

One Deerfield Place

JULY 2017



**Celebrate the 4th of July
At Deerfield Family Days**

Monday – July 3rd Beginning at 5:00 PM

Brickyards Park

Music, fun and food

Fireworks at dusk

Tuesday, July 4th – All Day Activities at Jewett Park

Pancake Breakfast – Arts & Crafts – Pony Rides

12:00 Noon 4th of July Parade

Food, rides, games and entertainment

NEWS AND ITEMS OF INTEREST

THANK YOU – Sheila #106, Lily #222, Carolyn #321, Lee #216 and everyone that helped with our June activities. The helpers for July will be the 3rd floor.

BLOOD PRESSURE SCREENING – The Deerfield Fire Department will be here on Thursday, July 6th at 10:30 AM in the Hobby Shop.



EXTERMINATOR will service the 4th floor on July 20th.



BINGO

EVERY WEDNESDAY EVENING

IN THE FELLOWSHIP ROOM AT 7:00 PM

\$1.00 FOR 2 CARDS

SOCIALIZING, FUN AND LIGHT REFRESHMENTS

STRETCH, EXERCISE AND RELAXATION

Tuesday, July 11th – 1:30

Tuesday, July 25th – 1:30

Don't miss this excellent class



COFFEE AND CHAT

JULY 20TH – 1:00 PM

Join Rose in the Fellowship Room for coffee and chat

FOOD AND NUTRITION PROGRAM

MONDAY, JULY 24TH – 11:00 AM

RECIPE TASTING AND COOKING CLASS

Learn how to cook nutritious food

WELCOME



Alla and Seman Mazur #218

JULY BIRTHDAYS

Judy
Aldona
Pat

#419
#518
#209



Ila
Jo
Lily

#205
#211
#222

HAPPY BIRTHDAY TO ALL RESIDENTS BORN IN JULY

TUESDAY, JULY 18TH – 1:30-2:30

Join Norma to discuss “How to advocate for yourself”.
Program presented by Chris Damon
Cake and Coffee



INSPIRATIONAL AFTERNOON **TUESDAY, THE 4TH OF JULY** **INDEPENDENCE DAY CELEBRATION**

Join the fun in Jewett Park
From 9:00 AM to 3:00 PM



PAINTING CLASS

THURSDAY, JULY 20TH -10:00 TO 12:00

PLEASE SIGN UP IN THE OFFICE

Class limited to 25

REMINDER

Do not wear night clothes in the common areas of the building (street clothing only). No bare feet.

Please do not let anyone into the building that you do not know.

Overnight parking in visitors requires a permit.

Do not put garbage on the trash room floor. All garbage must be in a heavy duty plastic bag tied at the top and put into the chute. If it does not fit into the chute, please bring it down to the first floor trash room.

Do not put garbage in the recycling containers, PAPER ONLY.

JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <u>INDEPENDENCE DAY</u> <u>OFFICE CLOSED</u>	5 BINGO 7:00	6 B.P. 10:30 INSPIRATIONAL AFTERNOON 1:30 TO 3:00	7 JUDY #419	8
9 ILA #205 ALDONA #518	10	11 POWER OF ATTORNEY 10:00 - 12:30 STRETCH, EXERCISE 1:30	12 BINGO 7:00	13 MINI ICE CREAM SOCIAL 1:30 	14	15
16	17	18 BIRTHDAY PARTY 1:30 ADVOCATE FOR YOURSELF	19 BINGO 7:00	20 PAINTING CLASS 10-12:00 COFFEE CHAT 1:00 EXTERMINATOR 2 nd floor	21 JO #211	22
23	24 FOOD AND NUTRITION 11:00	25 STRETCH, EXERCISE AND RELAX 1:30	26 PAT #209 LILY #222 BINGO 7:00	27	28	29
30	31					



JOIN US FOR A PAINTING PARTY!

Where: Fellowship Room

When: Thursday, July 20
10:00 AM



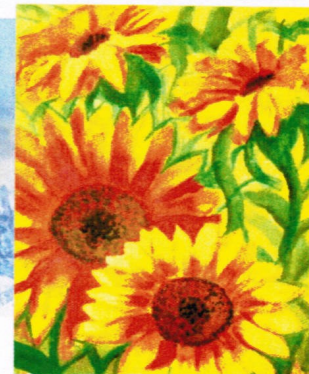
What: Colleen, from Beyond Bingo will be teaching us how to paint a picture.

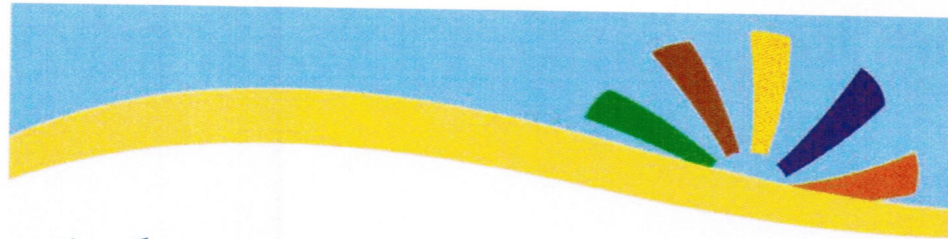


All paint boards, paints, brushes, etc. will be supplied.

