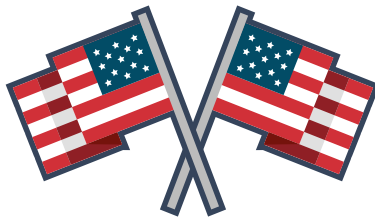


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ARBOR TERRACE

Newsletter



JULY 2026

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- A Message from the - Housing Coordinator

Happy July!



IN THIS EDITION:

- **MESSAGE FROM GRACE**
- **ACTIVITY HIGHLIGHTS**
- **TRISHAW SEASON**
- **PICNIC SAVE THE DATE**
- **FOURTH OF JULY MESSAGE**
- **CHAPLAIN'S MESSAGE**
- **HOMES FOR THE AGING WEEK RECAP**
- **JUNE PICTURES**
- **GAMES & ACTIVITIES**

It's hard to believe we're already halfway through the summer. The warmer weather has finally settled in, and it's been nice seeing everyone getting outside, enjoying the sunshine, and taking in the longer days. Summer always seems to bring a different pace, and it's been good to see people enjoying that change of season.

June was a full and active month, and now July feels like a good time to settle in and enjoy the middle of summer. Whether it's sitting outside, going for a walk, or just catching a bit of fresh air during the day, these small moments really make a difference.

With the Fourth of July coming up, I hope everyone has a safe and enjoyable holiday. Whether you're spending time with family and friends, or celebrating here at Arbor Terrace, we hope it's a nice day filled with good company and good food.

Wishing everyone a great month ahead and a relaxing rest of the summer.

Sincerely,
Grace Denstad



ACTIVITY HIGHLIGHTS

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 RESIDENT FORUM 2:30PM (IL)	2	3	4
5	6  PETAL TO PALETTE (GUIDED PAINTING) 2:00PM (MC)	7	8 WOMEN'S BREAKFAST 9:00AM (CHAPEL)  ICE CREAM & MUSIC 3:00PM (COURTYARD)	9	10	11  MIXING BOWL: NO-BAKE STRAWBERRY CREAM STUFFED CROISSANTS 1:30PM (BASEMENT LIVINGROOM)
12	13 MARSHMALLOWS & MEMORIES (CAMPFIRE) 2-3:30PM (8 TH ST MAIN ENTRANCE)	14 LUNCH BUNCH: NEWTs 11:00AM TREATS W/ BETHEL LUTHERAN 2:00PM (IL)	15	16	17	18
19	20  ICE CREAM SOCIAL 2:00PM (IL)	21	22  SUMMER GRILL OUT! 11:30AM-1PM (COURTYARD/ BASEMENT LIVINGROOM)	23	24	25
26	27 JULY BIRTHDAY PARTY 2:00PM (IL)	28	29 AUXILARY PIE & ICE CREAM SOCIAL 2-4:00PM (BASEMENT LIVINGROOM) 	30	31  MEN'S BREAKFAST 9:00AM (CHAPEL)	

Note:

THE MAIN LIFE ENRICHMENT OFFICE IS MOVING!
BEGINNING JULY 1ST, YOU CAN FIND SAM VATH (LIFE ENRICHMENT MENTOR)
IN THE OFFICE NEAR THE 8TH STREET MAIN ENTRANCE. THIS SPACE WAS PREVIOUSLY
OCCUPIED BY THERAPY. THIS SPACE WILL BE UTILIZED FOR HOME ON 8TH
LIFE ENRICHMENT STAFF AND RESIDENTS. THIS SPACE WILL BE TITLED "THE NOOK"
ON THE RESIDENT CALENDARS. OCCASIONAL WEEKEND ACTIVITIES
WILL BE HELD IN THIS SPACE.

MICHELLE JONES MAIN OFFICE WILL STILL BE LOCATED IN MEMORY CARE.

TRISHAW BIKE RIDES
1-2PM EVERY FRIDAY
DURING JULY!

DEPARTING FROM
ARBOR TERRACE
MAIN ENTRANCE



FAMILY & FRIENDS PICNIC
SAVE THE DATE!

THURSDAY, AUGUST 13TH
4-6:30PM

FOOD • MUSIC • GOOD COMPANY

INVITATIONS TO COME!

Freedom, Family, and Faith

July often brings with it long summer days, warm evenings, and a spirit of reflection and gratitude. It is also a time when we naturally think about freedom, family, and faith—three gifts that shape our lives in meaningful and lasting ways.

Freedom is something we especially notice in July as we reflect on our nation and the blessings of independence. The freedom we enjoy can only be imagined by folks who live in other parts of the world, and it should never be taken for granted.

Family is another of life's great blessings. In our community, family often extends beyond bloodlines. It is found in the friends we share meals with, the caregivers who serve with compassion, the chapel folks we worship with, and the neighbors who become familiar faces and trusted companions. Family is built in small moments that remind us that we belong to one another. And our Faith is what holds us steady through every season of life.

