



### *From the desk of Regina Cole, Shores Program Director*



July is celebrated with fireworks and barbecues. This month, we celebrate our nation's birthday. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure day. We are blessed to live in a land with such freedom and opportunity, protected by such brave men and women. Please join us in the Shores for our Patriotic Parade on Saturday, July 4th at 4:00 p.m.

We will be decorating wheelchairs and walkers, flags and banners throughout the day and will parade through the community in the afternoon. On Thursday, July 30th, we will be celebrating our monthly dance party. The theme is "And the Beat Goes On" with guest appearances from Sonny and Cher. Together, we will all dance "The Bump," a 1970s

fad dance introduced by Johnny Spruce in which the main move is to lightly "bump" hips on every other beat of the music. We encourage you to look at the calendar for details of our other events, outings and classes.

*Freedom's natal day is here. Fire the guns and shout for freedom, See the flag above unfurled!  
Hail the stars and stripes forever, Dearest flag in all the world.  
~Florence A. Jones*

*Welcome to  
the Shores!*

Robert Mandel

### *Resident Spotlight*



The son of Mary and Manuel Varela, Raul was born in Los Angeles in 1937 where he met his high school sweetheart and wife of 55 years, Mary. He went to college at Loyola University as an Undergraduate and continued on to Dental school at Creighton University. In 1964, he returned to Los Angeles to open his dental practice.

Dr. Varela was largely credited for performing the first successful dental implant and sat on the American board of General Dentistry throughout most of his career. Raul also had an interest in Real Estate and developed several industrial and medical buildings in the Greater Los Angeles area. Those buildings continue to be managed by his lovely wife, Mary.

Raul is an avid Golfer and has won several amateur championships; he also enjoys tennis and skiing. His two daughters, Celeste and Elise, both graduated from USC and reside in Southern California. He has also been blessed with a beautiful granddaughter, Manuela. Raul brings such positive light to the Shores every day. He is always smiling and after his daily morning walks; he never forgets to deliver a small bouquet of flowers, freshly picked from the wild flower garden, to our concierge.

# Memorable Moments...



## Nurse's Corner

By: Martine Phillips  
Shores Nurse

### Nutrient of the Month

Calcium is one of the most vital minerals for the human body, and it's also one of the most abundant. Your bones and teeth store 99 percent of your body's calcium. This rich supply is needed for a strong skeleton and plays an essential role in blood clotting and muscle, nerve and hormone functions. Dairy products such as milk, cheese and yogurt are often go-to sources of calcium. Look to green, leafy vegetables, sardines, tofu, almonds and sunflower seeds for other ways to work in this much-needed nutrient.



## Workshops Led By Gerontologist Dr. Jane Mahakian

*Educational Workshop*  
Tuesday, July 28th at 4:30 p.m.

*Family Support Group*  
Thursday, July 30th at 4:30 p.m.

Director of Elder Care Programs at the University of California San Francisco for nearly ten years, Dr. Mahakian is President of Aging Matters, Inc. a geriatric care management company that specializes in working with adults afflicted with dementia and their families. She is also the founder of the Cognitive Impairment Resource Council of Orange County.

CALL TODAY TO RSVP!  
(949) 629-2100  
For more details, ask for Dee Vollendorff.

# ACTIVITIES CALENDAR - July 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**LEGEND**

- BE Brainpower Enhancement
- ST Spirituality/Inspiration
- CE Creative Expression
- SE Social/Entertainment
- PW Physical Wellness
- FF Family & Friends
- IA Civic Contribution/Intergenerational Activities

