**WEEKLY BULLETIN** **– JULY 29, 2022**

**ACTIVITIES UPDATE:**

**Sunday – Catholic Services - Chapel**

**Monday – GMC Store Shopping – Activity Room**

**Tuesday – Shopping – Walmart Eastlake**

**Tuesday – New Resident Meeting – Activity Room**

**Tuesday – Shopping – Kohl’s & Drug Mart**

**Tuesday – Wine & Cheese on the Patio**

**Wednesday – Irish Coffee & Good Vibes – Activity Room**

**Wednesday – Craft – Art on the Stone**

**Wednesday – Sing along – Dining Room**

**Thursday – Lemonade Social – Patio**

**Thursday – Entertainment w/Bill Newman – Dining Room**

**Friday – Lunch Bunch – Spirits in Willoughby**

**Friday – Friday Night Bingo - $2 – Activity Room**

**Saturday – Left Right Center – Activity Room**

**Low Impact Exercises – every Monday, Wednesday and Friday at 11:00 – Activity Room**

**NOTEWORTHY ITEMS:** A friendly reminder that **LAUNDRY** is picked up on Tuesday and delivered on Thursday. ~ Please keep in mind that our shopping trips are self assisted. If you choose to go shopping you are required to collect your own groceries and go through the check out independently. ~ If you would like to have your rent payment automatically deducted from your account we have ACH (Direct Debit) available. It’s such a simple process – just ask the front desk for a form and we will handle the rest. **~ COVID** transmission rates are high in the entire state of Ohio. Please use caution if you are out and about. Face masks and frequent hand washing is your best defense against this lingering virus.

**AC REPAIRS:**  Our HVAC contractor, Imperial, was here over the weekend and on Monday working on our rooftop units. They most recently found the sensors needed to be replaced which was completed this past Monday. The state requires the interior temperature to be regulated between 71 and 81 degrees. You may feel that 80 degrees is excessive, however these are the regulations. We are checking temperatures regularly and during times when maintenance is being performed on the chillers or on our heating system to insure we maintain the required temps. We have a cooling area in the lower level dining room with fans circulating and a water cooler if you are ever uncomfortable in your apartment. We have box fans available and you can ask for a fan from the front desk to be used temporarily.

**CONDOLENCES:** We extend our deepest condolences to Marcia Mervis on the passing of her husband, Fred. May he rest in eternal peace.

**NEW RESIDENT MEETING:** All residents are welcome to attend the **new resident** meeting on Tuesday at 11:30. This is a great opportunity to meet and greet our new neighbors. Join us in the activity room at 11:30.

**BEST OF LUCK: Lindsey**, who has been our Business Office Manager during the past 2 and a half years will be leaving us to pursue a greater opportunity. Her last day is Wednesday, Aug. 3rd. Join us in wishing her the best. We wish her continued success. We are working through this change and we ask for your patience during this transition.

**NEW PHARMACY PROVIDER:** We are excited to announce a new partnership with AccuScripts Pharmacy beginning Sept. 1st. Additional information will be forthcoming.

**ACTIVITIES FOR WEEK OF 7/31/22 –8/6/22**

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| **Sun, July 31** | **11:00 am****1:30 pm** | **Catholic Service****Cards/Games** | **Chapel****Lobby** |  |  |
| **Mon, Aug 1** | **10:00 am****11:00 am****11:00 am****1:00 pm****2:30 pm** | **Crossword Puzzles****Coffee Coterie****Low Impact Exercise****Bingo****GMC Store** | **Activity Room****Dining Room****Activity Room****Activity Room****Activity Room** |  |  |
| **Tues, Aug 2** | **10:00 am****11:30 am****12:00 pm****1:00 pm****2:30 pm** | **Shopping: Walmart/Eastlake****New Residents Meeting****Kohl’s/Drug Mart****Line Dancing****Wine & Cheese** | **Lobby****Activity Room****Lobby****Activity Room****Activity Room** |  |  |
| **Wed, Aug 3** |  **10:00 am****11:00 am****1:00 pm****2:30 pm****6:00 pm** | **Irish Coffee** **Low Impact Exercise****Bingo****Art on the Stone****Sing Along** | **Activity Room****Activity Room****Activity Room****Activity Room****Dining Room** |  |  |
| **Thurs, Aug 4** | **10:00 am****10:00 am****12:00 am****1:00 pm****2:30 pm** | **Shopping: Som Ctr Road****Lemonade Social****Library****Music w/Bill Newman****Adult Coloring** | **Lobby****Activity Room****Lobby****Dining Room****Activity Room** |  |  |
| **Fri, Aug 5** | **10:00 am**  **10:00 am**  **11:00 am** **11:30 am** **2:30 pm** **6:00 pm** | **Weekly Wrap Up****Banking****Low Impact Exercise****Spirits in Willoughby Restaurant****TV Game Shows****Bingo** | **Activity Room****Lobby****Activity Room****Lobby****Activity Room****Activity Room** |  |  |
| **Sat, Aug 6** |  **10:30 am****3:00 pm** **6:00 pm** | **Shabbat Service****Move & Groove****Left Right Center** | **Activity Room****Activity Room****Activity Room** |  |  |

**KINDNESS:** Kindness is being selfless, caring, compassionte and unconditionally kind. One small kind act can cause a ripple effect that impacts an entire community. If we are all focused on being kind, we are creating a movement of change. Let’s all show acts of kindness to each other. We are humans and therefore we make mistakes. We can be kind in our response to ourselves and others when those mistakes occur. This means thinking before speaking, forgiving before seeking revenge and thinking about long term relationships instead of short-term pride. If we could all remember that none of us are perfect, we would be a lot kinder to each other. Offer grace – be kind!

“**KINDNESS IS A GIFT EVERYONE CAN AFFORD TO GIVE”**

**KATY – BEAUTICIAN – 216-299-4566**

***HAPPY 3 YEAR TENURE ANNIVERSARY TO SEAN A. (DIETARY). WE APPRECIATE EVERYTHING YOU DO FOR OUR RESIDENTS AND WE APPRECIATE YOU!***