It is trust in God's presence when the path ahead feels uncertain, and gratitude for His goodness in times of peace. Faith reminds us that we are never walking alone, even in the quiet or challenging moments of life.

As Scripture says:

"Now faith is confidence in what we hope for and assurance about what we do not see." (Hebrews 11:1)

As we move through this month of July, may you find comfort in these three gifts. May freedom bring thankfulness to your heart, may family bring warmth to your days, and may faith bring strength to your spirit.

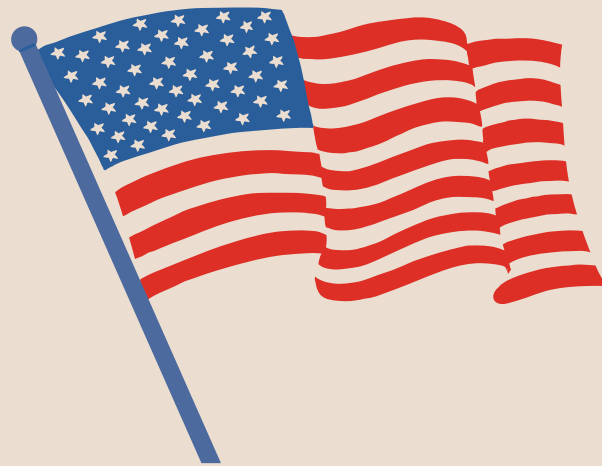


With care and blessings,

Chaplain Darin



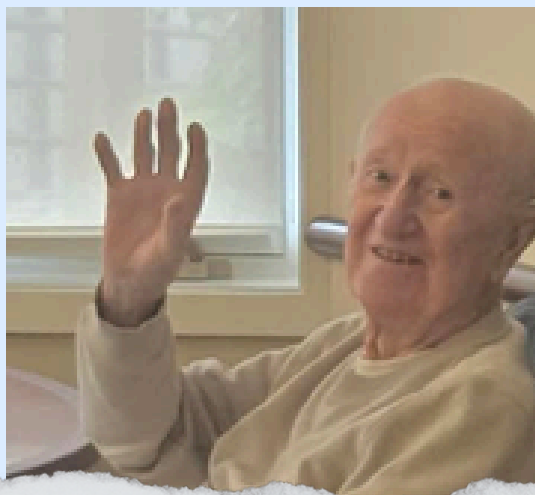
4TH OF JULY



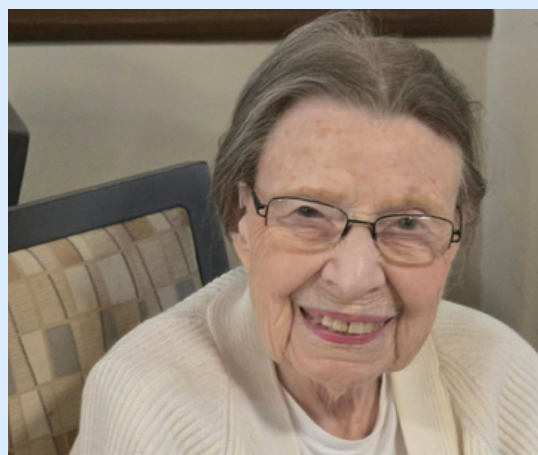
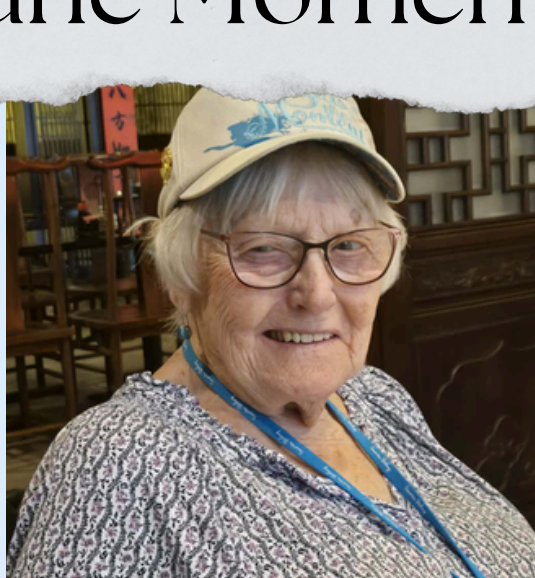
As we celebrate the Fourth of July, we're reminded of the joy of community, the value of freedom, and the traditions that bring us together.

This holiday is a wonderful time to reflect on our country's history, enjoy the summer season, and make memories with friends and neighbors.

At Arbor Terrace, we are grateful for each resident who helps make our community such a special place. We wish you a safe, happy, and joyful Independence Day!



