

JULY 2022 HIGHLIGHTS

Friday, July 1st *Thank Your Postal Worker Day*

9:30 to 10:30 Calendar Chat Q&A
& Coffee Cake with Your Wellness Team TN
10:30 Visit with the Golden's TG
1:00 Heygo Live Travel Experience TC

Saturday, July 2nd

1:00 Movie & Popcorn "Leave Her to Heaven" TD
8:00 Out to see the Palm Bay "Fireworks" Sign Up Req'd

Sunday, July 3rd

1:00 Murder Mystery "The Murder of Roger Ackroyd" TG

Monday, July 4th *Happy Fourth of July*

Offices Closed No Transportation
Independence Day BBQ Dinner 11:00 a.m. to 3 p.m.
LIVE Music with Up The Creek 3:00p.m. to 4:00 p.m. TG

Tuesday, July 5th

10:00 Dining Meeting TC

Wednesday, July 6th

10:00 & 1:00 Artisan Class "Paint Aluminum
Pots & Succulents" TG Sign up Req'd
4:00 Patriotic Happy Hour with Margo on the piano
playing Music from WWII TC

Thursday, July 7th *Booster Clinic Day*

10:00 1st floor TC
10:30 2nd floor TC
11:00 3rd floor TC
3:00 Bruce Marion on the Piano TC
7:00 Big Bucks Bingo TG

Friday, July 8th

10:30 NEW Reading Theater Rehearsal
"Old Time Radio" All Welcome TG
1:00 Heygo Live Travel Experience TC

Saturday, July 9th

1:00 Movie & Popcorn "To Catch a Thief" TD

Sunday, July 10th

10:00 Space Coast Church worship & Music All Welcome TC
1:00 Murder Mystery "Lord Edgware Dies" TG

Tuesday, July 12th *Cow Day Wear Black & White*

10:00 Out to Post Commons "Bealls & Bealls Outlet" Lunch
at Panera Bread or Soup Shop Sign Up Req'd

Wednesday, July 13th

8:30 PAFB and Bealls
10:00 & 1:00 Artisan Class "Rock Sculpture Art" TG
Sign up Req'd
4:00 Happy Hour Live Music with Chuck Gillespie TC

Thursday, July 14th

10:00 Guest speaker from St. Francis Reflections
"Hospice care, not bad or scary" Q&A TC
2:00 Music History "The Supremes" TG

Friday, July 15th

10:30 Reading Theater Rehearsal TG
1:00 Heygo Live Travel Experience TD

Saturday, July 16th

No Saturday Shuttle
1:00 Movie & Popcorn "King Richard" TD
4:00 Havurah All Welcome TG

Sunday, July 17th

1:00 Murder Mystery Movie & Popcorn
"Murder in Mesopotamia" TG

Tuesday, July 19th

10:30 Honor Flight Luncheon at
Captain Hiram's Sign up Req'd

Wednesday, July 20th

10:00 & 1:00 Artisan Class "Leather Ring Jewelry" TG
4:00 Karaoke Happy Hour with DJ Dean TC
7:00 Literary Ladies Book Club TD

Thursday, July 21st

1:00 Artisan Class Make Up Day TG
3:00 Residents Association Meeting TC
5:00 Dinner Picnic NOT in the Park FREE Band
Concert "Takin' it Easy" Sign Up Req'd by June 18th

Friday, July 22nd *Dress Like a Cowboy Day*

10:00 to 1:00 Cowboy Games Mining for Gems,
Tin Can Target Practice, & Horseshoe Toss TG
1:00 Heygo Live Travel Experience TC
6:30 "Meet My Dog" Social out at the Dog Park Treats for you
and your dogs All Welcome! Sign up Req'd by 20th

Saturday, July 23rd

1:00 Movie & Popcorn "Minari" TD

Sunday, July 24th

1:00 Palm Bay Senior Center "Craft & Vendor Fair"
Sign Up Req'd
1:00 Murder Mystery Movie & Popcorn "Mystery
of the Blue Train" TG