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:00 A Nondenominational Service with Laura ● ST  
 1:00 Table Games ● FF  
 2:00 Landmarks of the World ● SE  
 3:00 Alphabet Minute Game ● BE  
 4:00 "Can You Picture This? Family Camping" ● CE  
 7:00 Sing-a-Long Sunday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:45 Music with Kim ● SE  
 1:00 Table Games ● FF  
 1:30 Music for the Soul with Marce ● ST  
 3:30 "Double Trouble Card Game" ● CE  
 4:00 Movie Star Wheel of Fortune ● SE  
 7:00 Musical Monday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
**10:00-2:00 Outing** ● SE  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 1:00 Table Games ● FF  
 2:30 Cranium Crunches with Berna ● BE  
 3:30 Art-Pen to Paper ● CE  
 4:00 Sing-a-Long ● CE  
 7:00 Tickler Tuesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Let's Be Detectives  
 "Camping Detective" ● BE  
 11:30 Category Word Game ● BE  
 1:00 Table Games ● FF  
 2:30 Active Game with LeeAnna ● PW  
 2:30 Chris & Lacey: A Pet Visit ● CE  
 4:00 Batter-Up Game ● CE  
 7:00 Western Wednesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Zumba with Michelle ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Bingo ● BE  
 1:00 Table Games ● FF  
 2:30 Live Entertainment/Shores ● SE  
 4:00 Discussion from "Older & Wiser"  
 (Stories of Humor & Wisdom) ● CE  
 7:00 Theatrical Thursday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Geography Game ● BE  
 1:00 Table Games ● FF  
 1:45 Grandma's Kitchen:  
 Almond Butter Cookies ● CE  
 3:45 Table Shuffleboard ● PW  
 7:00 Movie and Popcorn: Funny Friday Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise ● PW  
 10:30 Lounge Activities ● BE  
**11:00 Outing/Scenic Drive** ● ST  
 1:00 Group Games ● BE  
 3:00 High Tea ● SE  
 4:00 Music Participation ● CE  
 7:00 Movie and Popcorn: Slap-Stick Saturday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Tour de France Mining &  
 Other Word Games ● BE  
 11:00 A Nondenominational Service:  
 "A Generosity of Spirit" ● ST  
 1:00 Table Games ● FF  
 2:30 Let's Talk: "It's a Grand Old Flag!" ● SE  
 4:00 Family Feud ● BE  
 7:00 Sing-a-Long Sunday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:15 Crazy Daze/Reminiscing ● SE  
 11:00 Music with Kim ● SE  
 1:00 Table Games ● FF  
 1:30 Music for the Soul with Marce ● ST  
 3:15 Discussion: Poison Ivy - No Friend of Mine ● CE  
 4:00 Balloon Volleyball ● PW  
 7:00 Musical Monday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
**10:00-2:00 Outing** ● SE  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:15 Lounge Activities ● BE  
 1:00 Table Games ● FF  
 2:30 Cranium Crunches with Berna ● BE  
 3:30 Fun in the Sun - Matching Game & More ● BE  
 4:00 Sing-a-Long ● CE  
 7:00 Tickler Tuesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Story: "A Long Way Home" ● CE  
 11:30 Double Trouble Card Game ● BE  
 2:30 Chris & Lacey: A Pet Visit ● CE  
 2:30 Active Game with LeeAnna ● PW  
 3:30 Cooking Show with Rosie ● CE  
 4:00 Color Wheel ● BE  
 7:00 Western Wednesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Zumba with Michelle ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Musical Bingo ● BE  
 1:00 Table Games ● FF  
 2:30 Live Entertainment/Shores ● SE  
 4:00 Discussion from "True Love" from  
 "Chicken Soup for the Soul" ● CE  
 7:00 Theatrical Thursday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 July Art ● CE  
 1:00 Table Games ● FF  
 1:45 Grandma's Kitchen:  
 Sweet & Creamy Coconut Balls ● CE  
 3:45 Beanbag Toss ● PW  
 7:00 Movie and Popcorn: Funny Friday Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
**11:00 Outing/Scenic Drive** ● ST  
 1:00 Group Games ● BE  
 3:00 High Tea ● SE  
