

Highlights FROM LAST MONTH

B I

Bingo Extravaganza



N G

PARK WELLNESS CORNER

FIT Theme for the Month: "Be Present"

by Jannea Downs



I chose the theme this month for good reason; we are nearing the halfway point of 2021 - a great opportunity to pause and rediscover the present.... seeing the mind-body connection is essential for the whole body. We can step into the physical

workout space with regular routine but miss the mindfulness of the practice of the mental. Mindfulness is a skill each of us can learn, but it takes practice. We need to get to the nitty gritty detail of how we are really doing internally without beating ourselves up mentally which leads to physical trials. Being present requires a willingness to look deeply at one's present moments, no matter what they hold, in a spirit of generosity, kindness toward oneself and openness toward what might be possible. "It's not just a radical act, but a radical act of sanity to drop into the domain of being as opposed to doing. To stop all the doing for a moment and ask yourself Who's doing all this doing and why? is tantamount to being who you already are, so no effort is required. It's not like you have to discover who you are, but more like you have to recover who you are." Jon Kabat-Zinn

Take a moment to be present to others around you and most importantly yourself this month.

Quote for the week:

"Wherever you are be all there." Jim Elliot

Our Park Senior Villas Team

Joey French - Vice President of Operations

Penelope Watkins - Executive Director

Robert Robledo - Dietary Director

Jazzmen Burkes - Director of

Community Relations

Dr. Ebeid - Medical Director

Jaime Larsen - PAC

OFFICE HOURS

Monday - Friday 9am-5pm

Saturday By Appointment

Sunday Closed

Office 480-802-6888

Care Line 602-619-4596

Fax 602-755-9722

PARK Senior Villas

CHANDLER

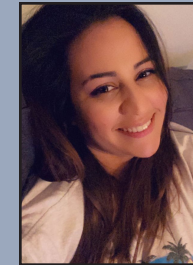
ASSISTED LIVING & MEMORY CARE COMMUNITIES

JULY 2021

EMPLOYEE SPOTLIGHT

Carmen Pagan

Carmen is one of our amazing Certified caregivers here at Park Seniors Villas. She has lived in Arizona for over 22 years. Carmen is a certified medical assistant and graduated from ASU with a bachelor's in science. In her free time she



loves spending time with her family. She is an auntie to one niece, two nephews and there is a new one on the way. She also loves to travel and go to Puerto Rico to see her parents as much as she can. She loves dogs and her favorite is a Frenchie. All of us here at PARKS love having Carmen as part of our time team.

RESIDENT SPOTLIGHT

Mary Claude

Mary Claude was born June 2, 1943, in Catlettsburg, Kentucky. She has one older sister Judy, an older brother Tommy and a baby sister Diane. When she was younger, she loved going horseback riding in Iowa. In high school, she met the love of her life, Jerry and they have been married for over 57 years. Mary and Jerry had two children together: Rindy and David. Between both children, they have five grandchildren. They loved to go to Minnesota to go fishing with family, but when they were younger, they really loved to go out dancing. Now Mary enjoys going to her daughter's house to visit with her family and husband, play solitaire on her computer, and watch home decorating shows. We here at PARKS love having Mary as a part of our family and she brings us all so much joy with her contagious laugh.



Ice Cream Social

7/30



4950 S. Lindsay Road, Chandler, Arizona 85249 | 480.802.6888 | www.parkseniorvillas.com

July

ACTIVITY CALENDAR

PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • JULY 2021

Please Note - Calendar Events are subject to change.

Welcome!
to our new residents!

Taeko Searles
Lilian Imhok
Lynne Clouse



Happy Birthday!

Celebrating our
July Birthdays!

Diana Knighton 7/20

July History,
Trivia and Fun Facts

- Birthstone: Ruby*
- Flower: Water Lily or Larkspur.
- Astrology: Cancer (June 21 – July 20)
- Parents' Day is celebrated on the fourth Sunday of July. ...
- The Tour de Donut is a 30 mile bike race in Illinois where riders take 5 minutes off their time for each donut they eat along the way.
- July 17: World Emoji Day
- July 22: Spooner's Day
- July 25: National Day of the Cowboy
- July 27: Take Your Houseplants for a Walk Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Educational Dementia Series-"A Mile in Their Shoes" 						
8:00a – Coffee & Conversation 10:00a – Virtual Church 1:00p – Sunday Stroll 3:00p – Color Me Calm <small>Independence Day (US)</small>	8:00a – Coffee & Conversation 10:00a – Book Club: Chicken Soup for the Soul 1:00p – Chair Yoga w/Leilani 7:00p – Crossword	8:00a – Coffee & Conversation 10:00a – Cranium Crunches 2:00p – On This Day in History 7:00p – Puzzles	8:00a – Coffee & Conversation 11:00a – Mindful Moves w/Aegis 3:00p – Exercise with Larry 7:00p – Movie	8:00a – Coffee & Conversation 10:00a – Trivia 1:00p – After Lunch Stroll 2:30p – Craft Corner 7:00p – Cards Game	8:00a – Coffee & Conversation 11:00a – Jukebox Jamboree-Independence Day celebration 7:00p – Movie	8:00a – Coffee & Conversation 10:30a – Pet Therapy w/Aegis 1:00p – After Lunch Stroll 2:30p – Craft Corner 7:00p – Cards Game
8:00a – Coffee & Conversation 10:00a – Virtual Church 1:00p – Sunday Stroll 3:00p – Color Me Calm	8:00a – Coffee & Conversation 10:00a – Book Club: Chicken Soup for the Soul 1:00p – Chair Yoga w/Leilani	8:00a – Coffee & Conversation 10:00a – Cranium Crunches 2:00p – On This Day in History 7:00p – Puzzles	8:00a – Coffee & Conversation 11:00a – Mindful Moves w/Aegis 3:00p – Exercise with Larry 7:00p – Movie	8:00a – Coffee & Conversation 10:00a – Trivia 1:00p – After Lunch Stroll 2:30p – Craft Corner 7:00p – Cards Game	8:00a – Coffee & Conversation 11:00a – Chair Yoga w/Aegis 2:00p – Getting to Know You 7:00p – Table Games	8:00a – Coffee & Conversation 10:30a – Dominos 3:00p – Bingo 7:00p – Ring Toss
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Park Senior Villas at Chandler