Monday, July 25th

10:00 Come Meet the New Dining Director Gilberto
& Your New Fountains Neighbors TC

Tuesday, July 26th

10:00 Sit Down with Sandy TC
11:00 Watermelon Contest TC
3:00 Rabbi Craig Mayers Travel to the Caribbean TD

Wednesday, July 27th

8:30 PAFB and Bealls
4:00 Christmas in July Happy Hour
Dress in Holiday Attire TC

Thursday, July 28th

1:00 Meet & Greet if you were an
"Engineers or Scientist" come join us! TG
3:00 Guest Speaker: Gene Terkoski Director, Managed Care
Pharmacy at Health First "Let's Talk Medications" TC
4:00 Out to Dinner New England Eatery Sign Up Req'd

Friday, July 29th

11:00 Garden Club Meeting CH
4:30 Meet the Rabbi TD
5:00 Service with Rabbi Craig TD

Saturday, July 30th

1:00 Movie & Popcorn "Dog" TD
3:00 July Birthday Party TC All Welcome

Sunday, July 31st

1:00 Murder Mystery Movie "Cards on The Table" TG



Meet The Board July 2022

Greetings!

I'm Christy Jones and I am serving as your vice president for the coming year. My husband Jerry and I have lived at The Fountains since October 2020. We've lived in the Melbourne area since we got married and we just celebrated our 41st wedding anniversary. We don't have children but we love spoiling our nieces and nephews. An interesting fact about us is that we lived on a houseboat on Crane Creek south of downtown Melbourne for several years. I'm a 2nd generation native, born in Daytona Beach and retired from Harris Corporation after nearly 30 years of service.

I want to thank our residents for voting me Volunteer of the Year. I am very honored to be recognized and enjoy my work on the Welcome Committee. Making new residents feel welcome is at the core of what we do.

Please consider volunteering in our community. It's fun and it can provide a sense of accomplishment and a valuable contribution. There are tasks both large and small that need to be done. Victoria, our Fountains Wellness Director, can give you some ideas. I encourage everyone to get involved and help make The Fountains the best it can be.



Anna Mary Robertson Moses

Anna Mary Robertson, better known as Grandma Moses, didn't try painting until her late 70's. According to the National Museum of Women in the Arts, she spent her life as a farm wife and mother, selling homemade food to support her family. She drew inspiration from life on the farm and as a hobby, she would work on needlework and quilts. When arthritis made it too difficult to continue with embroidery, Anna Mary decided to try painting her farm scenes instead. She was self-taught and used supplies from around the house. After a New York art collector stumbled upon her work, she gained massive popularity and her work was exhibited around the world.



Meet Up By Vocation

Thursday, July 28th at 3:00pm

Meet & Greet if you were an **"Engineers & Scientist"** at any time in your life come join us! Bring photos & tell stories of your life at work TC



Nancy's Artisan Class

July 6th

Painted Aluminum Pots & Succulents

July 13th

Rock Sculpture Art

July 20th

Leather Ring Jewelry



**Shopping at Post Commons
Bealls & Bealls Outlet
Lunch at Panera Bread
or The Soup Shop
Tuesday, July 12th
at 10:00am**



Join us on Friday's at 1:00 pm in The Commons to travel around the world. Stay tuned to channel 1-1 to see the destination of the day.

What can you do on a tour?

HeyGo is a live-stream tour, one of 450+ locations around the world. You will see what your personal guide sees, interact with your guide and other travelers through the tour, see where you are in the world by following your guide on the map, create postcards to remember your trip and share with friends & Make memories.

We have open Garden Boxes

If you would like a garden box please contact the Wellness Department.



You can grow:

- Flowers
- Herbs
- Vegetables
- Plants



COVID BOOSTER



Savors Drug Mart will be here on Thursday, July 7th to give the COVID Booster.