June Moments





Independence Day

July 4th



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

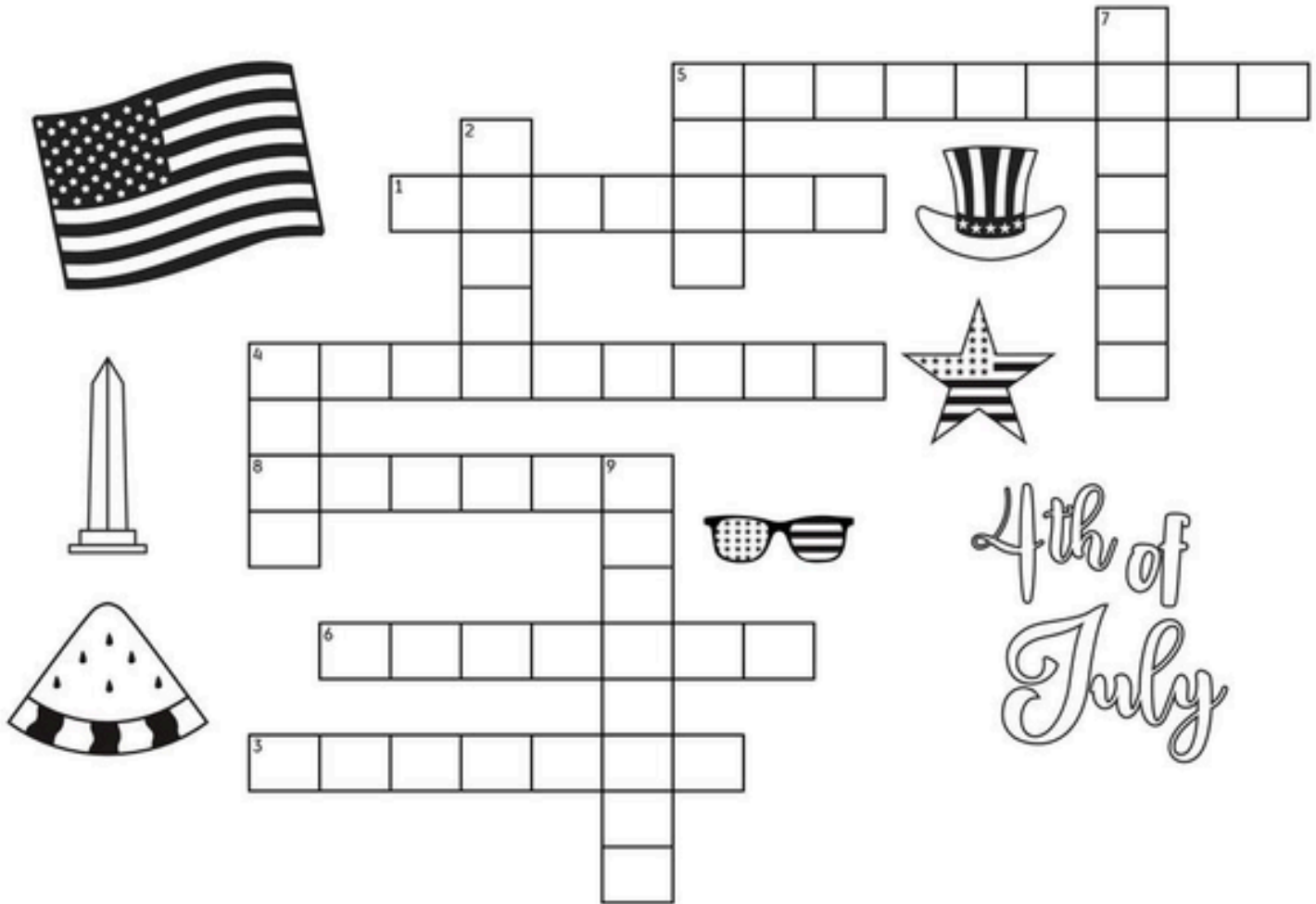




4th of July Crossword Puzzle



Read the clues and fill in the corresponding squares on the puzzle.



DOWN

2. A bird with a hooked beak and sharp talons
4. A piece of fabric with a design, often flown on a pole
5. Task that must be done
7. A person who loves and strongly supports their country
9. Armed forces of a country

ACROSS

1. The main building of a government
3. A person who has served in the army
4. Explosive devices that produce a colorful display of sparks and loud noises
5. A form of government with elected officials
6. Treating people equally and without bias
8. A song that expresses strong feelings of loyalty





4TH OF JULY



Word Scramble

1. ITPCIATOR _____
2. MRAEACI _____
3. KREISOFRW _____
4. TFHRUO _____
5. LTEYBRI _____
6. GFAL _____
7. ERMUMS _____
8. CNIEEDEDNNPE _____
9. LYUJ _____
10. LNTREADCOAI _____
11. BEUCBRAE _____
12. ETSAST _____