

JULY 2023



Hillside Terrace
SENIOR LIVING

Happy summer and Happy Birthday to America!

Something new this year we've never experienced, just like with COVID, the new air quality alerts are changing our daily lives. Similarly to what we all just lived through with the pandemic, the best advice we can give currently, if you do want to go outside on the days where the air quality is very poor, we recommend wearing a face mask. This is especially true for seniors or if you have a history of respiratory issues. Please be sure to monitor the air quality levels daily, if you cannot look this up on your own, you can ask the receptionist and they can help. We will not require you to stay inside, however we do ask that you do not open your patio doors or your apartment windows, and we will not be opening the courtyard doors on the days that the air quality reports are very poor, for everyone's protection.

We want to wish everyone a safe and healthy 4th of July and summer, welcome to all new additions to the Hillside family!

*Nanya and Vic Litz
Chief Operating Owners*



Happy Birthday Residents!

*Gladys Booth 7/1
Miriam Wolf 7/2
Karen Houghton 7/8
Mary Jean 7/11
Loraine Stindt 7/13
Mary "Peggy" Bishop 7/13
Consuelo Sepulveda 7/26*

Happy Birthday Team Members!

*Vaneesha Sellers 7/1
Mary Ward 7/5
Desi Kostadinova 7/9
Eric Barrie 7/12
Joe Smith 7/13
Deb Lepkowski 7/24
Hunter Rose 7/25*

JULY

SUNDAY	MONDAY	TUESDAY
2 2:00 Movie & Popcorn	3 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	4 Independence Day! 9:30 Exercise 10:30 Arts & Crafts 2:00 Red, White & Blue Ice Cream Sundaes 3:30 4th of July Music with Generations Trio
9 3:00 Chapel	10 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	11 9:30 Exercise 10:30 Word Games 1:30 Verna's Exercise 3:00 Movie & Popcorn 4:00 Catholic Mass
16 2:00 Movie & Popcorn	17 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	18 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Resident Council Meeting
23 3:00 Chapel	24 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	25 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:30 Music: Jim & Suzanne
30 3:00 Chapel	31 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
5 9:30 Exercise 10:30 Cards & Games 2:00 Bingo 3:30 Sweet Treats 4:15 Garden Walk	6 9:30 Exercise 10:30 Trip to Ann Arbor Library 1:30 Communion 2:00 Meijer 3:30 Piano with Ed	7 9:30 Exercise 10:30 News & Views 2:00 Shopping outing at Target	8 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
12 Wellness Day 9:30 Exercise 2:00 Bingo 3:30 Sweet Treats 4:15 Garden Walk	13 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 2:00 Meijer 4:15 Manicures	14 9:30 Exercise 10:30 News & Views 12:00 Lunch out at Applebee's 3:30 Music: Brad & July Birthday Party	15 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
19 9:30 Exercise 10:30 Cards & Games 2:00 Music: San & Laz Duo 3:30 Sweet Treats 4:15 Garden Walk	20 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 1:30 Communion 2:00 Meijer 3:30 Piano with Ed 4:15 Manicures	21 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	22 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
26 9:30 Exercise 10:30 Cards & Games 12:00 Lunch out at P.F. Chang's 3:30 Sweet Treats 4:15 Garden Walk	27 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 1:30 Communion 2:00 Meijer 4:15 Manicures 7:00 WCCB Summer Concert	28 9:30 Exercise 10:30 News & Views 2:00 Bingo for Bucks 3:30 Word Games	29 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man

Special Activities

**4th of July Celebration with Treats
& music with Generations Trio**

**July 7th – Shopping outing to
Target**

**July 14th – Lunch out at
Applebee's**

**July 26th – Lunch out at P.F.
Chang's Chinese Restaurant**

**July 27th – Washtenaw
Community Concert Band
Summer Concert**



NEWS FROM ACTIVITIES

Hello everyone and Happy Independence Day! Join us on the 4th for some yummy red, white, and blue sundaes to stave off the inevitable heat followed by phenomenal music by the Generations Trio!

By popular demand, we will be heading out for two lunches a month while we have good traveling weather. This month, we head to two new restaurants for us! Check your calendars for our trips to Applebee's and P.F. Chang's for delicious lunches. Other outings include our monthly trip to the Westgate branch of the Ann Arbor Public Library and our shopping trip this time is to Target.

Lastly, we head to see the incredible Washtenaw Community Concert Band in their summer concert to hear patriotic songs, folk songs and 80s favorites.

*Everyone is Welcome,
Erin Klein & Eryn Springstead*

Message from your
**Hillside Resident's
Council:**

Our great staff cares for us all year round, month after month. Please consider recognizing them by donating to the year-end bonus fund with a check to "Hillside Resident's Council" or at hillsideterrace.net under the "Contact" tab