



UNITED STATES OF AMERICA

250TH ANNIVERSARY

1776 ★ 2026

July 2026 Newsletter

Senior Assisted Living Community

**Miguel E.**

is our Assisted Living Resident of the Month

Miguel E. was born January 12, 1972 to Michael and Margareth. He is the middle child and has two siblings: Cythina and Rene. Miguel was never married but currently has a girlfriend whom he met at church. He has no children. He went to Palmview High School and joined the Marines when he was 18 years old. Miguel worked in construction for ten years, and he had a pitbull named Rocky. He also loved to hunt deer. He loves music, and the legendary Swedish group ABBA is his favorite band. His favorite ABBA song is "Dancing Queen". He lives by the quote, "The lord is my refuge, my place of safety. He is my god". Congratulations Miguel on being named our July Assisted Living Resident of the Month!

William Patrick E.

is our Arbor Hall Resident of the Month

William Patrick E. was born on July 1, 1944 in Indianapolis, Indiana to Charles and Hyla E.. He has one brother. William prefers to go by his middle name Patrick. Patrick worked in the grocery business as a night manager and during the day he attended college. Patrick got married after finishing his college education and has a daughter and a son. His favorite hobbies include playing golf and swimming. Patrick's favorite artist of all time is Elvis Presley and his favorite music genre is Rock 'n' Roll. He also enjoyed attending church on Sundays. His favorite food is steak and eggs and favorite drink is Dr. Pepper. Patrick's favorite quote is "Everything in Jesus name". Congratulations Patrick, on being named our Arbor Hall resident for the month of July.





July Birthday Party

Friday, July 24 at 1:00 p.m.

All residents whose birthday is in July are invited to join us in the Hobby Room to celebrate their natal day. We'll have cake and ice cream for you to enjoy.

AL Birthdays

Roberto L.	7/04
Ruben A.	7/06
Charles J.	7/07
Mitchell B.	7/10
Manuel O.	7/14
Geraldine	7/15
Michael G.	7/16
Ricardo H.	7/16
Cherie R.	7/28

Arbor Hall Birthdays

William Patrick E.	7/01
Benjamin T.	7/02
Lamont S.	7/05
Orlando H.	7/15
John P.	7/24

Staff Birthdays

Maria O.	7/08
Jesus L.	7/09
Vilma W.	7/12
Jairon Sean M.	7/09
Hilda M.	7/13
Leslie G.	7/17
Ileen G.	7/28
Marlon E.	7/30
Fitzgerald P.	7/31
Kerwin Jasper Q.	7/31

MAIN EVENTS FOR JULY 2026

Council Meeting

RESIDENT COUNCIL MEETING

Thursday, July 9 - 1:00 p.m.

in the Hobby Room.



Note: Shopping trips can be scheduled Monday through Friday as long as the driver available.

Kitchen Tips

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Jhun know 3 hours before meal time. Please DO NOT STAND BY OR NEAR THE KITCHEN DOOR during meal time. It is not safe. Thank you.



Important
INFO

Our
News

Church Services

St. Philomena Church will have Catholic mass every third Monday of each month.

Church of Christ-Iglesia Ni Cristo will offer Bible Study every Thursday at 6:00 p.m. in the Front TV Room, and Saturdays at 1:00 p.m.

The Good Shepherd Ministry comes in every 2nd and 4th Saturday of the month at 10:30 a.m. They invite you to join them in their spiritual advocacies.

The Metropolitan Church of Christ comes every Sunday and Thursday of the month at 2:00 p.m.

Bingo

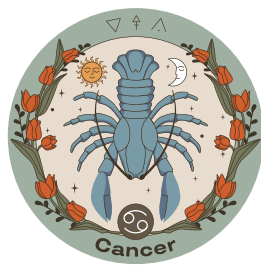
Every Monday, Wednesday, and Friday

Medical Runs

Every Monday to Thursday of the month.



July HOrOs c Ope Signs



Cancer- June 21 to July 22

Represented by the Crab, Cancers can effortlessly pick up energies in a room. Ruled by the moon, they are highly intuitive and rely on their emotions to understand others. They care deeply about their families, and are often described as the "Mother of the zodiac." They are very attached to their home, and love to create cozy, safe spaces that serve as their personal sanctuaries. Crabs are highly sensitive to their environments, as well as extremely self-protective.



Leo - July 23 to August 22

The undisputed Kings and Queens of the celestial Zodiac, fire sign lions are confident and comfortable being at the center of attention. They are ambitious, loyal, generous, big-hearted, and fiercely protective of their nearest and dearest. Ruled by the ever-present sun, Leos are renowned for their stability and consistency. Leos are also celebrated for their bravery and courage, and are fearless optimists who refuse to accept failure.



New Residents

Darlene Sablan

July 2026

July 2026 Arbor Hall Activities Calendar

This calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month of July Birthstone: Ruby Flowers: Larkspur, Water Lily Colors: Green and Russet Meaning: Contentment	JULY DAYS TO NOTE... 01 Int'l Joke Day 02 Made in the USA Day 05 Nat'l Hawaii Day 06 Nat'l Fried Chicken Day 07 World Chocolate Day 08 Nat'l Ice Cream Sundae Day 11 Cheer Up the Lonely Day 12 Eat Your Jello Day 13 Nat'l French Fry Day 14 Pandemonium Day 15 Nat'l I Love Horses Day	16 Drag Day 18 World Listening Day 19 New Friends Day 20 Int'l Chess Day 22 Summer Leisure Day 23 Gorgeous Grandma Day 25 Nat'l Hot Fudge Sundae Day 26 One Voice Day 27 Gobbie Appreciation Day 28 World Nature Conservation Day 30 Int'l Day of Friendship	1 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books Snacks & Puzzles Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	2 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	3 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	4 <i>Independence Day</i> Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day
5 Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:00 Socialization Final Stretch of the Day	6 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	7 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	8 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books Snacks & Puzzles Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	9 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	10 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	11 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day
12 Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:00 Socialization Final Stretch of the Day	13 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	14 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	15 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books Snacks & Puzzles Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	16 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	17 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	18 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day
19 Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:00 Socialization Final Stretch of the Day	20 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	21 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	22 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books Snacks & Puzzles Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	23 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	24 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	25 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day
26 Exercise / Workout Daily Audio Prayer /Bible Reading Snacks & TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks & Dominos Bingo! 2:00 3:00 4:00 Dinner 5:00 Socialization Final Stretch of the Day	27 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	28 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	29 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books Snacks & Puzzles Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	30 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/TV Time Snacks & Movie Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	31 Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave/Socialization /TV Time Snacks & Playing Cards Bingo! 2:00 3:00 4:00 Dinner 5:10 Final Stretch of the Day	"We must be free not because we claim freedom, but because we practice it." ~William Faulkner

Summer Word Search

**BEACH
FLIP FLOPS
ICE CREAM
PICNIC
SAND
SUMMER
SUN
VACATION
WATERMELON**

C	B	J	Q	A	E	Y	N	X	V
Y	V	A	C	A	T	I	O	N	M
S	P	O	L	F	P	I	L	F	A
C	S	Q	S	H	W	A	E	X	E
I	J	U	D	U	C	E	M	Z	R
N	J	T	M	N	N	A	R	H	C
C	P	J	F	M	A	W	E	T	E
I	F	Z	X	E	E	S	T	B	C
P	J	X	A	V	S	R	A	F	I
A	U	H	G	Z	D	D	W	D	C

Enjoy Assisted Living at Its Finest.



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