



# NEWSLETTER

JULY 2025

Adult Medical Daycare

Senior Center Plus

Dementia Care



**At Life Enrichment, your loved one will benefit from meaningful programs, quality health care, and opportunities for socialization.**



Please visit our website for a digital version of the newsletter



### 07/2 Wednesday 4th of July Crafts



### 07/3 Thursday Independence Day

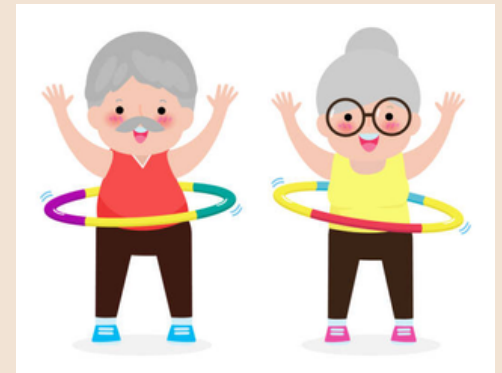


### 07/5 Saturday Field-Trip Farmers Market

### 07/16 Wednesday Ice Cream Crafts

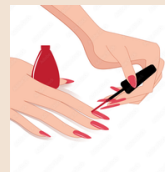


### 07/19 Saturday Performance By Tacy Foundation



### 07/23 Wednesday Ball Hula Hoop

### 07/25 Friday Ice Cream Day



### 07/31 Thursday Hair Cut & Nails

### Shopping Days

- 07/1 - Walmart
- 07/8 - Aldi
- 07/15 - Gabe's
- 07/22 - Giant Eagle
- 07/29 - Ollie's



### Every Saturday

### Recurring Activities

- Every Thursday: Tai Chi Class
- Every Friday: Music Class



• Check with the calendar


ALL ACTIVITIES ARE SUBJECT TO CHANGE



# July 2025 Menu

Milk, Tea, and Water offered with all meals



SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Breakfast: Cheese omelette, raisin bread, fruit  Lunch: Grilled salmon w/ multi-grain croissant, strawberry balsamic w/ strawberry dressing & roasted butternut squash	<b>2</b> Breakfast: Egg salad, cheerios, fruit  Lunch: Ranch avocado turkey w/ spinach tortilla wrap, fruit ambrosia salad & German potato salad	<b>3</b> Breakfast: Turkey bacon, mixed berry pancake casserole, fruit  Lunch: Mancotti (Cheese) w/ marinara sauce, garlic bread, carrots & Italian green beans	<b>4</b>  <b>4<sup>th</sup> of July Center closed</b>	<b>5</b> Breakfast: Turkey sausage, rice kripies, fruit  Lunch: Shrimp po'boy sandwich w/ lettuce, tomatoes & remoulade sauce, coleslaw & fruit
6	<b>7</b> Breakfast: Scrambled eggs, oatmeal, fruit  Lunch: Steak cheese sub w/ pepper & onions, French fries, mango & blueberries	<b>8</b> Breakfast: Egg cheese & hashbrown potato casserole, raisin toast, fruit  Lunch: Tuna salad on multi-grain croissant, daikon salad, pea & onion salad	<b>9</b> Breakfast: Turkey sausage, granola, fruit  Lunch: Hawaiian flat bread pizza w/ ham (pork), baked sweet potato & vegetable blend	<b>10</b> Breakfast: Vegetable & cheese quiche, blueberry muffin, fruit  Lunch: Beef hamburger w/ lettuce & tomato, baked beans & melon	<b>11</b> Breakfast: Turkey bacon, lettuce & tomato sandwich, fruit  Lunch: Potato encrusted pollock fillets, garlic bread, tossed salad & mixed fruit	<b>12</b> Breakfast: Bean & cheese burrito, grits, fruit  Lunch: Turkey reuben w/ sauerkraut, rye bread, German potato salad & apple cranraisin salad
13	<b>14</b> Breakfast: Scrambled eggs, pancakes w/ fruit topping, fruit  Lunch: Breaded chicken tenders w/ pasta salad, watermelon arugula & feta salad	<b>15</b> Breakfast: Turkey sausage, corn flakes, Hashbrown patty  Lunch: Italian sub (poultry, beef & pork) lettuce, tomato & onion, yogurt carrot slaw w/ raisin & mixed fruit	<b>16</b> Breakfast: Hard fried egg, banana bread w/ raisins, fruit  Lunch: Vegetarian enchiladas w/ corn tortillas, black bean brown rice, mixed vegetable & pineapple	<b>17</b> Breakfast: Bean & cheese burrito, grits, fruit  Lunch: Spinach stuffed tilapia w/ lemon dill sauce, multi-grain croissant, spinach & roasted carrots	<b>18</b> Breakfast: Egg cheese & hashbrown casserole, fruit  Lunch: Beef bulgogi on tossed salad w/ pearl couscous salad, apple slaw	<b>19</b> Breakfast: Turkey bacon, cheerios, fruit  Lunch: Chicken fried brown rice, vegetable egg roll & broccoli
20	<b>21</b> Breakfast: Hard fried egg, waffles w/ fruit topping, fruit  Lunch: Chicken curry, w/ wild rice, pea & carrots, baked sweet potato	<b>22</b> Breakfast: Turkey sausage, rice krispies, fruit  Lunch: BBQ beef Meatballs w/ garlic bread, mixed vegetables & pineapple	<b>23</b> Breakfast: Scrambled eggs w/ vegetables, raisin bread, fruit  Lunch: Ceviche (catfish) Spinach tortilla wrap, broccoli slaw & yogurt fruit ambrosia	<b>24</b> Breakfast: Smoked turkey, oatmeal w/ blueberries, fruit  Lunch: Hawaiian flat bread pizza w/ ham (pork), baked sweet potato & vegetable blend	<b>25</b> Breakfast: Vegetable & cheese quiche, cheerios, fruit  Lunch: Turkey reuben w/ sauerkraut, rye bread, German potato salad & apple cranraisin salad	<b>26</b> Breakfast: Turkey bacon, mixed berry pancake casserole, fruit  Lunch: Grilled Salmon, multi-grain croissant, strawberry kale salad w/ starwberry balsamic dressing & roasted butternut squash
27	<b>28</b> Breakfast: Scrambled egg, multi-grain croissant, hashbrown patty  Lunch: Beef bulgogi on tossed salad, pearl couscous salad & apple slaw	<b>29</b> Breakfast: Cheese omelette, raisin bread, fruit  Lunch: Vegetarian enchiladas w/ corn tortillas, black bean brown rice, mixed vegetables & pineapple fruit	<b>30</b> Breakfast: Turkey sausage, granola, fruit  Lunch: Shrimp po'boy sandwich w/ lettuce, tomatoes & remoulade sauce, French bread roll, coleslaw & mixed fruit	<b>31</b> Breakfast: Turkey bacon, lettuce & tomato sandwich, fruit  Lunch: Breaded chicken tenders w/ pasta salad, watermelon, arugula & feta salad		

Menu items are subject to change according to availability.



