

#### Use the visual clues in the puzzle to figure

#### Wacky Wordies



1. Up for debate 2. Everything is on the table 3. Tan lines 4. Stay in touch 5. Whitewash 6. For-profit 7. Mind's eye 8. Pay raise 9. Upright piano 10. Misunderstood 11. No one is perfect 12. Pat on the back

## **Regular Events**

Social Hour w/ Live Entertainment Every Day at 4pm

Tai Chi with Rafael Every Sunday at 10:30 am Sculpture Class with Norberto Saturday 6 & 20 at 10:30am

Art and You (Art Class) Tuesdays & Saturdays at 1:30 pm Hot Topics with Fayanne Every Thursday at 2pm

Shabbat Shalom w/ Eliezra & Eugene Fridays at 6pm (New time) -Dining Room Errands: Fridays at 1pm

> **Chair Yoga with Janet** Every Saturday at 10am

#### **This Month Outings Wednesdays**

7/3 Festival Flea Market 7/10 Lion Country Safari (\$42) 7/17 out to Lunch at Houston's 7/24 Boca Raton Museum of Arts (\$12) 7/31 Out to Lunch Mr. Chef (Please sign up at Front Desk)

### Guess the Riddle ??????

- 1. What kind of band never plays music?
- 2. What question can you never say yes to?
- 3. What has lots of eyes, but can't see?
- 4. What has one eye, but can't see?
- 5. What can travel all around the world without leaving its corner?

6. What two things can you never eat for breakfast?

7. What kind of room has no doors or windows?

Answers: 1)A rubber band .2)Are you asleqep?" (4)A rubber band. 2)Are you asleqep?" A(4)A mushroom. (4)A needle. 5)A stamp. 6) Lunch and dinner. 7)A needle. 5)A stamp. 6)

### **Upcoming Events**

4th of July BB-Q Lunch and Music W/ Jose Thursday, 7/4 at 12pm

<u>4th of July Sing –Along Show</u> Thursday, 7/4 at 3:30pm

FIU Lifelong Learning Institute French Impressionist Era

By: Dr. Alan Mason -Monday, 7/8 at 2PM

Resident Council Meeting Monday, 7/15 at 2pm

<u>Great Art Series</u> - Floods in Art By: Professor Alan Garfield Tuesday, 7/16 at 2pm

Murder Mystery Dinner With the Plaza's Team—Thursday, 7/17 at 5pm

> The Plaza's Carnival Birthday Bash Sunday, 7/21– 3:30pm

FIU Lifelong Learning Institute Inside the Life and Times of Clara Schumann -Monday, 7/22 at 2pm

<u>Newcomers Lunch</u> Tuesday, 7/23 at 12pm

Short Story Circle With Marilyn & Glenda Monday, 7/29 at 2pm

> <u>Ole Family Night</u> Tuesday, 7/30 at 6pm

Coffee & Tea with Mimi T. Wednesday, 7/31 at 2pm



**July** wasn't the original name for the month. On the early Roman calendar, July was called *Quintiles*. Julius Caesar was born in this month, and the name was changed to *Julius*, or *July*, to honor him. Julius Caesar made major reforms to the inaccurate Roman calendar, and his Julian calendar is still used in Eastern Orthodox Christian countries. The Gregorian calendar that exists today in the West is a slightly edited version of the Julian calendar.

THE PLAZA



2940 NE 207th Street Aventura, Florida 33180 Phone:786-496-0142 Page 8 www.royalaventura.com

ALF # 13252

## Your Community Staff

Mimi Turrie Executive Director

Jodi-Ann Coombs Director of Administration

Barry Ger Director of Sales & Marketing

**Dorinda Caamano** Director of Resident Care

Ahmed Labib Director of Food Service

Brenda Siino Director of Activities & Transportation

**Rita Collazo** Director of Resident Relations

Milourine Orange Dining Room Manager

Michael Pena Director of Maintenance & Housekeeping

Editor: Marilyn Israel

## **From the Director of Activities**



Dear Residents and Family Members

une was a busy month, packed full of memorable events. The Plaza hosted the inspiring "Diamonds and Daffodils" for cancer survivors with a beautiful presentation and lunch. Then we all danced to the steel drum on Caribbean night and we kept dancing at the tropical birthday bash. We're not ready to leave tropical paradise, so we will continue Tropical Tuesdays and Thursdays. Dress in your favorite tropical outfits.

In July we celebrate Independence Day; join us for a special sing along social to celebrate the land of the free and the home of the brave. Also, to celebrate all July birthdays, the Plaza carnival is coming to town. Plus, the Plaza team will be hosting a murder mystery dinner night- you won't want to miss it. To close out the month, we invite all family and friends to Ole! Family night, with special Flamenco performers, on July 30th. I can't wait to see you all there!

