

Happenings

SAVE THE DATE

Family Wine
& Cheese

Thursday, August 13th

Living Room
Lectures

Professor Jeffrey Davis
Tuesday, August 4th &
Tuesday, August 18th

Art Historian
Lynette Michel

Thursday, August 27th



We are Planting Gardens and Growing Friendships!



Tips From Our Aegis Garden Club

"Plant the flowers that God will take care of" ~ Ethel

"The garden is a busy place, be there when the time is right." ~ Stella.

"Dad's are best at cultivating the soil" ~ Liz.

"Don't over water" ~ Kathy.

"Hydrating the garden and ourselves on warm days is important!" ~ Vern

Happy Gardening!



Bringing the Outdoors Indoors!

We are thrilled to announce the arrival of our indoor mobile garden! Our residents, along with our Eldergrow Founder, Orla, have established a beautiful garden complete with herbs and flowers! Horticulture therapy lifts mood, reduces anxiety, improves agility and gives us something to look forward to, like budding a blossom!

Gardens are a form of autobiography.
~Sydney Eddison

Life Enrichment Events & Activities

August 2015



Satoru and Emmett enjoying Men's Club.



Stalla and Luca getting to know each other!



Vern with a green shirt and a green thumb!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEDICAL APPOINTMENTS 26 Transportation to medical appointments is available Tuesdays from 8:00 am to 4:00 pm and Wednesdays from 8:00 am to 12:00 pm. Please contact our Concierge for information.	THE AEGIS SALON 27 Our Aegis Salon is open on Tuesdays from 2:00 pm to 4:00 pm and on Thursdays from 10:00 am to 4:00 pm. Appointments can be made with our Concierge.	28	29	30	31	GIRLFRIENDS DAY 1 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 The Daily Chronicle 11:30 Picnic Outing! 1:30 Flower Arranging & Flute 3:00 Three @ 3:00 Manicures & Pedicures, Music and Tools of the Trade: Men's Club 6:00 Flute and Friends Tea Party
SISTERS' DAY 2 9:30 NewsCurrents & Smoothies 10:00 Ball Toss & Stretch 10:45 The Daily Chronicle & Sunday Funnies 1:30 Hymn Sing 3:00 Three @ 3:00: Bell Choir 3:30 Sunday Drive 6:00 Casino Night 6:00 Evening Movie	WATERMELON DAY 3 9:30 NewsCurrents & Smoothies 10:00 Chair Yoga with Gloria 10:45 The Daily Chronicle 1:30 Music by Mary Lord 2:30 Bible Study 3:00 Three @ 3:00: Sing Along 4:00 Happy Hour! 6:00 Silver Screen Cinema Classics: The Black Swan	CHICAGO'S BIRTHDAY 4 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:30 Professor Jefferey Davis Living Room Lecture Series 1:30 Bell Choir 3:00 Three @ 3:00: Masterpiece Art Project, Reading & Puzzles 4:00 Walk & Talk 6:00 Cooking Club	TRAFFIC LIGHT DAY 5 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 Daily Chronicle & Name 5 1:30 Shopping Trip to Fred Meyer 1:45 Taste of Aegis with CJ 3:00 Three@3:00: Sing Fit: 1940's Scenic Drive & Puzzles 4:00 Balloon Volleyball 6:00 Krafting with Kris	HAPPY BIRTHDAY LUCY 6 9:30 NewsCurrents & Smoothies 10:00 Happy Steps 11:00 Joke Circle & Word Games 1:30 Music by Chris Yates 2:30 Holy Rosary Church Visit 3:00 Three @ 3:00: X Box 4:00 Fish Tales 6:00 Cultural Adventure 6:00 Evening Movie	CARAT DAY 7 9:30 NewsCurent's & Smoothies 10:00 Balance Fit with Lisa 11:00 Mind Benders 1:30 Garden Club 2:30 TED Talk: Gemstones 3:00 Three @ 3:00: Sing Fit 4:00 Happy Hour! 6:00 Evening Movie 6:00 Drum Circle	DUCK RACE DAY 8 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 The Daily Chronicle 11:30 Picnic Outing! 1:30 Flower Arranging & Flute 3:00 Three @ 3:00 Manicures & Pedicures, Music and Tools of the Trade: Men's Club 6:00 Flute and Friends Tea Party