What to Wear: It is strongly suggested that you wear something that you won't mind getting paint on. Maybe an old shirt to use as a paint smock.

Who: Unfortunately, we can only accept the the first 25 people who sign up. Sign up in the office with Brenda beginning at 10 a.m on July 5th.





Advocacy 101

Speaking Up for Yourself & Your Loved Ones



Based on the Joint Commission's "Speak Up!" program, participants will learn specific advocacy strategies and practical tools that can enhance their ability to take a more active role in their health and personal care.

Tuesday, July 18, 2017, 1:30-2:30 p.m.

Program sponsored by



One Deerfield Place

733 Osterman Ave, Deerfield, IL

To Register, contact

Norma Runner at (847) 546-5733 or

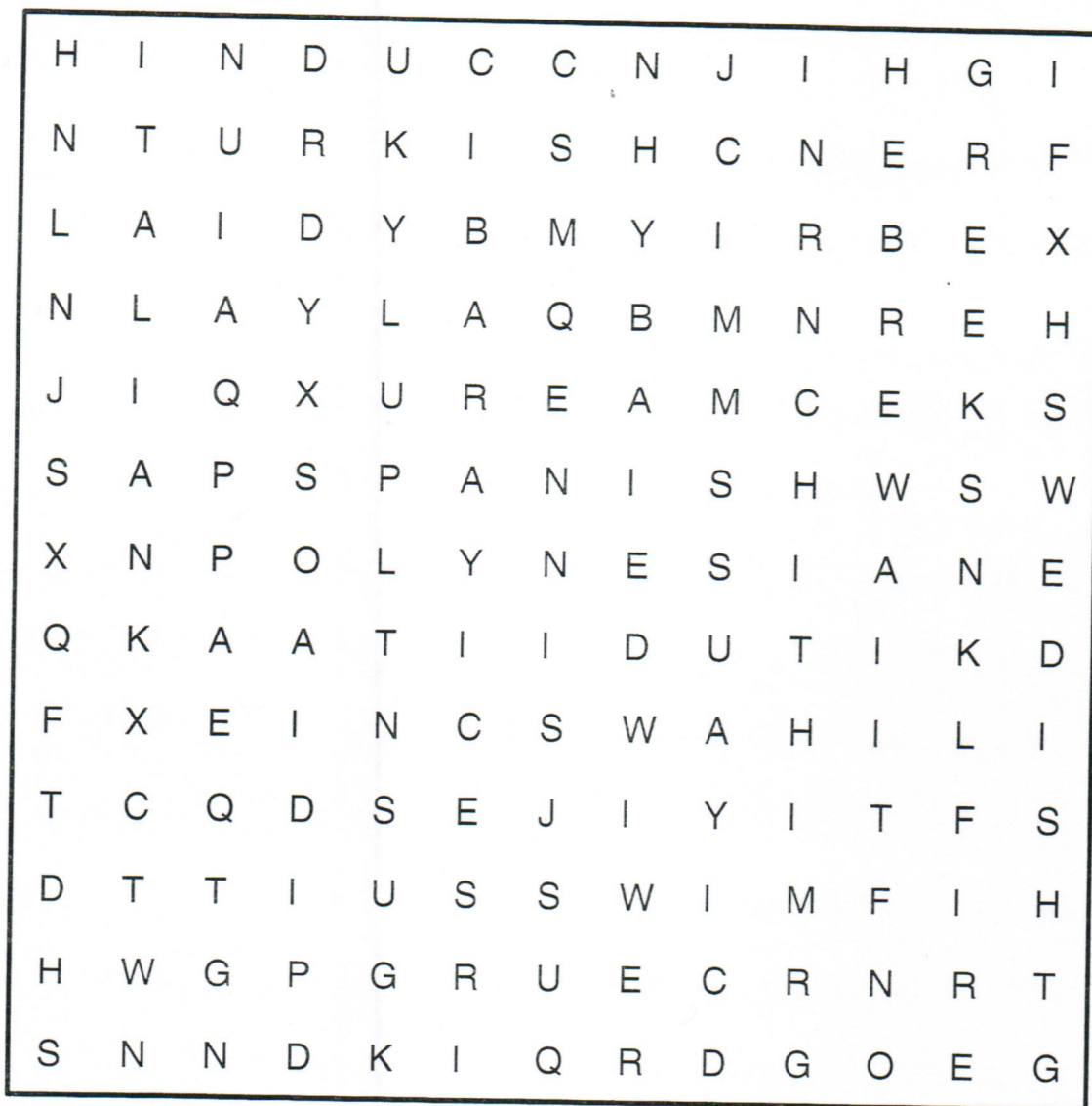
CareSmart Illinois at 847-596-8226

**Program presented by Chris Damon
MSEd, MFCS, CAPS, CareSmart Illinois**

Visit CareSmart's website at www.caresmart.org.

CareSmart Illinois is a private, not-for-profit 501(c)(3) organization incorporated pursuant to the laws of the State of Illinois.

FOREIGN LANGUAGE MONTH WORD SEARCH



- ARABIC
- CHINESE
- FRENCH
- GERMAN
- GREEK

WORD LIST

- HEBREW
- HINDU
- ITALIAN
- JAPANESE
- POLYNESIAN



- RUSSIAN
- SPANISH
- SWAHILI
- SWEDISH
- TURKISH



HAPPY 4TH OF JULY!