

2110 Woodridge Drive, Hendersonville, NC 28739

WEEKLY WORD: STAY CONNECTED EDITION

JULY 1—JULY 5TH

NEWS

BE KIND TO EACH OTHER

HOUSE MEETING

UPCOMING SOCIALS

Ali and Abigail's double holiday social is **July 4th!** It will be an inhouse cook out.

Abigail's social will be **July 13th** thrifting. Food TBD

UPCOMING CLOSURES

July 4th

We will be having a clubhouse Fashion Show! If you are interested let Lora know!

Member Wi-Fi and new tech is being set up and should be operational soon!

We will be having our picnic next month on Tuesday **July the 9th!** Park TBD. Let us know if you have a suggestion.

Our staff luncheon will be on the third Monday of every month going forward. This month's will be Bangers and Mash with Gravy on **Monday July 22nd.**

WELLNESS TIPS FROM MEMBERS:

"Count to 10 to calm yourself."

"Take a walk."

"Take 10 deep breaths."

"Eat healthy. Plan meals out."

"Go to the YMCA to work out."

THRIVE CAFÉ: MENU



Monday	Chef's Salad
Tuesday	Orange Chicken Stir Fry
Wednesday	Broccoli and Cheese Casserole
Thursday	4TH OF JULY COOKOUT
Friday	Grilled Cheese and Tomato Soup

INDEPENDENCE DAY

WORD SEARCH PUZZLE



HAPPY 4th OF JULY!

The words appear UP,
DOWN, BACKWARDS, and
DIAGONALLY.
Find and circle each word.

C S T A T E S F D A S M P F N
B P K H W M S E L T J M A C O
H I L R J S T R N A A I R V I
O C G F O I E E A S G N T A T
L N L N N W M M E T R D Y C A
I I A U I U E L A M S E B A N
D C T D N P C R O G S P A T Z
A C A O E N M D I E Y E R I Y
Y R M N U M E A P F E N B O T
P E E W T E O I C T E D E N R
G M R V R H R C I G U E C A E
P M I F U T E H R D L N U X B
N U C I S F W M P A B C E R I
V S A W P A R A D E C E R E L
K E T A R B E L E C R Y I D L

AMERICA
ANTHEM
BARBECUE
BLUE
CAMPING
CELEBRATE
DEMOCRACY

FIREWORKS
FLAG
FREEDOM
GAMES
HOLIDAY
INDEPENDENCE
LIBERTY

MONUMENTS
NATION
PARADE
PARTY
PICNIC
RED
STARS

STATES
STRIPES
SUMMER
UNCLE SAM
UNITED
VACATION
WHITE