SMOKEY BEAR'S BIRTHDAY 9 9:30 NewsCurrents & Smoothies 10:00 Ball Toss & Stretch 10:45 Daily Chronicle & Sunday Funnies 2:00 Visit from Edgewood Baptist 3:00 Three @ 3:00: Bell Choir 3:30 Sunday Drive 6:00 Casino Night 6:00 Evening Movie	SHOOTING STARS DAY 10 9:30 NewsCurrents & Smoothies 10:00 Chair Aerobics with Kris 10:45 The Daily Chronicle 1:30 Music By Joanne Davis 2:30 Bible Study 3:00 Three @ 3:00: Sing Along 4:00 Happy Hour! 6:00 Silver Screen Cinema Classics: The Best Years	INSTANT COFFEE DAY 11 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 11:00 The Daily Chronicle 11:30 Trivia Time! 1:30 Bell Choir 3:00 Three @ 3:00: Spa Hour, Reading & Puzzles 4:00 Walk & Talk 6:00 Cooking Club	INTERNATIONAL YOUTH DAY 12 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 Daily Chronicle & Name 5 1:30 Shopping Trip to Fred Meyer 1:45 Garden Club 3:00 Three@3:00: Sing Fit: 1920's Scenic Drive & Reading 4:00 Balloon Volleyball 6:00 Krafting with Kris	SOUTHPAW DAY 13 9:30 NewsCurrents & Smoothies 10:00 Happy Steps 11:00 Joke Circle & Word Games 1:15 Music by Jim Wulf 2:30 Holy Rosary Church Visit 3:00 Three @ 3:00: X Box 4:00 Bridge Club 5:30 Family Wine & Cheese 6:00 Music Meditation	WORLDWIDE ART DAY 14 9:30 NewsCurent's & Smoothies 10:00 Balance Fit with Lisa 11:00 Mind Benders 1:30 Kitchen Creations 2:30 TED Talk: Art 3:00 Three @ 3:00: Sing Fit 4:00 Happy Hour! 6:00 Evening Movie 6:00 Drum Circle	BEST FRIENDS DAY 15 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 The Daily Chronicle 11:30 Picnic Outing! 1:30 Flower Arranging & Flute 3:00 Three @ 3:00 Manicures & Pedicures, Music and Tools of the Trade: Men's Club 6:00 Flute and Friends Tea Party
KLONDIKE DAY 16 9:30 NewsCurrents & Smoothies 10:00 Ball Toss & Stretch 10:45 Daily Chronicle & Sunday Funnies 1:30 Hymn Sing 3:00 Three @ 3:00: Bell Choir 3:30 Sunday Drive 6:00 Casino Night 6:00 Evening Movie	MAE WEST DAY 17 9:30 NewsCurrents & Smoothies 10:00 Chair Yoga with Gloria 10:45 The Daily Chronicle 1:30 Music by Tony Mullin 2:30 Bible Study 3:00 Three @ 3:00: Sing Along 4:00 Happy Hour! 6:00 Silver Screen Cinema Classics: Heaven Knows	ROBERT REDFORD DAY 18 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:30 Professor Jefferey Davis Living Room Lecture Series 1:30 Resident Council Meeting 3:00 Three @ 3:00: Masterpiece Art Project, Reading & Puzzles 4:00 Walk & Talk 6:00 Cooking Club	AVIATION DAY 19 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 Daily Chronicle & Name 5 1:30 Shopping Trip to Fred Meyer 1:45 Taste of Aegis with CJ 3:00 Three@3:00: Sing Fit: Love Songs, Scenic Drive & Puzzles 4:00 Balloon Volleyball 6:00 Krafting with Kris	LEMONADE'S BIRTHDAY 20 9:30 NewsCurrents & Smoothies 10:00 Happy Steps 11:00 Joke Club & Word Games 1:30 Hymn Sing LIVE 2:30 Holy Rosary Church Visit 3:00 Three @ 3:00: X Box 4:00 Fish Tales 6:00 Cultural Adventure 6:00 Evening Movie	POET'S DAY 21 9:30 NewsCurent's & Smoothies 10:00 Balance Fit with Lisa 11:00 Mind Benders 1:30 Garden Club 2:30 TED Talk: Poetry 3:00 Three @ 3:00: Sing Fit 4:00 Happy Hour! 6:00 Evening Movie 6:00 Drum Circle	CADILLAC'S BIRTHDAY 22 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 The Daily Chronicle 11:30 Picnic Outing! 