$40.00 worth of makeup and puts it in the basket. "So what do you think you're doing?" asks Ed. "It's my makeup. It makes me look beautiful," replies Eve.

Ed retorts: "So does the Budweiser and it's half the price." Ed never knew what hit him. The next thing he heard on the supermarket PA system was: "Cleanup on aisle 10, we have a husband down."

2. A 57-year-old woman was arrested for shoplifting. When she went before the judge he asked her, "What did you steal?" She replied: "A can of pears."

The judge asked her why she had stolen them and she replied that she was hungry. The judge then asked her how many pears were in the can. She replied, "Six, your honor." The judge then said, "I will give you 6 days in jail." Before the judge could actually pronounce the punishment the woman's husband spoke up and asked if he could say something. He said, "What is it?" The husband said, "She also stole a can of peas."

Summer



August Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

3	7	5	4	8	6	1	9	2
1	4	9	2	5	3	7	8	
2	8	6	3	7	1	4	5	9
4	3	1	8	9	5	2	7	
9	2	8	7	5	4	6	1	3
5	6	7	1	3	2	8	4	9
8	5	2	9	4	3	7	6	1
7	9	4	6	1	8	2	3	5
6	1	3	5	2	7	9	8	4

		3		2	7			4
						2		
8			9			7		
	6	7		3				
9	2						1	3
				6		5	2	
		9			1			6
		6						
3			4	8		1		