

## Independent Living

Greetings and a warm August welcome to all our valued residents at our independent living senior community! We hope you're relishing the wonderful summer season. As we enter the new month, we are thrilled to share some delightful news and upcoming events with you.

Firstly, let's savor the last moments of our Summer Concert Series together! Join us for a series of Thursday evening cookouts, where you can indulge in scrumptious food while enjoying the company of fellow residents. Immerse yourself in the magic of live music as we present a diverse lineup of talented artists, including some fresh new faces who will showcase their extraordinary skills. Prepare to be serenaded with enchanting melodies, filled with joy, and surrounded by laughter. Be sure to mark your calendars for these evenings of pure delight.

## Personal Care

To satisfy our sweet cravings, we're hosting a delightful sundae social. Indulge in various ice cream flavors, delicious toppings, and refreshing treats. It's a perfect opportunity to gather, share stories, and enjoy the delightful combination of flavors that make summer even sweeter.

Maintaining a healthy mind and body is of utmost importance, so we are thrilled to introduce Evening Yoga in the courtyard. Starting this month, every Wednesday at 7:00 PM, we invite you to join us for a relaxing yoga session under the open sky. The courtyard will serve as a serene sanctuary for this rejuvenating practice. Led by a qualified instructor, you will have the opportunity to stretch, strengthen, and restore your body and mind. Whether you are a beginner or an experienced practitioner, this session is designed to cater to all levels of flexibility and mobility. So, put on your comfortable clothing, bring your yoga mats, and let the peaceful ambiance of the courtyard enhance your overall well-being.



## Memory Support Neighborhood



Join us as we go back in time several decades to the swinging sixties! Come to a fantastic '80s party with us on August 22 at 3:00 p.m. Pose in our vintage photo booth and get ready to swing and roll with our fantastic Elvis impersonator.

Amidst all the merriment and mayhem, our garden maintains its robust growth and radiant beauty. You are cordially invited to join us in this thriving haven. Whether you have a green thumb or just enjoy the peace and quiet of nature, we guarantee that time spent in our garden will be enjoyable and relaxing. Together, with our help, you can create an oasis of calm and tranquility by tending to the plants we give.

LEGACY RESERVE  
AT FRITZ FARM

# THE JOURNAL

The Monthly Newsletter of the Legacy Reserve at Fritz Farm Community

## Employee of the Month

### Carrie Moore

Our resident benefits from Carrie's dedication to excellence and ability to brighten our elders' spirits. Her warmth, exuberant excitement, and limitless energy have brought joy, purpose, and community to our people. Our company is lucky to have Carrie, and her passion inspires us.

Congratulations, Carrie!

We look forward to seeing your continued success and great influence on our senior residents.

### August Birthdays

Robert Elliot 1<sup>st</sup>  
Letitia King 9<sup>th</sup>  
Malcolm Zchem 14<sup>th</sup>  
Mary Ann Cooper 15<sup>th</sup>  
Celia Mislade 12<sup>th</sup>  
Gwen Long 16<sup>th</sup>  
Anne Raker 18<sup>th</sup>  
William Browning 22<sup>nd</sup>  
Eloise Spradin 23<sup>rd</sup>  
Lois Shapiro 24<sup>th</sup>  
Lewis Bryant 26<sup>th</sup>  
Karen Petry 29<sup>th</sup>  
Rita Thomas 29<sup>th</sup>

Greetings!

What a wonderful Summer we have had in Lexington at Fritz Farm. We are so grateful for this mild summer, allowing us to enjoy all the beauty of the bluegrass.

A few reminders we wanted to send out to our residents and resident family members include our dog policy at Legacy Reserve. This is a reminder that dogs are not allowed in the courtyard, or any eating area including the Bistro. Dogs should also always be on a leash outside of your apartment. All dog waste is to be disposed in the dog waste areas around our community. We love our furry friends, but it is important to follow these guidelines to keep our community beautiful and a happy place for all.

Our dining program is working to trial a lunch subscription for Independent Living residents at our community. This trial would come at a discounted rate to current residents. It would be in addition to rent – although it would be cost effective for those who consistently eat three meals a day at our community. Please be on the lookout for more information from our Dining Team! As always please feel free to come to my office with questions or comments!

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## Special Events

End of Summer Hoedown on Thursday, August 31<sup>st</sup> at 4:00pm in our courtyard. Enjoy our cookout while listening to an awesome new country artist!