

Word of the Month

Soporific:

Definition (adj.): a: Causing or tending to cause sleep

b: Tending to dull awareness or alertness

Usage: the soporific heat of summer

Synonyms: drowsy, hypnotic, sleepy, slumberous

From: merriam-webster.com

Jokes

Four retired guys are walking down a street in Chicago when they turn a corner and see a sign that says, "Old Timers' Bar. ALL DRINKS: Ten Cents!"

They look at each other, and then go in. The old bartender says, "What'll it be gentlemen?"

It seems to be a fully stocked bar, so the four men each ask for a martini. In short order, the bartender serves up four iced martinis and says, "That'll be ten cents each, please."

They can't believe their good luck, plunking down four dimes.

Finally, one of the men can't stand it any longer and asks the bar-

tender, "How can you afford to serve martinis as good as these for a dime each?"

"Well I always wanted to own a bar. Last year I hit the lottery for \$25 million and opened this place. Every drink costs a dime—wine, liquor, beer, all the same."

"Wow!! That's something," says one of the men. The four of them can't help but notice three old guys at the end of the bar who didn't have drinks and aren't ordering anything.

"What's with them?"

The bartender says, "Oh, they're seniors up from Florida. They are *still* waiting for half-off happy hour."

Fun Fact of the Month

Research suggests that dark chocolate boosts memory, attention span, reaction time, and problem-solving skills by increasing blood flow to the brain. Studies have also found that dark chocolate can improve the ability to see in low-contrast situations (such as poor weather) and promote lower blood pressure, which has positive effects on cholesterol levels, platelet function, and insulin sensitivity.

From Factretriever.com

Happy Birthday July Residents

Neil Banerjee 7/10

Al Schmitt 7/15

Jean Ewing 7/23



The Villas Speak

Woldenberg Village
A Touro Retirement
Community

July 2019 Volume 5, Issue 7

WELCOME TO THE WOLDENBERG FAMILY!

Sue Schmitt was born in Algiers, educated in the public school system from K-6, then attended Catholic School from 7-12. Sue graduated from St. Mary's Dominican and went on to LSU, Baton Rouge where she studied Elementary Education. Sue taught eight years in the public school system and afterward taught in the federal program "Total Community Action" which she enjoyed very much. Sue intermittently attended Loyola University in the "Institute of

Religious Communication". Her heart lies in her family life. Her Dad was Earl J. Schmitt, Sr., State Representative, and her mother retired after 30 years as an educator. Sue has a sister and two brothers, one of which [Albert] is also a resident here at Woldenberg. She is grateful for all the kindness shown to her by both residents and staff since becoming part of our Woldenberg family.

NATIONAL ICE CREAM MONTH

Join us the first four Mondays in July to celebrate national ice cream month. We will have an extra something to go with the 2:00 ice cream social each day. Come each Monday to find out what we have! Now with low sugar vanilla and dairy free vanilla ice creams!

IMPORTANT CONTACTS

- ◆ Rachel Palmer-**Director:** 504-210-1503 Rachel.Palmer@LCMCHHealth.org
 - ◆ Chenel Bolden/Elaine Seidman-**Front Desk:** 504-210-8868
- ◆ Laura Hacke-**Activities:** 504-210-8869 Laura.Hacke@LCMCHHealth.org
 - ◆ Security 504-210-4901

Always leave a message so someone can get back with you.

JULY

- ◆ July begins on the same day of the week as April every year and also January in leap years.
- ◆ July's flower is the water lily or larkspur.
- ◆ July's birthstone is the ruby.
- ◆ The zodiac signs for July are Cancer and Leo.
- ◆ July in the Northern Hemisphere is the seasonal equivalent to January in the Southern Hemisphere and vice versa.

Concierge Service/Transportation

Monday—Doctor Appointments on the **Westbank**, concierge service for **Westbank** 9:30am –2:00pm

Tuesday— Doctor Appointments on the **Eastbank**, concierge service for **Eastbank** leaving at 9:30am

Wednesday—**No** Doctor Appointments, concierge service for **Westbank** leaving at 9:30am unless otherwise noted.

Sunday— St. Andrews Church service leaving 9:00am. Must be signed up by Friday 3pm or there will be no driver.