# JULY 2025

ALL ACTIVITIES  
ARE SUBJECT TO  
CHANGE



MON

TUE

WED

THU

FRI

SAT

	<p>8:30 Morning Exercise <b>1</b> 9:45 <b>Shopping-Walmart</b> 9:45 Strength Exercise 10:45 Coloring</p>	<p>8:30 Morning Exercise <b>2</b> 9:45 Chair Yoga 10:45 4<sup>th</sup> of July Crafts</p>	<p>9:00 Independence Day Celebration <b>3</b> 9:45 Bingo 10:45 Tai Chi</p>	<p><b>HAPPY Independence Day</b> <b>4</b> Center Closed</p>	<p>8:30 Morning Exercise <b>5</b> 9:45 Field-Trip Farmers Market 11:00 Super Bingo</p>
<p>8:30 Morning Exercise <b>7</b> 9:45 Bingo 11:00 Summer Crosswords</p>	<p>8:30 Morning Exercise <b>8</b> 9:45 <b>Shopping-Aldi</b> 9:45 Ball Games 10:45 Movie Time</p>	<p>8:30 Morning Exercise <b>9</b> 9:45 Stretch Band Exercise 10:45</p>	<p>8:30 Morning Exercise <b>10</b> 9:45 Bingo 10:45 Tai Chi</p>	<p>8:30 Morning Exercise <b>11</b> 9:45 Bingo 10:45 Card Game</p>	<p>8:30 Morning Exercise <b>12</b> 9:45 Bible Group 11:00 Super Bingo</p>
<p>8:30 Morning Exercise <b>14</b> 9:45 Bingo 11:00 Story Starters <b>Stories</b></p>	<p>8:30 Morning Exercise <b>15</b> 9:45 <b>Shopping-Gabe's</b> 9:45 Stretching 10:45 Board Games</p>	<p>8:30 Morning Exercise <b>16</b> 9:45 Strength Movement 10:45 Ice cream</p>	<p>8:30 Morning Exercise <b>17</b> 9:45 Bingo 10:45 Tai Chi</p>	<p>8:30 Morning Exercise <b>18</b> 9:45 Bingo 10:45 French Class</p>	<p>8:30 Morning Exercise <b>19</b> 9:45 Music Performance By <b>Tacy Foundation</b> 11:00 Super Bingo</p>
<p>8:30 Morning Exercise <b>21</b> 9:45 Bingo 11:00 Pencil Sketch</p>	<p>8:30 Morning Exercise <b>22</b> 9:45 <b>Shopping-Giant Eagle</b> 9:45 Fingers Exercise 10:45 Painting</p>	<p>crafts <b>23</b> 8:30 Morning Exercise 9:45 Ball Hula Hoop 10:45 Rock Painting</p>	<p>8:30 Morning Exercise <b>24</b> 9:45 Bingo 10:45 Tai Chi</p>	<p><b>Ice Cream Day</b> <b>25</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Scoops &amp; Smiles</p>	<p>8:30 Morning Exercise <b>26</b> 9:45 Bible Group 11:00 Super Bingo</p>
<p>8:30 Morning Exercise <b>28</b> 9:45 Bingo 11:00 Mural</p>	<p>8:30 Morning Exercise <b>29</b> 9:45 <b>Shopping-Ollie's</b> 9:45 Movement 10:45 Puzzles</p>	<p>8:30 Morning Exercise <b>30</b> 9:45 Mobility Exercise 10:45 Butterfly Origami</p>	<p><b>Hair Cut &amp; Nails</b> <b>31</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>		





July is Juvenile Arthritis (JA) Awareness Month. It's a time dedicated to raising awareness about juvenile arthritis, a condition that affects children and teens. The month also focuses on supporting those affected by the disease and promoting early diagnosis and treatment, according to Summit Orthopedics.

### What is Juvenile Arthritis?

Juvenile arthritis (JA) encompasses various rheumatic diseases that affect children under 16. It's not just one disease, but an umbrella term for a range of conditions, including Juvenile Idiopathic Arthritis (JIA). JIA, the most common form of JA, is an autoimmune condition where the body's immune system mistakenly attacks its own joints.

**JUVENILE ARTHRITIS FACTS**

- Juvenile Arthritis is never the same from one child to another.** (Icon: two children)
- 1 in 1000 children develops some type of juvenile arthritis.** (Icon: group of people)
- The most prevalent form of juvenile arthritis peaks at 2-3 years old and may continue well into adulthood** (Icon: baby)
- 40% of children with juvenile arthritis have positive rheumatoid factor. The presence of rheumatoid factor increases the likelihood of the child getting RA as an adult.** (Icon: test tube)



# July Birthdays

May this birthday bring you lots of amazing moments and wonderful memories!



**Sopha**

**Shunyao**



**Thomas**

**Be**

**Faosat**



# Fun moments!





# Special Day!

**FIELD DAY**



If you have any questions or require additional information, please don't hesitate to contact our friendly staff

**Front Desk: 301-378-2950**

- General inquiries
- Attendance updates

**Social Work: 240-422-7166**

- Refer a friend/family
- Application inquiries
- Medicaid assistance

**Nursing: 240-928-0041**

- Dementia care
- Illness management
- Medication management
- Preventative care

**Transportation: 301-338-1461**

- Pick-up and drop-off
- Transport to medical appointments, grocery shopping, etc.

**Stay Connected**

**Follow us on social media to stay updated on the latest happenings, view event photos, and engage with our vibrant community.**