



Bring Retirement to Life



## Life Manor Retirement Community

1609 S Union Ave | Tacoma, WA 98405 | 253-779-3800



### "I Don't Think Our Kids Know What an Apron Is"

Wednesday, July 13, at 2 p.m.

Bobbe Schafer will share over 300 patterns and rekindle our memories of the apron.

The principal use of Grandma's apron was to protect the dress underneath, because she only had a few. It was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

July 2011



### Annual 4th of July BBQ

Monday, July 4 at 11:30

\$10 (no charge for residents)

Start your Fourth of July at Life Manor Retirement Community with our traditional family style barbeque. Hamburgers, hot dogs, baked beans and apple pie or ice cream. After you fill your bellies, head over to the Ruston Way waterfront in Tacoma, (*only 4 miles from Life Manor*) for the 30th annual Freedom Fair.

"The Freedom Fair will be featuring all the usual 4th of July activities, air shows, great food, vendors, exhibits, rides, and events—along with a lot of very exciting new ones! It's the South Sound's biggest annual event, and a party that you don't want to miss, which ends with the Northwest's biggest fireworks show over Puget Sound!"

For all the detailed information visit their website at [www.freedomfair.com](http://www.freedomfair.com).



## Activities

Betty Brown Slide Show  
July 1

4th of July BBQ  
July 4

Steamers Cafe  
July 6

Bingo at University  
Place Senior Center  
July 8

Popsicle Social  
July 9

The "Apron Lady"  
July 13

Ice Cream Social  
July 19

Northwest Trek  
July 20


Depression; Knowing  
the Signs; Presented by  
Gentiva Health Services  
July 25



find us on  
facebook!

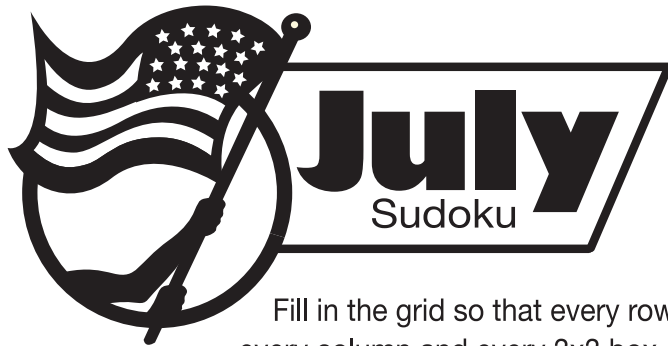
Find Village Concepts  
on Facebook and stay  
up-to-date on the latest  
happenings and events!



| Sunday  | Monday  | Tuesday   |
|---|---|---|
|    | <p><b>**REMINDER**</b><br/><b>DRINK PLENTY OF WATER.</b><br/><b>YOUR GOAL IS 8 GLASSES</b><br/><b>PER DAY (Even when you are</b><br/><b>not thirsty)!</b></p> <p><b>For your health, for your life,</b><br/><b>drink water often.</b></p>                     | <p>I want to participate in ...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>   |
| <p>3</p> <p>8:30 Shuttle to Life Center<br/>10:00 Shuttle to Life Center<br/>10:00 Sunday School (IL)<br/>5:30 Shuttle to Life Center</p>     | <p>4</p> <p><b>Independence Day</b><br/>9:00 Prayer Meeting<br/>9:30 Exercise<br/>11:30 <b>Fourth of July BBQ</b><br/>1:00 Mexican Train Dominoes<br/>2:00 Monday Matinee~ <b>Letters to God</b><br/>2:45 SAIL Exercise (IL)</p> <p>Happy Fourth of July!</p> | <p>5</p> <p>9:00 Exercise, Strengthening &amp; Balance Class<br/>10:00 Men's Bible Study<br/>1:30 Audiologist Visit<br/>2:00 Wolch Family and Friends Concert</p>   |
| <p>10</p> <p>8:30 Shuttle to Life Center<br/>10:00 Shuttle to Life Center<br/>10:00 Sunday School (IL)<br/>5:30 Shuttle to Life Center</p>    | <p>11</p> <p>9:00 Prayer Meeting<br/>9:30 Exercise<br/>1:00 Mexican Train Dominoes<br/>2:00 Monday Matinee~ <b>Up</b><br/>2:45 SAIL Exercise (IL)</p>   | <p>12</p> <p>9:00 Exercise, Strengthening &amp; Balance<br/>10:00 Men's Bible Study<br/>10:00 Come Grow with Us Gardening Club<br/>11:00 Linda's Jewelry<br/>2:00 <b>All Resident Council Meeting</b></p> |
| <p>17</p> <p>8:30 Shuttle to Life Center<br/>10:00 Shuttle to Life Center<br/>10:00 Sunday School (IL)<br/>5:30 Shuttle to Life Center</p>    | <p>18</p> <p>9:00 Prayer Meeting<br/>9:30 Exercise<br/>1:00 Mexican Train Dominoes<br/>2:00 Monday Matinee~ <b>Temple Grandin</b><br/>2:45 SAIL Exercise (IL)</p>   | <p>19</p> <p>9:00 Exercise, Strengthening &amp; Balance Class<br/>10:00 Men's Bible Study<br/>10:00 Crafts with Tammy<br/>1:30 Dining Meeting</p>   |
| <p>24/31</p> <p>8:30 Shuttle to Life Center<br/>10:00 Shuttle to Life Center<br/>10:00 Sunday School (IL)<br/>5:30 Shuttle to Life Center</p> | <p>25</p> <p>9:00 Prayer Meeting<br/>10:00 <b>Depression, Knowing the Signs; Presented by Gentiva</b><br/>1:00 Mexican Train Dominoes<br/>2:00 Monday Matinee~ <b>In the Good Old Summertime</b><br/>2:45 SAIL Exercise (IL)</p>                              | <p>26</p> <p>9:00 Exercise, Strengthening &amp; Balance<br/>10:00 Men's Bible Study<br/>10:00 Come Grow with Us Gardening Club<br/>2:00 <b>Activity Auction - Come Spend Your Manor Bucks!</b></p>        |

| Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|---|---|
|   |  | 1   | 2   |
|   | *Columbia Bank Every Thursday at 10:15   | 9:00 Exercise<br>10:15 <b>Betty Brown Slide Show~ India &amp; Their President; Benjamin Harrison</b><br>2:00 Bingo<br>2:45 SAIL Exercise (IL) | 9:00 Exercise<br>10:00 Rummikub<br>1:30 <b>Lemonade Social in the Courtyard</b><br>2:30 Wii Bowling           |
| 6   | 7  | 8   | 9   |
| 9:00 Exercise<br>10:00 Chapel<br>11:30 <b>Steamers Cafe at Titlow Beach</b><br>1:30 Bible Study (IL)<br>2:45 SAIL Exercise (IL) | 9:00 Exercise, Strengthening & Balance Class (AR)<br>1:30 Fred Meyer   | 9:00 Exercise<br>9:30 <b>Bingo at University Place Senior Center</b><br>2:00 Bingo<br>2:45 SAIL Exercise (IL)                                 | 9:00 Exercise<br>10:00 Rummikub<br>1:30 <b>Iced Tea Social in the Courtyard</b><br>2:30 Wii Bowling           |
| 13  | 14   | 15  | 16  |
| 9:00 Exercise<br>10:00 Chapel<br>1:30 Bible Study (IL)<br>2:00 The <b>"Apron Lady"</b><br>2:45 SAIL Exercise (IL)               | 9:00 Exercise, Strengthening & Balance Class (AR)<br>10:00 Mani's & Pedi's with Robin<br>1:30 Dollar Tree<br>4:45 <b>Dinner Music by Beth</b>  | 9:00 Exercise<br>9:45 Visits with Old Friends (Gig Harbor)<br>2:00 Bingo<br>2:45 SAIL Exercise (IL)   | 9:00 Exercise<br>10:00 Rummikub<br>1:30 <b>Ice Cream Sandwich Social in the Courtyard</b><br>2:30 Wii Bowling |
| 20  | 21   | 22  | 23  |
| 9:00 Exercise<br>10:00 Chapel<br>1:00 <b>Northwest Trek</b><br>1:30 Bible Study (IL)<br>2:45 SAIL Exercise (IL)                 | 9:00 Exercise, Strengthening & Balance Class (AR)<br>10:00 <b>Hymn Sing-A-Long with Susan</b><br>2:00 Rummikub                                 | 10:15 Fred Meyer<br>2:00 Bingo<br>2:45 SAIL Exercise (IL)   | 9:00 Exercise<br>10:00 Rummikub<br>1:30 <b>Limeade Social in the Courtyard</b><br>2:30 Wii Bowling            |
| 27  | 28   | 29  | 30  |
| 9:00 Exercise<br>10:00 Chapel<br>1:30 Bible Study (IL)<br>2:00 <b>Root Beer Floats</b><br>2:45 SAIL Exercise (IL)               | 9:00 Exercise, Strengthening & Balance Class (AR)<br>10:00 Mani's & Pedi's with Robin<br>1:30 Tacoma Boy's<br>4:45 <b>Dinner Music by Beth</b> | 9:00 Exercise<br>10:00 Dominoes<br>11:45 <b>Birthday Lunch with Dorothy Stow</b><br>2:00 Prize Bingo<br>2:45 SAIL Exercise (IL)               | 9:00 Exercise<br>10:00 Rummikub<br>1:30 <b>Iced Tea Social in the Courtyard</b><br>2:30 Wii Bowling           |

# July 2011



Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 4 | 5 | 6 | 8 | 1 | 2 | 3 |
| 2 | 5 | 3 | 7 | 9 | 1 | 4 | 6 | 8 |
| 8 | 6 | 1 | 3 | 2 | 4 | 5 | 7 | 9 |
| 7 | 3 | 3 | 9 | 4 | 8 | 2 | 6 | 1 |
| 5 | 2 | 6 | 1 | 3 | 7 | 8 | 4 | 9 |
| 4 | 1 | 8 | 6 | 5 | 9 | 3 | 7 | 2 |
| 1 | 9 | 5 | 8 | 7 | 6 | 2 | 3 | 4 |
| 6 | 8 | 2 | 9 | 4 | 3 | 7 | 5 | 1 |
| 3 | 4 | 7 | 2 | 1 | 5 | 9 | 8 | 6 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 4 |   | 2 |   | 5 |   |   |   |
| 6 | 8 |   |   |   |   | 7 | 5 |   |
|   | 9 |   | 8 | 7 |   |   |   |   |
|   |   |   |   |   |   | 3 |   |   |
|   |   | 6 | 1 |   | 7 | 8 |   |   |
|   |   | 9 |   |   |   |   |   |   |
|   |   |   |   | 2 | 4 |   | 9 |   |
|   | 5 | 3 |   |   |   |   | 6 | 8 |
|   |   |   | 5 |   | 8 |   | 2 |   |

## LIFE MANOR RETIREMENT COMMUNITY

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www.lifemanor.com