

Julian Estates

Gracious Retirement Living

13305 94th Ave East • Puyallup, WA 98373 • Phone (253) 845-3232 • www.seniorlivinginstyle.com

JULY 2019

JULIAN ESTATES STAFF

Managers..... KENDALL & CATHY CLAPPER
Assistant Managers.. BRUCE & SUE ROTHACHER
Executive Chef.....AMANDA GARCIA
Activity CoordinatorKARIN FOX

TRANSPORTATION

Monday: Shopping and Errands

Tuesday: Medical Appointments

Wednesday: Outings

Thursday: Medical Appointments

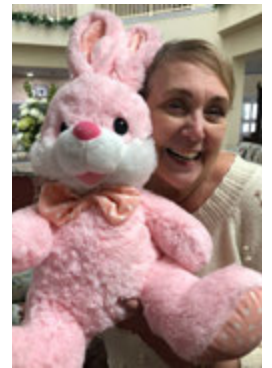
Friday: Shopping and Errands

HAWTHORN
SENIOR LIVING

The Fluffy Project: Bringing Joy to Children in Need!

Julian Estates will be collecting new stuffed animals to support the WARM 106.9 Teddy Bear Patrol. The WARM 106.9 Teddy Bear Patrol, a known staple in Western Washington, has been supplying fuzzy friends to area hospitals, police and fire departments, social service agencies and other organizations since 1986. It is their goal to bring comfort to children in stressful and frightening situations in the form of a stuffed animal.

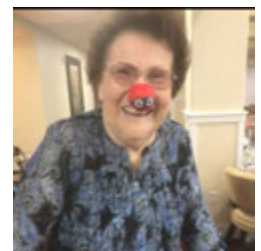
All residents are encouraged to donate a stuffed animal for this awesome cause. July is National Picnic Month and in celebration, Julian Estates will be hosting a Teddy Bear Picnic and Tea. All residents who donate will be invited to attend this event which will be held on Friday, July 19th at 3 p.m. Help a child in need and donate something fluffy today!



Donna would love to donate a stuffed animal to "somebunny." Would you?

Red Nose Day Fundraiser

Julian Estates held the Red Nose Day Fundraiser on May 23rd. Together the residents and staff of Julian Estates raised a total of \$262 for the Red Nose Foundation which is dedicated to the eradication of child poverty. A special thank-you to everyone who bought a nose and donated.



Neal is just clowning around for Red Nose Day!

Sparkle and Shine Prom Night

Residents celebrated Julian Estates' first prom night in style. The room glittered with stars and finery while the residents came dressed to the nines in their best fancy outfits.

We were proud to welcome the Key Clubs of Emerald Ridge, Bethel and Rogers High Schools, who spent the night dancing and chatting with everyone. Students made the rounds serving drinks and refreshments. Also, here were the Puyallup Classic Cars Club, who offered rides to all our prom-goers. These volunteers made the night one to remember.

Later in the evening, we had the privilege of announcing our prom court. Winners in each category were nominated and chosen by a group vote of their peers and got a sash with their title. Congratulations to our prom court: Vera, Audrey, Bob N., Louise, Bill, Bob H., Marianne, Dixie, Helen, Bob S. and Tamara.

A special congratulations to our amazing Prom King and Queen, Eileen and Jerry, who were crowned with bedazzled tiaras and coronation robes.

Everyone who attended enjoyed the celebratory atmosphere and the live swing music provided by the band. Considering the rave reviews garnered from residents, guests and volunteers alike, we're sure that it was a magical night!



Our amazing Prom Queen and King, Eileen and Jerry Jarrett



Marianne and her date Adam



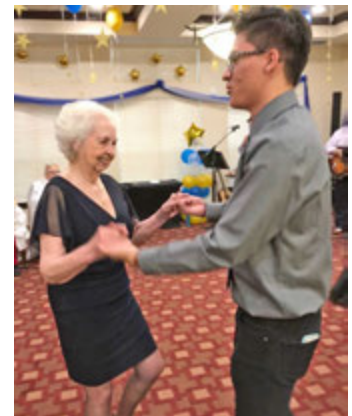
Emerald Ridge High School Key Club making the night incredible



Our very own Captain Sunshine, Vera



Betty and Bob looking sharp



Rainy and her fabulous dance partner



Classic car rides were a highlight ... especially for Harold!



Conga line!

“July Inside?” No Way! Get Outside and Soak Up the Sun on an Outing!

