

Kitchen Korner

Dreamy Nighttime Drink

Ingredients

1 cup milk
1 teaspoon of honey
2 drops vanilla extract
1 pinch of ground cinnamon

Directions

1. Pour milk into microwave safe mug and place in microwave
2. Cook on high until milk begins to foam, about 3 minutes

Remove from microwave and stir in honey and vanilla, then sprinkle with cinnamon before serving

This warm milk flavored with honey, vanilla and cinnamon will put you right to bed.



Barb

Marketing Muses

Please Join me for therapeutic exercise

to help maintain strength and improve balance to

decrease your risk for falls. Every Wednesday

at 10am in the Activities room.

Anne



Anne



RESIDENTS OF THE MONTH:



July Birthday's

Aron L 7/06

Avy M. 7/08

Betty W. 7/18

James W. 7/18

Anna Marie M.
7/31



We want to thank Rosie for making sure our duck friends and other little creatures are being properly fed everyday. Its always nice to look out he window and see the ducks waiting for Rosie.



Jack is such a wonderful and happy guy. Whether its his singing and dancing or his jokes you can always be sure that Jack is going to be the life of any activity he comes to.



Teammate of the Month: Jonte

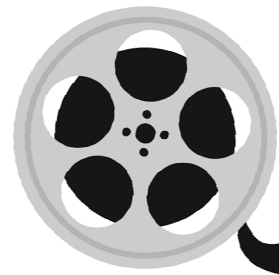
“Jonte I such a kind, and efficient worker, he is probably one of the best hires I've ever had in all my years of food service. Since day one all the residents have loved him.”

-Staff

“The Greatest Wealth is Health”



Monthly Movies



Date	Time	Movie
7/1	1:30	St Vincent
7/2	3:00	Unacknowledged: An Expose of the worlds greatest secret
7/6	1:30	Keanu
7/7	1:30	The Ghost and Mr. chicken
7/13	3:00	We Bought a Zoo
7/14	1:30	Life of pi
7/16	3:00	Brooklyn
7/20	3:00	Strictly Ballroom
7/21	1:30	Raising Arizona
7/27	3:00	The legend of Tarzan
7/28	1:30	The Scarlet Pimpernel

