

# Arbor North News

August 2017



What a fun filled, event packed month we have had: Hot Air Jubilee, Trip to Jiffy Plant, Bonfire and Smores, Thompkins Center Tractor Pull, Smiles on Wheels, Rudy's Drive-In and Rock Painting were just a few of our fun events. We had a great Ladies Night Out with 20 of our beautiful gals joining us at the Hunt Club. And the Men's Coney Club enjoyed a great meal at Virginia Coney Island.

## What's Happening

As we look ahead to the next month, there are a couple of special activities to be looking forward to: Hawaiian Luau in the 3rd, Jackson Fair Trip on the 7th, Downtown Picnic in the Park on the 8th, and a visit from the Jackson Sheriff Department for a presentation on Senior Scams. We will also be celebrating National Marshmallow Day and National Best Friend Day!!



*Nancy enjoying time with her reading buddy!*



*Harold and Janette with some of their family!*



**August Birthdays:**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 <sup>st</sup> - Maxine Putnam  | 21 <sup>st</sup> - Bea Travilla |
| 3 <sup>rd</sup> - Vida Myers     | 24 <sup>th</sup> - Mary Wilson  |
| 4 <sup>th</sup> - Elsie Swanberg | 31 <sup>st</sup> - Dick Ruede   |
| 8 <sup>th</sup> - Winnie Good    |                                 |

The Monthly Birthday Celebration will be on Friday, August 4<sup>th</sup> at 3:30. We will be enjoying Root Beer Floats. This is open to all residents. Come help us celebrate all of our August birthdays and new residents!



**Health & Wellness**

<p><b>Yoga and Meditation:</b></p> <p>Join Becky every Monday and Friday at 10:00 am. This is a very low impact, relaxing workout. Good for body and soul!!</p>	<p><b>Exercise and Strength Building:</b></p> <p>Join Linda and Becky LaRue every Tuesday, Wednesday and Thursday at 10:00 am. This is sure to get your heart pumping and work on building muscular strength</p>
<p><b>Blood Pressure Clinic</b></p> <p>This Month the Blood Pressure Clinic will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays:          July 5<sup>th</sup> and 19<sup>th</sup>          From 8:30-9:30          In the Arbor Room</p>	<p><b>Fitness Room:</b></p> <p>Arbor North's Fitness Room is available for your personal use. Located next to the activity room, come check out the equipment.</p>

## Regularly Scheduled Events

### **MEIJER RUN**

Meijer run is every Tuesday. The bus leaves at 1:30pm to drop off and returns at 3:15pm to pick up.

### **BEAUTY/BARBER SHOP**

Our Salon has been completely remodeled. It is open on Thursday & Friday from 8:30am to 5:00pm. Please call Valerie at 517 250-1507 to schedule an appointment.

### **CHOIR PRACTICE**

Practice will be every Thursday at 3:30pm in the Music Room. Kevin is always looking for new members!

### **VISITATION COMMITTEE**

The visitation visits will be on Fridays at 1:30pm. The Visitation Team will visit those who are in the hospital or rehab. If you are interested, please contact Becky.

### **MENS BREAKFAST**

The mens breakfast will be on Thursday, August 3rd at 8:00am in the activity room.

### **MENS NIGHT OUT**

The monthly Mens Night Out will be on Friday, August 18th at 4:30pm.

### **CROUCH MUSIC JAM**

We will be going to enjoy the music on August 8<sup>th</sup> and the 22nd at 1:15

### **LADIES BREAKFAST - HALL #3**

Ladies Breakfast will be on Thursday, August 17th at 8:00am in activity room

### **LADIES NIGHT IN**

Ladies Night In will be on Thursday, August 24th at 4:30pm. Our favorite Elvis Impersonator, Collin will be performing



### **DINNER OUT**

We are going out to Roosters on Thursday August 10<sup>th</sup> at 4:30. This is a pay your own event.

### **LUNCH BUNCH**

Our Hall Lunches are Friday, August 11<sup>th</sup> for Hall 4, and Friday, August 25<sup>th</sup> for Hall 5.

### **RED HATTERS Lunch Out**

The Red Hatters will be going out for lunch to the Wooden Spoon with Linda at 11:00 on Tuesday, August 29<sup>th</sup>.

## JACKSON COUNTRY FAIR

Join us for a trip to the Fair on Monday, August 7<sup>th</sup>. We will leave at 10:30 and enjoy the Elvis Impersonator show. Afterwards, we will be eating lunch. Make sure you bring your money so you can gobble up some yummy fair food!!



## Best Friends Tea

We will be celebrating National Best Friend Day on Tuesday August 15<sup>th</sup>. Join us for tea and bring your best friend and pictures of you and your friends. (your guest does not need to be a resident.

Tuesday August 15<sup>th</sup>

10:30 am

Activity Room





**Anita Ruede**

**Pat Kandell**

ARBOR NORTH

KEVIN & LEIGH GANTON: OWNERS

BOBBY GANTON: ADMINISTRATOR

MOLLY SPITLER: OFFICE MANAGER

BECKY GILLMORE: COMMUNITY  
ENRICHMENT DIRECTOR

LIINDA VANWAGONER: ACTIVITY  
DIRECTOR

TOMMI WILDS: KITCHEN MANAGER

REID GANTON: MANAGING DIRECTOR

3000 Kingsbrooke Dr

Jakckson, MI 49202

(517)787-8000

WE LOVE  
OUR VOLUNTEERS

BONFIRE: Thursday, July 20<sup>th</sup> at 4:30  
Music with Steve Berkmeier  
Come help us roast s'mores!

Have a talent, hobby, or special skill  
that you would like to share?

We are always looking for new and  
exciting ideas and ways to get  
involved in our community.

Arbor North is looking for someone to  
help lead a worship service on  
Sundays.

If you are interested in helping  
with any of these, please contact  
Becky or Linda