2:00 Flower Arranging & Flute 3:00 Three @ 3:00 Manicures & Pedicures, Music and Tools of the Trade: Men's Club 6:00 Flute and Friends Tea Party
"SINGING IN THE RAIN" DAY 23 9:30 NewsCurrents & Smoothies 10:00 Ball Toss & Stretch 10:45 Daily Chronicle & Sunday Funnies 2:00 Visit from Westgate Chapel 3:00 Three @ 3:00: Bell Choir 3:30 Sunday Drive 6:00 Casino Night 6:00 Evening Movie	PALINDROMIC DAY 24 9:30 NewsCurrents & Smoothies 10:00 Chair Aerobics with Kris 10:45 The Daily Chronicle 1:30 Carol & Harriet Perform 2:30 Bible Study 3:00 Three @ 3:00: Sing Along 4:00 Happy Hour! 6:00 Silver Screen Cinema Classics: River of No Return	DETECTIVE DAY 25 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 11:00 The Daily Chronicle 11:30 Trivia Time! 1:30 Bell Choir 3:00 Three @ 3:00: Spa Hour, Reading & Puzzles 4:00 Walk & Talk 6:00 Cooking Club	NATIONAL DOG DAY 26 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 Daily Chronicle & Name 5 1:30 Shopping Trip to Fred Meyer 1:45 Garden Club 3:00 Three@3:00: Sing Fit: 1920's Scenic Drive & Reading 4:00 Balloon Volleyball 6:00 Krafting with Kris	BANANA LOVERS DAY 27 9:30 NewsCurrents & Smoothies 10:00 Happy Steps 11:00 Living Room Lecture with Art Historian Lynette Michael 1:30 Misuc by Gerald Boude 2:30 Holy Rosary Church Visit 3:00 Three @ 3:00: X Box 4:00 Bridge Club 6:00 Music Meditation	COLLEGE COLORS DAY 28 9:30 NewsCurent's & Smoothies 10:00 Balance Fit with Lisa 11:00 Mind Benders 1:30 Kitchen Creations 2:30 TED Talk: Education 3:00 Three @ 3:00: Sing Fit 4:00 Happy Hour! 6:00 Evening Movie 6:00 Drum Circle	MARY POPPINS' BIRTHDAY 29 9:30 NewsCurrents & Smoothies 10:00 Balance Fit with Lisa 10:45 The Daily Chronicle 11:30 Picnic Outing! 1:30 Flower Arranging & Flute 3:00 Three @ 3:00 Manicures & Pedicures, Music and Tools of the Trade: Men's Club 6:00 Flute and Friends Tea Party

Aegis of Edmonds Staff Directory

Debra Moore.....General Manager

Deb Gavner...Assistant General Manager

Sylvana Rinehart..... Marketing Director

Phil OneskiMaintenance Director

Lisa Haynes..... Life Enrichment Director

CJ Nielson.....Culinary Services Director

Jennifer Grand..Business Office Manager



"It's been 40 years since I went to a ball game. This day was worth a million bucks!" Colonel John

Employee of the Month

Mary Schultz was honored as employee of the month in June. She is part of our Life Enrichment team and has been with Aegis for five years. She tells us "The most rewarding part of my day is interacting with the residents and learning new things from them".



Thank you for your outstanding service Mary!

Mariners Game!
Thanks to all who joined us for a great day at the ball game in July. The event was brimming with fans, fun and friendship!



Aegis Living

of Edmonds

21500 72nd Avenue W
Edmonds, WA 98026