 4:00 Music Participation ● CE  
 7:00 Movie and Popcorn: Slap-Stick Saturday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:15 Crazy Daze/Reminiscing ● SE  
 11:00 A Nondenominational Service with Laura ● ST  
 1:00 Table Games ● FF  
 2:30 Discussion: "Off the Beaten Path" ● CE  
 3:30 "Keep It Up!" - A Physical Game ● BE  
 7:00 Sing-a-Long Sunday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:45 Music with Kim ● SE  
 1:00 Table Games ● FF  
 1:30 Music for the Soul with Marce ● ST  
 3:15 Butterfly Net Game ● BE  
 4:00 Heads or Tails Game ● CE  
 7:00 Musical Monday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
**10:00-2:00 Outing** ● SE  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:15 Lounge Activities ● BE  
 1:00 Table Games ● FF  
 2:30 Cranium Crunches with Berna ● BE  
 3:30 Art-Pen to Paper ● CE  
 4:00 Sing-a-Long ● CE  
 7:00 Tickler Tuesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Paths Categories & More Word Games" ● BE  
 1:00 Table Games ● FF  
 2:30 Art with LeeAnna ● CE  
 2:30 Chris & Lacey: A Pet Visit ● CE  
 4:00 Color Wheel Game ● CE  
 7:00 Western Wednesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Zumba with Michelle ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Sound Bingo ● BE  
 1:00 Table Games ● FF  
 2:30 Live Entertainment/Shores ● SE  
 4:00 Discussion from "Chicken Soup  
 for the Golden Soul" ● CE  
 7:00 Theatrical Thursday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:00 Lounge Activities ● BE  
 11:30 Trivia & Discussion ● BE  
 1:00 Table Games ● FF  
 1:45 Grandma's Kitchen: Trail Mix ● CE  
 3:45 Bananagrams ● BE  
 7:00 Movie and Popcorn: Funny Friday Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise ● PW  
 10:30 Lounge Activities ● BE  
**11:00 Outing/Scenic Drive** ● ST  
 1:00 Group Games ● BE  
 3:00 High Tea ● SE  
 4:00 Music Participation ● CE  
 7:00 Movie and Popcorn: Slap-Stick Saturday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:00 A Nondenominational Service:  
 "Telling Our Stories... Sharing Our Lives" ● ST  
 1:00 Table Games ● FF  
 2:30 Flower Power Game ● CE  
 3:30 It's All in the Words ● SE  
 7:00 Sing-a-Long Sunday ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:15 Crazy Daze/Reminiscing ● SE  
 10:45 Music with Kim ● SE  
 1:00 Table Games ● FF  
 1:30 Music for the Soul with Marce ● ST  
 3:15 "Picture It" ● BE  
 4:00 A Group Discussion: "Gone Fishin'" ● CE  
 7:00 Musical Monday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
**10:00-2:00 Outing** ● SE  
 10:30 Crazy Daze/Reminiscing ● SE  
 11:15 Lounge Activities ● BE  
 1:00 Table Games ● FF  
 2:30 Cranium Crunches with Berna ● BE  
 3:45 Travelogue: "Escape to Paradise" ● CE  
 4:30 Sing-a-Long ● CE  
 7:00 Tickler Tuesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Give Me Five" Word Game ● BE  
 11:30 "Don't Lose Your Chips" Game ● BE  
 2:30 Chris & Lacey: A Pet Visit ● CE  
 2:30 Active Game with LeeAnna ● PW  
 4:00 Paper Tag ● BE  
 7:00 Western Wednesday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Zumba with Michelle ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Musical Bingo ● BE  
 1:15 Helping Hands for Party Set-Up ● CE  
 2:30 Monthly Party: The Beat Goes On! ● SE  
 4:00 Discussion from A Book of Miracles ● CE  
 7:00 Theatrical Thursday Movie Night ● SE

9:00 News and Views ● BE  
 9:45 Walking Club ● PW  
 10:00 Total Body Exercise/Dancing ● PW  
 10:30 Crazy Daze/Reminiscing ● SE  
 10:30 Lounge Activities ● BE  
 11:00 Word Games: Monarch Butterfly Mining ● BE  
 1:00 Table Games ● FF  
 1:45 Grandma's Kitchen: Sweet Blueberry Rolls ● CE  
 3:45 Miniature Golf ● PW  
 7:00 Movie and Popcorn: Funny Friday Night ● SE

**Dancing for the Month:**  
**THE BUMP**