1st floor ONLY

10:00 to 10:30 COVID Booster TC

2nd floor ONLY

10:30 to 11:00 COVID Booster TC

3rd floor ONLY

11:00 to 11:30 COVID Booster TC

If you have question please consult with your doctors.

The Reading Theater Group is back on Friday's at 10:30 TD

We are looking for fun outgoing actors to put on an

"Old Time Radio Show"



We will perform some of the most popular radio programs of the 1930s, 1940s and 1950s.



We need: Singers, actors, musicians, comedians & behind the scenes sound & props.

Come join this fun group for Laughter and friendship!



Medication Safety

Thursday, July 28th at 3:00pm

Gene Terkoski Director, Managed Care Pharmacy at Health First Health First will be here to talk about Medications and stay to answer questions TC

The most important step to medication safety is to educate yourself about the specific drugs you are taking and the conditions they are intended to treat.

Keep a list of all medications

Including herbal supplements and review your medications periodically.

Ask questions

Make sure you know what the prescription is for and how it should be taken.

Enlist your pharmacist's help

Make sure you can read and understand the instructions and take as directed.

Ask about interactions

Taking certain combinations of medications and foods/beverages can either cause dangerous side effects or affect the potency of one or more of your prescriptions.

Don't stop or change your dose.

Even if you are feeling better, talk to your health care professional before changing your medication.

Otherwise your care can be compromised.

****Especially Antibiotics.**

Do not reuse or share prescription medications

Never share prescriptions; always check with your health care professional before taking a prescription.

Never keep old medications

Never self prescribe with prescription drugs when you think you know the nature of the problem.

Dispose of all expired medications properly Don't flush the drugs down the toilet, throw them in the garage, or leave them in your medicine cabinet or shoe box.









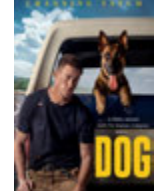
Brevard has an Opioid Epidemic

Please keep any pain medicine where it won't be easily taken by others.