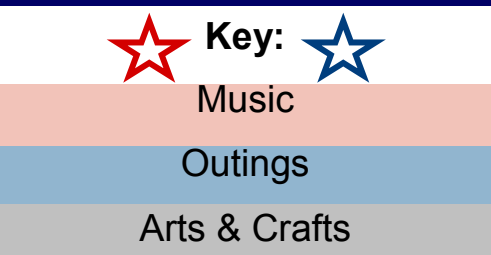
8:30-10:00 Monday-Friday

Snack Breakfast

12:00 Monday-Friday

Lunch \$6.00

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Concierge Service 9:30am-3:30 8:30 Snack Breakfast 12:00 Lunch \$6.00 12:30 Mahjong 2:00 Ice Cream with Patriotic Toppings 3:00 Exercise Transportation Doctors Westbank	2. Concierge Service 9:30 Eastbank 8:30 Snack Breakfast 11:00 Communion in library 1:30 10 cent Bingo 3:00 Exercise 3:00 Bridge Transportation for Doctors Eastbank	3. Concierge Service 9:30am 8:30 Snack Breakfast 9:30 Errands 10:30 Mass Az 12:00 Lunch \$6.00 1:30 Mike Kobrin and the Gang 3:00 Exercise	 Staff Off Sign up for painting with Tiffany	5. 8:30 Snack Breakfast 10:00 Tai Chi w/ Jeffery 12:00 Lunch \$6.00 1:30 Free Bingo 3:00 Music & Relaxation	6. 10:00 Shabbat Services 1:00 Fantan cards 2:00 Library Re-organization 5:00 Cocktail Party
7. 9:00 Ride to St. Andrews Church 1:30 Painting with Tiffany, \$20, sign up by July 4th 2:00 Afternoon Social 3:00 Movie	8. Concierge Service 9:30am-2 8:30 Snack Breakfast 12:00 Lunch \$6.00 12:30 Mahjong 2:00 Ice Cream Blizzards 3:00 Exercise Transportation Doctors Westbank	9. Concierge Service 9:30 Eastbank 8:30 Snack Breakfast 9:00 Podiatrist 11:00 Communion in library 1:30 10 cent Bingo 3:00 Exercise 3:00 Bridge Transportation for Doctors Eastbank Pest Control	10. Concierge Service 8:30am 8:30 Snack Breakfast 8:30 Errands 10:30 Mass Az 11:00 Reginelli's Pizzeria for lunch 12:00 Lunch \$6.00 3:00 Exercise	11. 8:30 Snack Breakfast 12:00 Lunch \$6.00 1:30 Stepping Stones Craft 3:00 Exercise Transportation available for Doctors	12. 8:30 Snack Breakfast 10:00 Tai Chi w/ Jeffery 12:00 Lunch \$6.00 1:30 Free Bingo 3:00 Music & Relaxation	13. 10:00 Shabbat Services 1:00 Fantan cards 2:00 Library Re-organization 5:00 Cocktail Party
14. 9:00 Ride to St. Andrews Church 2:00 Afternoon Social 3:00 Movie	15. Concierge Service 9:30am-2 8:30 Snack Breakfast 12:00 Lunch \$6.00 12:30 Mahjong 2:00 Terry Werline Entertains 2:00 Banana Splits 3:00 Exercise Transportation Doctors Westbank	16. Concierge Service 9:30 Eastbank 8:30 Snack Breakfast 11:00 Communion in library 12:00 Lunch \$6 1:30 10 cent Bingo 3:00 Exercise 3:00 Bridge Transportation for Doctors Eastbank	17. Concierge Service 8:30am 8:30 Snack Breakfast 8:30 Errands 10:30 Mass Az 11:00 Commander's Palace for Lunch 12:00 Lunch \$6.00 3:00 Exercise	18. 8:30 Snack Breakfast 12:00 Lunch \$6.00 1:30 Kerry Ermon Plays Trivia and Flute 3:00 Exercise Transportation available for Doctors	19. 8:30 Snack Breakfast 10:00 Tai Chi w/ Jeffery 12:00 Lunch \$6 1:30 Free Bingo 3:00 Frozen Daiquiri Happy Hour with Christine from Right at Home	20. 10:00 Shabbat Services 1:00 Fantan cards 2:00 Library Re-organization 5:00 Cocktail Party
21. 9:00 Ride to St. Andrews Church 2:00 Afternoon Social 3:00 Movie	22. Concierge Service 9:30am-2 8:30 Snack Breakfast 12:00 Lunch \$6.00 12:30 Mahjong 2:00 Ice Cream Sodas 3:00 Exercise Transportation Doctors Westbank	23. Concierge Service 9:30 Eastbank 8:30 Snack Breakfast 11:00 Communion in library 12:00 Lunch \$6 1:30 10 cent Bingo 3:00 Exercise 3:00 Bridge Transportation for Doctors Eastbank	24. Concierge Service 9:30am 8:30 Snack Breakfast 9:30 Errands 10:30 Mass Az 12:00 Lunch \$6.00 1:30 Birthday Party, Judy Seghers Broadway Show 3:00 Exercise	25. 8:30 Snack Breakfast 12:00 Lunch \$6.00 1:30 Resident Council 3:00 Exercise Transportation available for Doctors	26. 8:30 Snack Breakfast 10:00 Tai Chi w/ Jeffery 12:00 Lunch \$6.00 1:30 Free Bingo 3:00 Music & Relaxation	27. 10:00 Shabbat Services 1:00 Fantan cards 2:00 Library Re-organization 5:00 Cocktail Party
28. 9:00 Ride to St. Andrews Church 2:00 Afternoon Social 3:00 Movie	29. Laura Off Concierge Service 9:30am-2 8:30 Snack Breakfast 12:00 Lunch \$6.00 12:30 Mahjong 2:00 Ice Cream Transportation Doctors Westbank	30. Laura Off Trader Joe's Tuesday Concierge Service 9:30 Eastbank 8:30 Snack Breakfast 11:00 Communion in library 12:00 Lunch \$6 1:30 10 cent Bingo 3:00 Bridge Transportation for Doctors Eastbank	31. Laura Off Concierge Service 9:30am 8:30 Snack Breakfast 9:30 Errands 10:30 Mass Az 11:00 Da Wabbit for Lunch 12:00 Lunch \$6.00		Woldenberg Village The Villas Independent Living Community Activity Coordinator: Laura Hacke 504-210-8869 Laura.Hacke@lcmhealth.org <u>Calendar is subject to change at anytime</u>	