Enjoy the beautiful summer weather on our Wednesday excursions. Trips will generally leave by 10 a.m. This month's outings include:

July 3rd: Black Diamond Bakery and Flaming Geyser Park

July 10th: Gene Coulon Beach Park

July 17th: Space Needle and Lunch

July 24th: Jim's U-Fish and Old McDebbie's Farm (\$8 general admission)

July 31st: Emerald Queen Casino

Additional Outings Include:

July 8th: R.O.M.E.O.s, Mama Stortini's Italian Restaurant

July 15th: J.U.L.I.E.T.s, Original Pancake House

July 26th: Edgewood Dollar Tree



The gang at Northwest Trek animal park!

Christmas in July Celebration!

Calling all our jolly elves as we celebrate “Christmas in July” on Wednesday, July 10th, 2-4 p.m. Enjoy some of Mrs. Santa's best baked goodies and hot chocolate as we highlight our residents' homemade handicrafts at our annual holiday craft bazaar. We will also have a very special visit from Santa Claus so be sure to dress in your Christmas finery and bring your holiday spirit!



Come and see Jim and his handmade wood pens!



Hal and his jewelry boxes



Audrey has a quilt for you!

Happy Campers Needed for Camp Week!

Julian Estates is celebrating the love of camping by spending the week of July 22nd-25th enjoying awesome traditional camping-themed activities, exciting nighttime campfires, arts and crafts and outdoor adventures. Here are just some of the fun things we are doing ...

Monday: Knot Tying at 11 a.m.; Arts and Crafts at 2 p.m.

Tuesday: Trail Signs Scavenger Hunt at 11 a.m.; Making Ice Cream in a Bag at 2 p.m.

Wednesday: Fishing Outing at 10 a.m.; Campfire Songs and S'mores at 7 p.m.

Thursday: Outdoor Cooking at 11:30 a.m.

Friday: Tie-Dyeing at 3 p.m.

It will be a week of fun! Grab your sleeping bag, flashlight and hiking boots and join us!



Karin and Channa love their camping tent!

JULY 2019

Birthdays

Mary Otto, 1st
 Frank Mueller, 4th
 Richard Dahlby, 9th
 Jean Hilton, 11th
 Arlene Walton, 11th
 Bernie Carr, 13th
 Jim Jacques, 15th
 Bernie Schwartz, 18th
 Mike Martin, 19th
 Elain Andrews, 19th
 Janet Travica, 24th
 Richard Ober, 28th
 Sharon Edwards, 29th
 June Pierce, 30th

Anniversaries

Al & Darlene Luberts,
 7/1/2006
 Mac & Mona McKinley,
 7/28/1956
 Dick & Pauline
 Inderbitzin, 7/31/1954

Locations

Activity Room, AR
 Alcove, AL
 Always Best Care,
 4th Floor, ABC
 Atrium, AT
 Back Lawn, BL
 Billiard Room, BR
 Chapel, CHPL
 Dining Room, DR
 Fitness Room, GYM
 Front Lobby, FL
 Library, LB
 Movie Theater, MT
 TV Room, TV
 Veranda, VER

