



Program Director: Yordy Eastwood. Food Service Manager: Brooke Brox.
Facility Coordinator: Kristian Pogue. Maintenance: Dayana Chaires.
Maintenance: Joe Thurman. Food Delivery Driver: Jenny McDougall.
Bus Driver: Dianna Tangren. Cook: Tiffany Hester



We have some activities planned for the month of July. On the 13th We will be traveling to High Line State Park for a day of fun and relaxation. We will BBQ hotdogs and everyone will bring their favorite summertime treats for all to enjoy. Last year we had blast! Please be sure and sign up for this event.

The week of July 17th-21st we will be having a **craft camp**. We have Will be doing paper mache tribal masks made from your own likeness. These masks

will be hung on display at the Center for a period of time. Classes will be held Mon– Friday between 10– 11 am. There will be a sign up sheet so I know how much supplies we need. If you have extra newspaper you would like to donate that would be great.

We have two dances we will be attempting to learn the choreography to. If you are interested in performing Michael Jackson's Thriller and The MONSTER MaSH. Let me know. If anything, it will be a hoot!

Tai Chi classes are going strong. Tai Chi is an evidenced based activity that is proven to help with fall prevention and arthritis. We are offering 2 classes weekly. Tues @ 2 pm and Thursdays @ 9 am.



HAPPY BIRTHDAY

Dave Arneson 7/3

Glenn Carden 7/17

David Hlas 7/5

Winnie Boarman 7/19

JoAnn Johnson 7/5

Keith Brewer 7/21

Ralph Perea 7/9

Rose Golden 7/24

Kathleen Jeffries 7/12

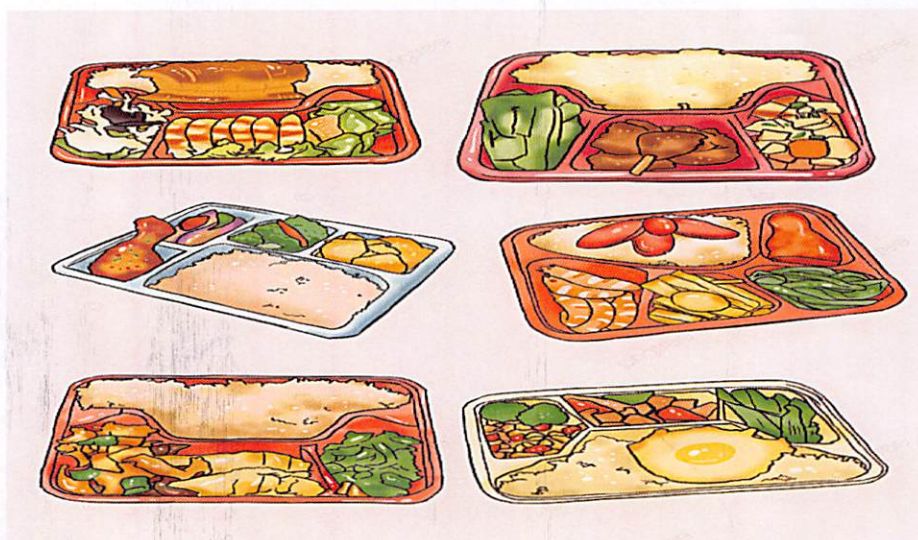
Alice Larsen 7/25

Edith Beeson 7/15

Wilma Sliger 7/27

*Rhea Gramlich 7/15

Nadine Stevens 7/30



Congregate meals are a suggested cost of \$2.50 for senior citizens 60 years of age or older. If you are 59 years or younger the price is \$6.00. We welcome you to come join us for a nutritious, made with love home cooked lunch. Please call in advance to reserve a meal. We CAN NOT accommodate you with a meal if you call the same day for a reservation. Please call 259-6623 and we will put you down. We do not serve congregare meals on Thursdays.

Becky



Growing Old

I hope I am—

growing old.

So much of aging is
a lessening
and a
loss.

Supple limbs
stiffen—
taut skin
sags—
once-agile
bodies become fragile—
quick-alertness
slows.

But as the years compound,
I sense a swelling,
a blossoming—

of appreciation,
of gratitude.

There is time enough
to accumulate,
to savor,
to quiet the frenzy,
to welcome
deep wells
of thought
and memory.

Time enough for forgiveness
and letting go
of pettiness
and pride—

to let this moment be
enough
and to spare.

Time enough to cradle
all love
and watch
with wonder
its daily
increase.