Happy July!!

Brenda Siino

Director of Activities / Transportation

## **Good Friends Make Great Neighbors!**

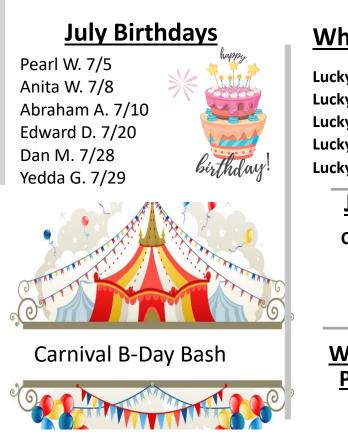
## Earn \$500 towards your rent today

Do you know someone who should be living at The Plaza at Parksquare? Have you tried to convince the parent of a friend or relative that The Plaza at Parksquare Lifestyle would be just perfect for them? Well, here's an incentive to try harder: \$500 towards your rent for each new resident you convince to move in. When your referral moves in, after thirty days, we will credit you \$500 towards your rent. We offered this promotion to a few family members as an experiment and it was very successful. The families of our residents turn out to be our very best salespeople, which is not surprising!

So get out there and earn some money!

Just call Barry Ger at 786-496-0142 with your referrals today.

# **July Happenings**



## Go for the Gold!

July 26 marks the start of the XXXIII (33rd) Summer Olympics, which will be held in Paris. The City of Light has hosted the games two other times—in 1900 and 100 years ago in 1924. The only other city to host the Olympic Games three times is London.

The festivities will last for over two weeks, ending on August 11. More than 10,000 athletes from around the world will compete in 329 different medal events in 32 sports. In addition to the many popular events like track and field, swimming, and gymnastics, there will be several new sports this year, including breakdancing (which is also known as "breaking"), skateboarding, surfing, and sport climbing. Surfing events will be held in Tahiti. Sports that have been dropped rom the schedule include karate, baseball, and softball. Just a few of the many athletes to watch on Team USA include Griffin Colapinto in men's surfing, Nic Fink in men's swimming, Katie Grimes in women's swimming, and Anna Hall in the heptathlon. PARIS 2024

## What's Lucky?

Lucky Color: Red

Lucky Animal: Elephant

- Lucky Letters: V and H
- Lucky Day: Thursday
- Lucky Plant: Broccoli

## **July Zodiacs**

Cancer (The Crab) July 1–22 Leo (The Lion) July 23–31

Welcome to the Plaza's Family Ruth C.

## **Special Days**

Canada Day July 1 Halfway Point of 2024 July 2 Independence Day July 4 World Chocolate Day July 7 Pick Blueberries Day July 10 Bastille Day (France) July 14 Aunt and Uncle Day July 26

Birthstone – Ruby Flower – Larkspur Tree of the Month Cherry

## In the Good Old Days

In 1924 (100 years ago), the average annual income was \$2,196. The average cost of a new house was \$7,720. The average new car cost \$265. A loaf of bread was 9¢, and a gallon of milk was 54¢. You could purchase one gallon of gas for 11¢, stamps were 2¢ each, and a Victrola record player cost \$150. According to the Consumer Price Index Calculator, \$1 in 1924 is equivalent to \$18.15 today.



# **Benefits of an active lifestyle**

Engaging in social and productive activities you enjoy, such as taking an art class, joining a game, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle:

Are less likely to develop certain diseases. Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.

• Have a longer lifespan. Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.

• Are happier and less depressed. Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.

• Are better prepared to cope. When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.

May be able to improve their thinking abilities. Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory - and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

### Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome. Please hand in your submission to Brenda or Jose, or email us anytime at: bsino@royalaventura.com



**French Impressionist Era** By: Dr. Alan Mason Monday July 8- 2pm

Experience the phenomenal yet short-lived style

that served as a bridge between the Romantic and

Modern Eras, characterized by innovative

harmonies, ethereal orchestrations, a departure

from traditional rhythmic structures, and the

abandonment of conventional harmony.

(	LIFE	HER LONG RNING
	Ð	t

#### Inside the life and times of **Clara Schumann By: Anette Isaacs**

Monday July 22- 2pm

Not only was Clara Schumann a divine pianist, talented composer and successful teacher, but also a mother of 8 and the main breadwinner for her family. In the very male dominated 19th century, German superwoman Clara Schumann did it all while juggling a 61 year concert career that made her internationally famous.

# **Month in Review**

