Movies are shown every day in the Theater at 1:45 p.m. and 6:45 p.m.
 If you would like to see a specific movie, please stop by the Activity Room or the Office to let them know.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Dancercise, AR 10:30 Bean Bag Baseball, AR 11:00 Singalong with Ron, AT 1:30 Sumi Painting Class, AR 2:00 Mahjong, DR 3:00 Medium Intensity Exercise, AR 7:00 Horseshoes, VER </p>	<p>2</p> <p>9:00 Rosary Prayer Group, CHPL 9:00 Sit & Be Fit, AR 9:30 Exercise: Balance & Coordination, AR 11:00 Coloring for Pleasure, AR 1:45 Northwest Brass Connection Performs, VER 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR 7:00 Poker, BR 7:00 Mexican Train, AL</p>	<p>3</p> <p>9:00 Sit & Be Fit, AR 9:30 S.A.I.L. with Gaylyn, AR 10:30 Guided Meditation Class, GYM 11:00 Veterans' Story Group, AR 2:00 Bridge, TV 2:00 Wig Out for Freedom: Wig Show, AR 3:00 Left Right Center Game, Bring 6 Dimes, AR 4:00 Happenin' Happy Hour, AR 7:00 Hand & Foot, TV</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Strength Training, AR 11:00 Lyle Schaefer Performs, AR 11:00 4th of July Barbecue Picnic, VER 2:00 Blood Pressure & Weight, ABC 2:00 Garden Gathering, VER 2:00 Hand & Foot, TV 2:00 Poker, BR 2:00 Bible Study, CHPL 3:00 Bingo, AR </p>	<p>5</p> <p>9:00 Sit & Be Fit, AR 9:30 Morning Stretch with Autumn, AR 10:30 Bean Bag Baseball, AR 11:30 First Friday Discussion Group, Bring a Passport, AR 2:00 Mahjong, AL 2:00 Bible Study with Al L., CHPL 3:00 Paper Airplane Flying Contest, AR 7:00 Hand & Foot, AL</p>	<p>6</p> <p>10:30 Chair Volleyball, AR 11:30 Greg the Flautist Performs, DR 2:00 Bridge, TV 2:00 Mahjong, DR 2:00 Poker, BR 4:00 TED Talk: "3 Questions to Ask Yourself," MT 7:00 Hand & Foot, AL</p>
<p>7</p> <p>11:00 Church Service, CHPL 2:00 Knitters & Needles Club, AR 2:00 Mahjong, DR 3:00 Bingo, AR 4:00 Armchair Travel: Lisbon & The Algarve, MT 7:00 Mexican Train, AL</p>	<p>8</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Dancercise, AR 10:30 Bean Bag Baseball, AR 11:00 R.O.M.E.O. Outing: Mama Stortini's, FL 1:45 Book Club Meeting, LB 2:00 Mahjong, DR 2:00 "Duck-Tona," 500 Rubber Duck Races, VER 3:00 Medium Intensity Exercise, AR 7:00 Horseshoes, VER</p>	<p>9</p> <p>9:00 Rosary Prayer Group, CHPL 9:00 Sit & Be Fit, AR 9:30 Exercise: Balance & Coordination, AR 11:00 Nerf Gun Poker, AR 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR 4:30 David Kellogg Performs, DR </p>	<p>10</p> <p>9:00 Sit & Be Fit, AR 9:30 S.A.I.L. with Gaylyn, AR 10:30 Guided Meditation Class, GYM 12:30 Wear Your Best Holiday Outfit, DR 2:00 Bridge, TV 2:00 Christmas in July Bazaar, AR 4:00 Happenin' Happy Hour, AR 7:00 Hand & Foot, TV</p>	<p>11</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Strength Training, AR 11:00 LTS: Sound BPT. Knee Pain: Is It Just Arthritis?, MT 11:30 Chef's Corner, AR 2:00 Bible Study, CHPL 2:00 Poker, BR 2:00 Hand & Foot, TV 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR </p>	<p>12</p> <p>9:00 Sit & Be Fit, AR 9:30 Morning Stretch with Autumn, AR 10:30 Bean Bag Baseball, AR 2:00 Mahjong, AL 2:00 Artwalk Scavenger Hunt, AT 2:00 Bible Study with Al L., CHPL 3:00 Painters' Palette, AR 7:00 Hand & Foot, AL</p>	<p>13</p> <p>10:30 Chair Volleyball, AR 12:30 Bernie Carr's 100th Birthday Celebration, DR 2:00 Bridge, TV 2:00 Mahjong, DR 2:00 Poker, BR 4:00 TED Talk: "A Woman Over 50: A Life Unleashed," MT </p>
