

livfun

The Landing of O'Fallon

JULY 2020 · STORIES OF OLD GLORY



Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

“Independence Day” (1996) – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

“Miracle” (2004) – This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

“Captain America: The First Avenger” (2011) – With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

“Hidden Figures” (2016) – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.



A ‘Beautiful’ Tribute

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, *The Congregationalist*, on July 4, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.

A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial's most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war's cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder "Freedom is not free" is engraved on the pool's stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall's polished surface also reflects the memorial's 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.



Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

Hands – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

Wrists and arms – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

Legs – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

Body stretch – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then "open the book" by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.



July Birthdays

Theresa Owens, 2nd

Audrey Gose, 20th

Mary Balzer, 20th

Dee Picker, 22nd

Mary Wurtz, 29th

THE LANDING OF O'FALLON

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Staff

General Manager
Ann Williams

Sales Manager
Vickie Smith

Sales Advisor
Nicole Sutton

**Sales and Move-in
Coordinator**
Janna Micu

Executive Chef
Aaron Shea

**Health and Wellness
Director**
Michelle Reynolds

**Memory Care Program
Manager**
Angel Burchfield

Office Manager
Brenda Ford

Program Supervisor
Nicole Dotson

Program Supervisor
Sue Slattery

**Plant Operations
Supervisor**
Greg Hay

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R
R M N A N G

I Z E S O T A H A W N E W M O T F K E I
N O C O N N E C I A O R E E C E L S B N
O N T T U C I T D I N O G X I N O A R I
R A E X A S O H A I E E S S E N R A G A
T N A O K L A C O L O N C S I W I D E A
H E D A M O H O D A R E O N S I N L O I
C V A N E W H A E I Y W O H A N A O R G
A R O L I N A M R N O R K I I S I U M I
P E N N S Y L P I D N A M O F I L A C S
Y W A I N A V S H I A I A T O R N I A S
O M I N G S I P P I E N V N S N I R U O
M I S S I S N M N M D A E O O O A H I M
S A S N A K E I A A N N R M U R T A O O
M Y K R E J W C G R A I L O T T O T W N
A K E S R R A H I Y L A A R H H K U A T
S C N E H K A N S A S L K A C D A A N A
S U T Y O D E D E L A A S I L L I N O A
A N G T O N I E R A W A W E S T V I I T
C I H S A W S L A N D L A I N I G R S O
H U S E T T S A M A B A S O U T H D A K

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie


Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

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

The 50 States

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Cafe, C Grand Lobby, GL Memory Care Activity Room, MCA Memory Care Dining, MCD</p>	<p>Off Property, OP PrimeFit Gym, PG Private Dining Room, PDR Restaurant, R Theatre, TH</p>	<p>Birthdays Christel Harms, 21st Michael Callier, 21st</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:15 ● EXERCISE WITH AW 1:00 ● COOKING IT UP! 2:30 ● Funny Bones 6:00 ● Movie: Residents' Choice 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Let's Workout 1:00 ● Flyswatter Volleyball 3:00 ● SIP & SOCIAL 6:00 ● "Happy Days" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Morning Cup of Joy 10:15 ● EXERCISE WITH AW 1:00 ● Color Pizzazz! 2:30 ● Tabletop Bowling 6:00 ● "Hogan's Heroes" Series 7:00 ● Hydration Libations</p>	<p>INDEPENDENCE DAY 8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Kickball 1:00 ● Matrix Matching 2:30 ● Singalong: "Boots & Hearts"</p>
<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Sunday Prayer Service 10:00 ● Groove & Move 1:00 ● BAKING IT UP 2:30 ● Movie Matinee 6:00 ● "I Dream of Jeannie" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Cardio Jam 1:00 ● Four Square 2:30 ● Mixology & Music 6:00 ● "Carol Burnett" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Hymn Sing 9:30 ● Crafty Crafts 1:00 ● Let's Take a Walk 1:30 ● TRULY TASTY 2:30 ● Short Stories 6:00 ● "Bewitched" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● COME & EXPLORE, OP 10:15 ● EXERCISE WITH AW 1:00 ● COOKING IT UP! 2:30 ● Dynamic Duos 6:00 ● Movie: Residents' Choice 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Conversation Cards 1:00 ● Bocce 3:00 ● SIP & SOCIAL 6:00 ● "Happy Days" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Morning Cup of Joy 10:15 ● EXERCISE WITH AW 1:00 ● Color Pizzazz! 2:30 ● Everyday Life Trivia 6:00 ● "Hogan's Heroes" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● COME & EXPLORE, OP 1:00 ● Matrix Matching 2:30 ● Singalong: "Sentimental Journey" 6:00 ● "Gomer Pyle" Series 7:00 ● Hydration Libations</p>
<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Sunday Prayer Service 10:00 ● Groove & Move 1:00 ● WHAT'S THE SCOOP? 2:30 ● Name 5 6:00 ● "I Dream of Jeannie" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Cardio Jam 1:00 ● Catch & Pitch 2:30 ● Mixology & Music 6:00 ● "Carol Burnett" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Hymn Sing 9:30 ● Crafty Crafts 1:00 ● Movie Matinee & Snack 3:00 ● Chicken Soup for the Soul 6:00 ● "Bewitched" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:15 ● EXERCISE WITH AW 1:00 ● COOKING IT UP! 2:30 ● Funny Bones 6:00 ● Movie: Residents' Choice 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Let's Workout 1:00 ● Flyswatter Volleyball 3:00 ● SIP & SOCIAL 6:00 ● "Happy Days" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Morning Cup of Joy 10:15 ● EXERCISE WITH AW 1:00 ● Color Pizzazz! 2:30 ● Tabletop Bowling 6:00 ● "Hogan's Heroes" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Kickball 1:00 ● Matrix Matching 2:30 ● Monthly Birthday Party 6:00 ● "Gomer Pyle" Series 7:00 ● Hydration Libations</p>
<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Sunday Prayer Service 10:00 ● Groove & Move 1:00 ● BAKING IT UP 2:30 ● Movie Matinee 6:00 ● "I Dream of Jeannie" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Cardio Jam 1:00 ● Four Square 2:30 ● Mixology & Music 6:00 ● "Carol Burnett" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Hymn Sing 9:30 ● Crafty Crafts 1:00 ● Let's Take a Walk 1:30 ● TRULY TASTY 2:30 ● Short Stories 6:00 ● "Bewitched" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● COME & EXPLORE, OP 10:15 ● EXERCISE WITH AW 1:00 ● COOKING IT UP! 2:30 ● Dynamic Duos 6:00 ● Movie: Residents' Choice 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● Trivia Time 1:00 ● Bocce 3:00 ● SIP & SOCIAL 6:00 ● "Happy Days" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Morning Cup of Joy 10:15 ● EXERCISE WITH AW 1:00 ● Color Pizzazz! 2:30 ● Everyday Life Trivia 6:00 ● "Hogan's Heroes" Series 7:00 ● Hydration Libations</p>	<p>8:45 ● Waking Up with Aromatherapy 9:00 ● Lift Us with Prayer 10:00 ● COME & EXPLORE, OP 1:00 ● Matrix Matching 2:30 ● Singalong: "Grandma's Parlor!" 6:00 ● "Gomer Pyle" Series 7:00 ● Hydration Libations</p>
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opal key

- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory