

From the Director of Activities



Dear Residents and Family Members

June 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

July Happenings

July Birthdays

Pearl W. 7/5
Anita W. 7/8
Abraham A. 7/10
Edward D. 7/20
Dan M. 7/28
Yedda G. 7/29



Carnival B-Day Bash



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

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 from 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.



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.



With the Plaza Team 7/17

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.

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.



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



Tropical B-Day Bash



Daffodils and Diamonds Event