<p>14</p> <p>11:00 Church Service, CHPL 2:00 Knitters & Needles Club, AR 2:00 Mahjong, DR 3:00 Bingo, AR 4:00 Armchair Travel: Siena & Assisi, MT 7:00 Mexican Train, AL</p>	<p>15</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Dancercise, AR 10:30 Bean Bag Baseball, AR 11:00 Origami Class, AR 11:00 J.U.L.I.E.T. Outing: Original Pancake House, FL 1:30 Sumi Painting Class, AR 2:00 Mahjong, DR 3:00 Medium Intensity Exercise, AR 7:00 Horseshoes, VER </p>	<p>16</p> <p>9:00 Rosary Prayer Group, CHPL 9:00 Sit & Be Fit, AR 9:30 Exercise: Balance & Coordination, AR 11:00 Orville Redenbacher Day, Popcorn Bar, AR 2:00 Apollo 11 Anniversary Rocket Launch, BL 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR 4:00 Ice Cream Social, AR 4:00 Barbershop Quartet Performs, AR 7:00 Poker, BR 7:00 Mexican Train, AL</p>	<p>17</p> <p>9:00 Sit & Be Fit, AR 9:30 S.A.I.L. with Gaylyn, AR 10:00 Space Needle & Lunch Outing, FL 1:30 Tech Help, AR 2:00 Bridge, TV 4:00 Happenin' Happy Hour, AR 7:00 Hand & Foot, TV</p>	<p>18</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Strength Training, AR 11:00 LTS: Live Well to 100, AR 11:30 Alan Z. Performs, DR 12:30 Full Service Salad Bar, DR 2:00 Blood Pressure & Weight, ABC 2:00 Garden Gathering, VER 2:00 Hand & Foot, TV 2:00 Poker, BR 2:00 Bible Study, CHPL 3:00 Bingo, AR </p>	<p>19</p> <p>9:00 Sit & Be Fit, AR 9:30 Morning Stretch with Autumn, AR 10:30 Bean Bag Baseball, AR 10:30 Sound Associates Hearing Aid Check, AR 2:00 Mahjong, AL 2:00 Bible Study with Al L., CHPL 3:00 Teddy Bear Picnic & Tea, VER </p>	<p>20</p> <p>10:30 Chair Volleyball, AR 2:00 Bridge, TV 2:00 Mahjong, DR 2:00 Poker, BR 4:00 TED Talk: "Love ... No Matter What!," MT 7:00 Hand & Foot, AL</p>
<p>21</p> <p>11:00 Church Service, CHPL 2:00 Knitters & Needles Club, AR 2:00 Mahjong, DR 3:00 Bingo, AR 4:00 Armchair Travel: Normandy, MT 7:00 Mexican Train, AL</p>	<p>22</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Dancercise, AR 10:30 Bean Bag Baseball, AR 11:30 Knot Tying Class, AR 2:00 Mahjong, DR 2:00 Make a Friendship Campfire, AR 3:00 Medium Intensity Exercise, AR 7:00 Horseshoes, VER</p>	<p>23</p> <p>9:00 Rosary Prayer Group, CHPL 9:00 Sit & Be Fit, AR 9:30 Exercise: Balance & Coordination, AR 11:00 Trail Sign Scavenger Hunt, AT 2:00 Blood Pressure & Weight, ABC 2:00 Make Ice Cream in a Bag, AR 3:00 Bingo, AR 7:00 Poker, BR 7:00 Mexican Train, AL</p>	<p>24</p> <p>9:00 Sit & Be Fit, AR 9:30 S.A.I.L. with Gaylyn, AR 10:30 Guided Meditation Class, GYM 2:00 Bridge, TV 3:00 Left Right Center Game, Bring 6 Dimes, AR 4:00 Happenin' Happy Hour, AR 7:00 Hand & Foot, TV 7:00 Campfire Singalong and S'mores, VER </p>	<p>25</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Strength Training, AR 11:00 LTS: Spending and Saving Wisely, AR 11:30 CES: Corn Silk Tea & Cobs Three Ways, AR 2:00 Bible Study, CHPL 2:00 Poker, BR 2:00 Hand & Foot, TV 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR</p>	<p>26</p> <p>9:00 Sit & Be Fit, AR 9:30 Morning Stretch with Autumn, AR 10:30 Bean Bag Baseball, AR 10:30 Walmart Glasses Check, AR 11:00 Edgewood Dollar Tree Outing, FL 11:30 Mark Stern Performs, DR 2:00 Mahjong, AL 2:00 Bible Study with Al L., CHPL 3:00 Tie-Dyeing: Bring a White T-Shirt, BL 7:00 Hand & Foot, AL</p>	<p>27</p> <p>10:30 Chair Volleyball, AR 2:00 Bridge, TV 2:00 Mahjong, DR 2:00 Poker, BR 4:00 TED Talk: "Inside the Mind of a Procrastinator," MT 7:00 Hand & Foot, AL</p>
<p>28</p> <p>11:00 Church Service, CHPL 2:00 Knitters & Needles Club, AR 2:00 Mahjong, DR 3:00 Bingo, AR 4:00 Armchair Travel: Edinburgh, MT 7:00 Mexican Train, AL </p>	<p>29</p> <p>9:00 Sit & Be Fit, AR 9:30 Exercise: Dancercise, AR 10:30 Bean Bag Baseball, AR 12:30 National Lipstick Day: Wear Your Favorite Shade, DR 2:00 Mahjong, DR 2:00 Vinyl Record Listening Hour, AR 3:00 Medium Intensity Exercise, AR 7:00 Horseshoes, VER </p>	<p>30</p> <p>8:00 Waffle Bar, DR 9:00 Rosary Prayer Group, CHPL 9:00 Sit & Be Fit, AR 9:30 Exercise: Balance & Coordination, AR 11:30 Resident Meeting, AR 2:00 Door Decorating Contest Judging 2:00 Blood Pressure & Weight, ABC 3:00 Bingo, AR 7:00 Poker, BR 7:00 Mexican Train, AL </p>	<p>31</p> <p>9:00 Sit & Be Fit, AR 9:30 S.A.I.L. with Gaylyn, AR 10:30 Guided Meditation Class, GYM 11:00 Show & Tell: Bring An Item & Tell Its Story, AR 2:00 Bridge, TV 3:00 Left Right Center Game, Bring 6 Dimes, AR 4:00 Happenin' Happy Hour, AR 7:00 Hand & Foot, TV </p>			

