



Resident Birthdays

Barbara W.	July 1
Marvel O.	July 2
Alice B.	July 14
Mary Lou C.	July 15
Duane H.	July 29

Happy Birthday!!!!

Independence Day!

On July 8, 1776 in the steeple of the statehouse in Philadelphia (which was the capital at the time), a great bell rang out summoning people to meet in the town square. The townspeople gathered where a man read a proclamation, the Declaration of Independence. The meeting place is now called Independence Square, and the bell the Liberty Bell.

On July 2, 1776, the Continental Congress declared the American Colonies free and independent from England, and King George III.

It took the delegates two days to agree on a formal document written by Thomas Jefferson announcing their action. On July 4, the Congress adopted the Declaration of Independence, however, it was only signed by two delegates, John Hancock and Charles Thompson. The 55 other delegates signed the final document on August 2.

Executive Director Message

Wow – summer is sure going fast! We have many exciting new things going on at Windmill Ponds and hope you will take some time this summer to stop by for a visit.

Sue Birkholz, RN has joined us as our new Director of Health Services. Sue has a great deal of leadership and clinical expertise and we are thrilled to have her join us! Look for future notification of a “Welcome to Windmill” reception for Sue.

Live2BHealthy Exercise Class will begin July 1st. Live2BHealthy is a large organization that provides exercise classes specifically for senior living communities. Residents are invited to the classes three days a week and in the future we will welcome community members as well.

Happy Summer!

Chris

July Events and Happenings

Live 2 B Healthy will be a new and exciting exercise program offered at Windmill Ponds on Monday, Wednesday and Fridays at 9:00 in the Activity Room! Come learn how you can become healthier with Live 2 B Healthy! Exercise is the key to improved energy, weight control, better sleep, and healthier appetite and possibly reducing medications. By the way, it even helps improve memory! See you at the first informational meeting on July 1 at 9:00! “Morning Stretch” will be on Tuesday’s and Thursday’s at 9:00.




We will continue to try our luck fishing with our friends with “Let’s Go Fishing” with fishing trips on Tuesday afternoons and a relaxing pontoon ride on Thursdays. If you haven’t tried your luck fishing, or one of the pontoon rides, sign up and enjoy a beautiful afternoon on one of our area lakes!



Executive Director | Chris Carter
Director of Health Services | Sue Birkholz, RN
Business Office Manager | Cally Endres

Maintenance Manager | Tom Gjerstad
Activities Director | Chris Mattson

July Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Birthday, Barbara W.! 9:00 Live 2 B Healthy 1:00 Card Games 1:30 Shopping: Dollar Tree 3:00 Coffee 3:30 Bingo	2 Happy Birthday, Marvel O.! 8:00 Hot Breakfast 9:00 Morning Stretch No Worship Service 1:10 Let's Go Fishing 3:00 Coffee	3 9:00 Live 2 B Healthy 10:30 Bible Study 1:30 Walmart 3:00 Entertainment by Missy Radermacher	4 8:00-10:00 Coffee in the Gazebo 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn 	5 8:00 Hot Breakfast 9:00 Live 2 B Healthy 9:00 News & Views 1:30 Wii-Strike Force Team 3:00 Coffee 3:30 Wii-Powerhouse Team	6 1:00 Card Games 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn
7 9:30 Caravan Fellowship-All Welcome! 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn	8 9:00 Live 2 B Healthy 1:00 Card Games 1:30 Shopping: Dollar Tree 3:00 Coffee 3:30 Bingo	9 8:00 Hot Breakfast 9:00 Morning Stretch No Worship Service 1:10 Let's Go Fishing 3:00 Coffee	10 9:00 Live 2 B Healthy 10:30 Bible Study 1:30 Walmart 3:00 Entertainment by Mariann Grossman	11 8:00-10:00 Coffee in the Gazebo 9:00 Morning Stretch 1:10 "Let's Go Boating" 2:00 Catholic Communion 3:00 Coffee	12 8:00 Hot Breakfast 9:00 Live 2 B Healthy 9:00 News & Views 1:30 Wii-Strike Force Team 3:00 Coffee 3:30 Wii-Powerhouse Team	13 1:00 Card Games 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn
14 Happy Birthday, Alice B.! 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn	15 Happy Birthday, Mary Lou C.! 9:00 Live 2 B Healthy 11:00 Protestant Communion-Calvary 1:00 Card Games 1:30 Shopping: Dollar Tree 3:00 Coffee 3:30 Bingo	16 8:00 Hot Breakfast 9:00 Morning Stretch 10:00-1:00 Ther. Massage by Sam No Worship Service 1:10 Let's Go Fishing 1:30 V.I.P. Meeting-Act. Rm 3:00 Coffee	17 9:00 Live 2 B Healthy 10:30 Bible Study 1:30 Walmart 3:00 Entertainment by Country Rose Band	18 8:00-10:00 Coffee in the Gazebo 9:00 Morning Stretch 11:00 Bookmobile No Boating Today 1:30 Walmart Pick-up Only 2:00 Catholic Mass 3:00 Coffee 3:30 Bingo	19 8:00 Hot Breakfast 9:00 Live 2 B Healthy 9:00 News & Views 1:30 Wii-Strike Force Team 3:00 Coffee 3:30 Wii-Powerhouse Team	20 1:00 Card Games 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn
21 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn	22 9:00 Live 2 B Healthy 1:00 Card Games 1:30 Shopping: Goodwill 3:00 Coffee 3:30 Bingo	23 8:00 Hot Breakfast 9:00 Morning Stretch 1:00 Worship Service 1:10 Let's Go Fishing 3:00 Coffee 4:00 Wine & Ale	24 9:00 Live 2 B Healthy 10:30 Bible Study 1:30 Walmart 3:00 Entertainment by Les Myrold	25 8:00-10:00 Coffee in the Gazebo 9:00 Morning Stretch 11:00 Protestant Communion-1 st Luth. 1:10 "Let's Go Boating" 2:00 Catholic Communion 3:00 Coffee	26 8:00 Hot Breakfast 9:00 Live 2 B Healthy 9:00 News & Views 1:30 Wii-Strike Force Team 3:00 Coffee 3:30 Wii-Powerhouse Team	27 1:00 Card Games 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn
28 2:30 Movie/Popcorn 3:00 Coffee 6:30 Movie/Popcorn	29 Happy Birthday, Duane H.! 9:00 Live 2 B Healthy 1:00 Card Games 1:30 Shopping: Viking Plaza 3:00 Coffee 3:30 Bingo	30 8:00 Hot Breakfast 9:00 Morning Stretch 1:00 Worship Service 1:10 Let's Go Fishing 3:00 Coffee	31 9:00 Live 2 B Healthy 10:30 Bible Study 1:30 Walmart 3:00 Entertainment by Steve Samek			
						<i>Calendar events subject to change due to unforeseen circumstances. Thank you for your understanding!</i>