



PHEASANTS RIDGE PRESS

JULY 2021
A LOOK INTO OUR COMMUNITY

PHEASANTS RIDGE 15 YEAR ANNIVERSARY

Pheasants Ridge began offering apartments and home care services in 2006. The building was built, and operations were managed, by Tim and Mary Wenner.

The community was initially an assisted living with 16 private apartments. An addition was completed in 2011 which enabled Pheasants Ridge to also offer memory care services in a safe and secure environment.

Tim and Mary decided it was time to transition in 2016 and sold Pheasants Ridge to the current owners, Nate and Amanda Wenner.

Through the years Pheasants Ridge has maintained a family-oriented environment, focused on creating a loving home with services to make life safe and comfortable for the people who call it home.

15 wonderful years of memories and to many more!





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What We Would Do Without

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Helpful tips from the nurse, to beat the heat.

Drink plenty of water. This is very important when it's hot out.

Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.

Stay in the shade when you can.

Avoid exercising during the hottest times of the day.

Wear light-colored, breathable clothes.

Watch for signs of heat exhaustion, such as nausea, dizziness, cramps, and headache. If you notice any signs, stop your activity right away, cool off, and drink fluids.

Apply sunscreen and lip balm with a minimum SPF of 30.



JULY BIRTHDAYS

Molly → July 23rd

Riley → July 23rd

Greg → July 25th

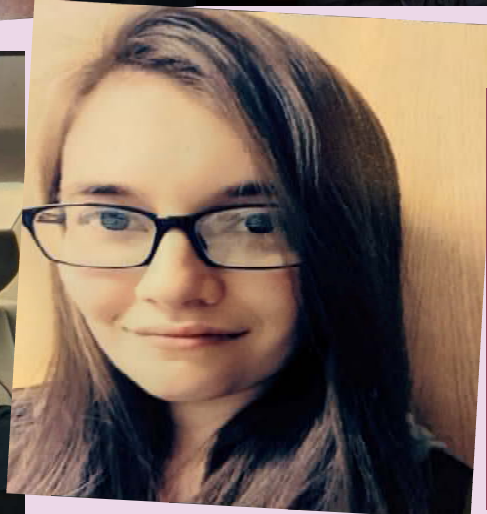
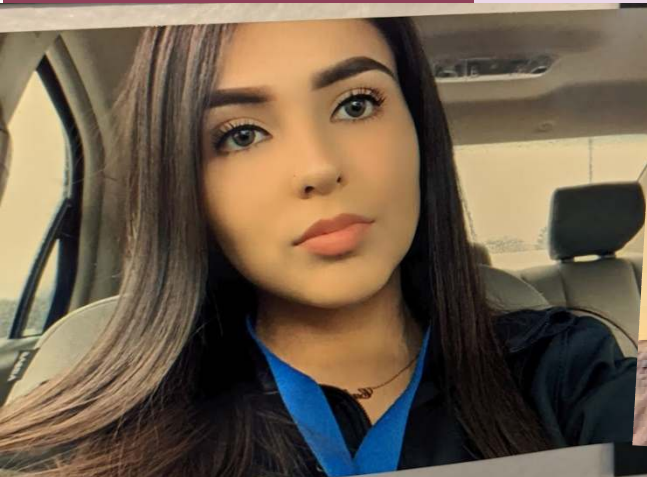


JULY ANNIVERSARIES





Jennifer → 3 Years

Desiree → 2 Years

Molly → 1 Year



July 2021 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1) 1:00 PM National Joke Day! Stand up Comedy	2) 1:00 PM Hawaiian Day: Kabobs and Crafts	3) 10:00 AM Coffee and Cookies
4) 9:00 AM TV Church	5) 1:00 AM Jammies and Movie Day!	6) 10:30 AM Brain Games in AL 1:00 Crossword Puzzles	7) 10:30 AM 	8) 10:30 AM Black & White day and Dominoes	9) 1:00 PM Happy Hour	10) 3:00 PM Board Games
11) 10:00 AM Cards and Cookies	12) 10:30 AM Finish the Sayings!	13) 10:30 AM Chair Yoga	14) 10:30AM 	15) 12:00PM 15 Year BBQ	16) 1:00 PM Balloon Bat + Create Emojis	17) 10:00 AM Emoji Day! Tic Tac Toe in MC Crosswords in AL
18) 1:00 PM National Ice cream day! Rootbeer Floats	19) 10:30 AM Sports Day Trivia	20) 1:00 PM Decorate Flower Pots	21) 10:30 AM 	22) 1:00 PM Carnival Day: Outside games!	23) 1:00 PM Assemble pots and plant flowers	24) 1:00 PM Netflix Series
25) 12:00 PM Greg's Birthday	26) 10:30 AM Paint by number	27) 10:30 AM Guess Who!	28) 10:30 AM 	29) 1:00 PM Ticket Turn in- PRIZE fun!	30) 10:30 AM Spa Day!	31) 9:30 AM Coffee Social hour