



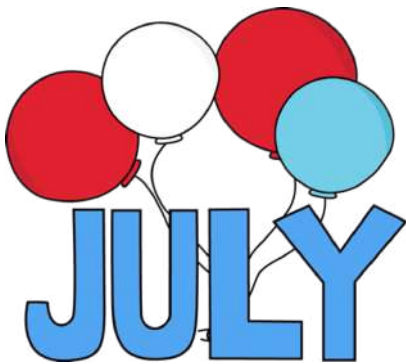
**The Legacy
of St. Michael**
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



Happy Birthday!

AL

Paul (Archie) K. - July 2nd

Ruth S. - July 7th

Arlene C. - July 8th

Ervin E. - July 9th

MC

Delvina (Del) B. - July 1st

Douglas (Doug) S. - July 12th

Verna B. - July 27th

Camille M. - July 29th



USA Independence Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2024 is on Thursday, July 4.

June's Joyful Moments



Benefits of Pineapple

- Rich in fiber, which helps regulate digestion
- Calcium and manganese makes bones and teeth stronger
- Contains vitamin A and Vitamin C, which fight against viruses
- Neutralizes acidity
- Keeps gums healthy and strong
- Prevents muscular degeneration
- Reduces pain of arthritis
- Beta carotene improves eyesight
- Contains phosphorus and potassium

July Events

Activities

July- Virtual Event

Monday @ 2:00pm (CR)- FDR Presidential Museum

Culinary Chat & Chef Demo

Culinary Chat gives Residents an opportunity to inquire about Menu changes and concerns to Chef Lindsay. Tuesday, July 9th @ 1:00pm (CR)

Chef Demo- Sit back and watch our Culinary Team prepare a special snack, with options to get a first taste. Tuesday, July 9th @ 1:30pm (CR)

Sing-a-Long Choir

Practices will resume in July as we start preparing for a Patriotic Tribute Concert in August

Travel & Trivia

Online Friendly-Competition of Trivia, Jeopardy, Wheel of Fortune and other games. Travel the world Virtually, as well. The possibilities are endless.



Twisted Bingo

Wednesdays

Twisted Bingo w/ Pamela is back! Play Bingo with a twist to the standard Game!



Accordion Serenade

by Linda B

Wednesday, July 17th @ 4:30 in the (DR)



Marketing Director

Lisa Toms

Pick your Neighbors and Refer a Friend!

If your friend moves in.... you will receive \$500 off one month's rent, and they receive \$500 off their first month's rent as well!

Please see Lisa in Marketing if you have a referral. "Good friends make nice neighbors; nice neighbors make good friends!"

Lisa Toms, Marketing Director, 763-497-0171 .

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." ~Sophia Loren

Community Updates

July Excursions

Hyvee, Dollar Tree, Aldi's, Walmart, Rogers and Elk River Farmers Market, Lunch at Pizza Ranch, St. Michael Senior Center for BINGO, St Michael Cinema for private movie showing,

Singo

Combining the nostalgia of Music & Bingo. Come and join our special guest Alana for 90 minutes of Singo (not your normal Bingo).

Monday, July 22 @ 2:00pm in the (DR).

Happy Birthday Ervin E!

Ervin and his family will be celebrating his Birthday by bringing the entertainment and the cupcakes to all of his friends at The Legacy.

Tuesday, July 9th @ 2:30pm in the (DR)

St Michael Royalty visit

Let's welcome this year's Royalty! they will be bring some treats and lots of friendly smiles.

Thursday, July 18 @ 1:30pm in the (CR)

Lifespark Grip Games start on Tuesday, July 16th @ 1:00pm (CR) and The Really Big Show Stats are on Fridays @ 1:00pm, starting on July 19th (CR)

Resident Council

The Monthly Resident Council Meeting will be conducted on Thursday, July 25th @ 2:00 in the (DR)

Podiatry

Wednesday, July 24th from 9:00am - 1:00pm (CR)

Appointments are MANDATORY!

The appointment book is available at the FRONT DESK Monday - Friday, 8am -8pm and Weekends from 9:30am - 4:00pm from July 12th - July 22nd.

* Insurance paperwork must be filed with Nursing Office by the 19th.

* if no appt is made, you will be considered a walk-in and might not get to be seen by Podiatrist/receive services in a different location of building.



Legacy of St Michael



July Birthday Celebration w/ Kevin Wegman is on Wednesday, July 24th @ 1:30pm (DR)



Watch the Activity Schedules for pop-up Ice Cream socials!



Summer Songs w/ Jerry Fisher on Wednesday, July 3rd @ 1:30 (DR)

"I love living. I love that I'm alive to love my age. There are many people who went to bed just as I did yesterday evening and didn't wake this morning. I love and feel very blessed that I did." ~Maya Angelou