




July 2022

Pheasants Ridge Press

Fireworks

They rise like sudden fiery
flowers that burst upon the
night
Then fall to earth in burning
showers of crimson, blue &
white
-unknown

JULY FUN FACTS!

- July is represented by two beautiful flowers, the Water Lilly and the Larkspur
- The Birthstone for July is the Ruby 
- The night of July 13th will reveal a full moon
- On July 5, 1946, the world's first bikini was unveiled in the famous  Piscine Molitor swimming pool in Paris.
- On July 4, 1776, the 13 American colonies declared their independence from the British monarchy.
 - The first crewed mission to the moon, the Apollo 11 Mission, launched on July 16, 1969. Four days later, on July 20, 1969, Neil Armstrong made history by taking the first step on the moon while declaring, "That's one small step for man, one giant leap for mankind!" 

Monthly
Newsletter



NURSE'S ORDERS

Avoiding Sunburn!

- Apply sunscreen with at least a 30 SPF to all exposed areas of skin 20 minutes before you go outside.
- Put on more screen every 2 hours while you're in the sun, or right after swimming or sweating.
- Wear a wide-brimmed hat and sunglasses.
- Use a lip balm with an SPF of 30 or higher.

Avoiding Bug Bites!

- Avoid brushy areas and high grass.
- Don't wear bright colors, perfume, or other strong scents when you go outside.
- Use insect repellent when you're in wooded or brushy areas.

BLUESTONE ROUNDING 7/25



**HAPPY BIRTHDAY,
GREG!**



**& ALSO... Shelby Y!
Molly! Riley! &
Alex!**

Quirky July days

As it is with all the months, July has some head-scratching daily observances. July 2nd is World UFO Day. July 6th is International Kissing Day. Finally, July 24th is National Tequila Day.

If you end up having one too many margaritas and kissing an alien – well you can just blame it on the month of July!



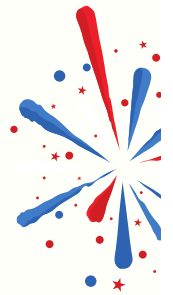
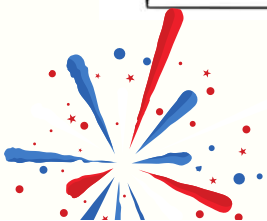
Word Find!



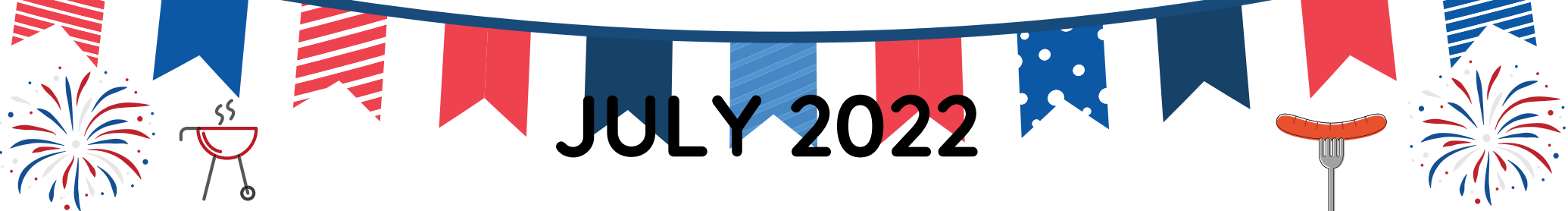
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- AMERICA
- BEAUTIFUL
- BLUE
- BRAVE
- FIREWORKS
- FLAG
- FREEDOM
- MAJESTIC
- MILITARY
- RED
- STARS
- STRIPES
- UNCLE SAM
- USA
- WHITE

Bonus Word: Independence Day



JULY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00am Daily Exercise 1:00pm Beach Party	2 10:00am Coffee & Cookies
3 10:00am TV Church	4  10:00am Daily Exercise 12:00pm BBQ	5 10:00am Daily Exercise 12:00pm BBQ	6 10:00am Daily Exercise 1:00pm BINGO	7 10:00am Daily Exercise 1:00pm Board Games	8 10:00am Daily Exercise 1:00pm Summer Crafts	9 10:00am Relaxing on the Patio
10 10:00am TV Church	11 10:00am Daily Exercise 1:00pm Manicure Mondays	12 10:00am Daily Exercise 1:00pm BeanBag Games	13 10:00am Daily Exercise 1:00pm BINGO	14 10:00am Daily Exercise 1:00pm Netflix & Popcorn	15 10:00am Daily Exercise 1:00pm Bowling	16 10:00am Hallway Exercises
17 10:00am TV Church	18 10:00am Daily Exercise 1:00pm Mini Golf	19 10:00am Daily Exercise 3:30pm  The River Blender's	20 10:00am Daily Exercise 1:00pm BINGO	21 10:00am Daily Exercise 1:00pm Conversation Corner	22 10:00am Daily Exercise 1:00pm Resident Council	23 10:00am Positive Affirmations
24 10:00am TV Church	25 10:00am Daily Exercise 1:00pm Scrapbooking	26 10:00am Daily Exercise 1:00pm VisionBoard	27 10:00am Daily Exercise 1:00pm BINGO	28 10:00am Daily Exercise 1:00pm Balloon Bat	29 10:00am Daily Exercise 1:00pm Yahtzee	30 10:00am Puzzles
31						