The Fountains Calendar of Events

JULY 2022

"The Art of Living Well"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Out to Church 17</p> <p>11:00 Quarter Bingo TG 11:30 Catholic Service with Barbara CH 1:00 Murder Mystery Movie & Popcorn "Murder in Mesopotamia" TG</p> <p>1:30 Bridge CT 2:00 Rummikub CT 2:30 Non-Denominational Church Service with Music CH</p> <p>4:30 Virtual Bowling TC 4:30 Ice Cream Social BT 5:00 Rosary Prayer Service CH</p> 	<p>9:00 Active <i>Balance</i> Class FS 18</p> <p>10:00 Knitting Club CT 10:00 Moderate <i>Balance</i> Class FS 10:00 Man Chat TD 10:00 Ladies Circle TG</p> <p>11:00 Sit and Fit <i>Balance</i> FS 1:00 Virtual Bowling TC 1:30 Out to Publix</p> <p>1:30 Stretching Class FS 2:00 Inventions That Changed the World TD</p> <p>3:00 Quarter Bingo TC 6:00 Game Time TG 6:30 Hand and Foot Game TG 7:00 Virtual Bowling TC</p>	<p>9:00 Active Fitness FS 19</p> <p>9:00 Library & Post Office 9:30 Round Table Menu Chat TC 9:30 HUR Balance Sign Up Req'd</p> <p>10:00 Cribbage CT 10:30 Water Aerobics 10:30 Honor Flight Luncheon at Captain Hiram's Sign up Req'd</p> <p>11:00 Sit and Fit FS 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge TD 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart</p> <p>1:30 Mahjong CT NO Tai Chi FS 3:00 Blackjack & Poker TG 3:00 Divine Mercy Chaplet CH 6:00 Game Time TG 7:00 Virtual Bowling TC</p>	<p>9:00 Active Fitness FS 20</p> <p>9:00 to 1:00 Blood Pressures with One Senior Place WC</p> <p>10:00 Moderate Fitness FS 10:00 Artisan Class "Leather Ring Jewelry" TG Sign up Req'd 11:00 Sit and Fit FS 11:00 Quarter Bingo TC</p> <p>1:00 Virtual Bowling TC 1:00 Artisan Class "Leather Ring Jewelry" TG Sign up Req'd 1:30 Wal-Mart Marketplace</p> <p>1:30 Stretching Class FS 4:00 Karaoke Happy Hour with DJ Dean TC</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC 7:00 Literary Ladies Book Club TD</p>	<p>9:00 Active Fitness FS 21</p> <p>10:30 Train Dominoes TG 10:30 Water Aerobics</p> <p>11:00 Sit and Fit FS 12:00 Friendly Bridge TD 1:00 Virtual Bowling TC 1:00 Out to the Melbourne Mall</p> <p>1:00 Artisan Class Make Up Day TG</p> <p>1:30 Walgreens and CVS</p> <p>3:00 Bible Fellowship CH 3:00 Residents Association Meeting TC</p> <p>5:00 Dinner Picnic NOT in the Park FREE Band Concert "Takin' it Easy" Sign Up Req'd by June 18th</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p>	<p>Dress Like a Cowboy Day 22</p> <p>9:00 Active Fitness FS 10:00 Moderate Fitness FS 10:00 to 1:00 Cowboy Games Mining for Gems, Tin Can Target Practice, & Horseshoe Toss TG</p> <p>10:30 Reading Theater TD</p> <p>11:00 Sit and Fit FS 1:00 Pinochle CT 1:00 Heygo Live Travel Experience TC</p> <p>1:30 Out to Publix</p> <p>3:00 Blackjack & Poker TG 3:00 Quarter Bingo TC 6:00 Game Time TG 6:30 "Meet My Dog" Social out at the Dog Park Treats for you and your dogs All Welcome! Sign up Req'd by 20th</p> <p>7:00 Virtual Bowling TC</p> 	<p>9:30 Watercolor Class TG 23</p> <p>10:00 Saturday Shuttle Service Sign up Req'd</p> <p>10:30 Water Aerobics</p> <p>12:30 Bridge TG 1:00 Movie & Popcorn "Minari" TD</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p>   <p>2020 PG-13 1h 55m Heartfelt</p>
<p>8:30 Out to Church 24</p> <p>11:00 Quarter Bingo TG 11:30 Catholic Service with Barbara CH 1:00 Murder Mystery Movie & Popcorn "Mystery of the Blue Train" TG</p> <p>1:00 Palm Bay Senior Center "Craft & Vendor Fair" Sign Up Req'd</p> <p>1:30 Bridge CT 2:00 Rummikub CT 2:30 Non-Denominational Church Service with Music CH</p> <p>4:30 Virtual Bowling TC 4:30 Ice Cream Social BT 5:00 Rosary Prayer Service CH</p> 	<p>9:00 Active <i>Balance</i> Class FS 25</p> <p>10:00 Knitting Club CT 10:00 Moderate <i>Balance</i> Class FS 10:00 Come Meet the New Dining Director Gilberto & Your New Fountains Neighbors TC</p> <p>11:00 Sit and Fit <i>Balance</i> FS 1:00 Virtual Bowling TC 1:30 Out to Publix</p> <p>1:30 Stretching Class FS 2:00 Inventions That Changed the World TD</p> <p>3:00 Quarter Bingo TG 6:00 Game Time TG 6:30 Hand and Foot Game TG 7:00 Virtual Bowling TC</p>	<p>9:00 Active Fitness FS 26</p> <p>9:00 Library & Post Office 9:30 Round Table Menu Chat **TD 9:30 to 10:30 HUR Balance</p> <p>10:00 Cribbage CT 10:00 Sit Down with Sandy TC</p> <p>10:30 Water Aerobics</p> <p>11:00 Sit and Fit FS 11:00 Watermelon Contest TC</p> <p>11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge TD 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart</p> <p>1:30 Mahjong CT 2:00 **Tai Chi FS 2:00 **Blackjack & Poker TG</p> <p>3:00 Divine Mercy Chaplet CH 3:00 Rabbi Craig Mayers Travel to the Caribbean TD</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p>	<p>8:30 PAFB and Bealls 27</p> <p>9:00 Active Fitness FS 9:00 to 1:00 Blood Pressures One Senior Place WC</p> <p>10:00 Moderate Fitness FS 11:00 Sit and Fit FS 11:00 Quarter Bingo TC</p> <p>1:00 Virtual Bowling TC 1:30 Wal-Mart Marketplace</p> <p>1:30 Stretching Class FS 4:00 Christmas in July Happy Hour Dress in Holiday Attire TC</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p> 	<p>9:00 Active Fitness FS 28</p> <p>10:00 Moderate Fitness FS 10:30 Train Dominoes TG 10:30 Water Aerobics</p> <p>11:00 Sit and Fit FS 12:00 Friendly Bridge TD 1:00 Virtual Bowling TC 1:00 Meet & Greet if you were an "Engineers or Scientist" come join us! TG</p> <p>1:00 Out to the Target & Kohls 1:30 Walgreens and CVS</p> <p>1:30 Mahjong CT 3:00 Bible Fellowship CH 3:00 Guest Speaker: Gene Terkoski Director, Managed Care Pharmacy at Health First "Let's Talk Medications" TC</p> <p>4:00 Out to Dinner New England Eatery Sign Up Req'd</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p>	<p>9:00 Active Fitness FS 29</p> <p>10:00 Moderate Fitness FS No Reading Theater</p> <p>11:00 Sit and Fit FS 11:00 Garden Club Meeting CH</p> <p>1:00 Pinochle CT 1:00 Heygo Live Travel Experience TC</p> <p>1:30 Out to Publix</p> <p>3:00 Blackjack & Poker TG 3:00 Quarter Bingo TC 4:30 Meet the Rabbi TD 5:00 Service with Rabbi Craig TD</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p> 	<p>9:30 Watercolor Class TG 30</p> <p>10:00 Saturday Shuttle Service Sign up Req'd</p> <p>10:30 Water Aerobics</p> <p>12:30 Bridge TG 1:00 Movie & Popcorn "Dog" TD</p> <p>3:00 July Birthday Party TC All Welcome</p> <p>6:00 Game Time TG 7:00 Virtual Bowling TC</p>   <p>2019 PG-13 1h 49m Comedy</p>

