

## 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

For September, we would like to highlight a team member who works in our Memory Support neighborhood, Alycia Bell. Alycia has grown in her roll and is a natural leader who works well with each department.

Thank you for your knowledge, hard work, and kind heart. We are a better place because of you.

## Birthdays

## Message from the Executive Director

Happy September!

We hope everyone had a great time at the Hoedown. Madison and the whole activity team did such a wonderful job in decorating, and making sure we all had a great time!

This month we will also be having out Golf Scramble to benefit the Alzheimer's Association. It will be held on September 13<sup>th</sup> at Kearney Hills Golf club. If you are not able to come spend the day golfing with us, other areas of involvement include the bake sale on September 12<sup>th</sup> or donating for our team walk group. Please see an activity associate for more details.

The last week of September we will be celebrating Oktoberfest. A traditional fall celebration to celebrate Harvest, friends, family, and fun. We have pulled out all of the stops for this event, so we hope you can make it. Please invite your family and friends to come and celebrate with us!

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