Julian Saloon Was a Rip-Roarin' Good Time!

Hombres and cowpokes from the four corners of the four floors came down to enjoy an afternoon of country fun at the Julian Saloon Father's Day Salute. The band played country classics while everyone enjoyed the chuck wagon goodies. The laser shooting range was firing straight and the gaming tables were packed with all our townfolk. A good time was had by all.



Arlene and her daughter look happy about robbing that bank!



Dead-Eye Pauline at the shooting range



The roulette wheel was always hoppin' with them cowpokes betting gold nuggets.



Our Manager Bruce was naughty and got locked up by our sheriff.



Howdy from the Julian Saloon.



Look out, bandits ahead!

Culinary Education Series: Crazy About Corn

Since ancient times, corn has played an integral role in human history. Evidence of corn in Mexico suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the U.S.! Take a look at a few of the many health benefits of this amazing vegetable:

1. Corn is a fiber-rich food and great for digestive health!
2. Corn is gluten free! Gluten can cause bloating, cramping, and other metabolic problems.
3. Corn may help lower bad cholesterol (LDL) and maintain the level of good cholesterol (HDL).
4. Antioxidants found in corn help prevent macular damage, improving eye health.
5. Phytochemicals found in corn kernels can regulate absorption and the release of insulin into the body which helps to control diabetes.
6. Corn is a rich source of essential minerals such as potassium and magnesium which helps to control hypertension.

Join us in the activity room on Thursday, July 25th at 11:30 a.m. as you will make corn silk tea and enjoy a taste test of corn on the cob with three types of toppings and seasonings. Get ready to get corny!



Let's Talk Seniors: Never Quit Learning!

Let's Talk Seniors happens Thursdays at 11 a.m. Please join us for a variety of topics relevant to seniors. This month, we are proud to offer the following topics.

July 11th: Sound Balance Physical Therapy, "Knee Pain: Is It Just Arthritis?"

July 18th: Humana, "Learn to Live Well to 100"

July 25th: Key Bank, "Spending and Saving Wisely"

Decorate Your Door Contest!

Calling all summer-loving folks! We want you to show your spirit for our favorite season and decorate your door. Judging takes place on Tuesday, July 30th. Winners will be announced at dinner on Wednesday, July 31st. Winners will be chosen for the following categories: Best Representation of the Season, Most Colorful, Most Creative, Funniest.

Welcome Mr. Fix-It!

Julian Estates is proud to welcome the newest addition to our family. Ralph, which the staff has affectionately dubbed Mr. Fix-It, has worked in the maintenance field for over 20 years. He brings an enormous amount of expertise to our team and we are delighted to have him aboard! In his spare time, Ralph likes to spend time with his wife of seven years and tinker with his motorcycle and vintage Model A car.



Greeting Cards Now Available

At the request of our residents, greeting cards will now be for sale in the activity room. Greeting cards are available for every occasion. Cards will cost \$1 each. Cards will be available for purchase directly from Karin, Monday through Friday only. The office has stamps for sale for \$11 per book.

4th of July Barbecue Picnic

Celebrate the birth of our nation and National Picnic Month by joining us for a 4th of July Barbecue Picnic. We will be roasting hot dogs, hamburgers, chicken and having a blast. Invite the family, too, as we'll have tons of fun lawn games like corn hole, horseshoes, giant Jenga and much more! We will have bubbles to play with and our very own snow cone bar. Tickets for family will only be \$10 per person. See you at 11 a.m. for a grand old time for our grand old flag! If you prefer, we will also be serving our normal table service at 12:30 p.m.

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Gracious Retirement Living

13305 94th Ave East
Puyallup, WA 98373



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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