8:30 Out to Church **31**

11:00 Quarter Bingo TG
11:30 Catholic Service with Barbara CH
1:00 Murder Mystery Movie & Popcorn "Cards on The Table" TG

1:30 Bridge CT
2:00 Rummikub CT
2:30 Non-Denominational Church Service with Music CH

4:30 Virtual Bowling TC
4:30 Ice Cream Social BT
5:00 Rosary Prayer Service CH



SPACE COAST Honor Flight


Attention all Veterans you are invited to the Space Coast Honor Flight Luncheon

Tuesday, July 19th leaving at 10:30am
Lunch: 11:15am at Captain Hiram's in Sebastian
(Lunch is at your own expense)

Start or continue your Space Coast Honor Flight experience, by have lunch together! Sign Up Req'd



We are collecting school supplies for Palm Bay Elementary. The Kids and Teachers need our help. In the month of July, we will have a Box in the lobby to collect supplies:



- Boxes of Tissues
- Boxes of Ziplocs (All Sizes)
- Plastic Pencil Boxes (small)
- Dry Erase Markers (fine tip)
- #2 Yellow Pencils (pre-sharpened)
- Wide-Ruled Composition Notebooks
- Elmer's Glue Sticks
- Earbuds/ Headphones
- Colored Pencils
- Folders with pockets (no prongs)