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“Friends are flowers in the garden of life!”
**Special Events**

**Tuesday August 1st:**

**Entertainment:**
2pm Auditorium
Come listen to Jim Corenti’s Musical talents on the piano.

**Wednesday August 2nd:**

**Entertainment:** 2pm Auditorium
Join Mark Dezii for his singing performance.

**Entertainment:** 6:30pm Auditorium
Come listen to the musical talents of David Gattes on the steel drum!

**Thursday August 3rd:**

**Watermelon Social:** 2pm Auditorium
Celebrate National Watermelon Day with some refreshing watermelon.

**Tuesday August 8th:** Presentation
Tuesday August 8th:

Ballroom Dancing:

2pm Auditorium

Join us for our second beginners ballroom dance class. Walkers are welcome!

Thursday August 10th:

Horse Racing: 2pm Auditorium

Spend a fun afternoon at the track routing for your favorite horse!

Friday August 11th:

Painting with Jazzy Jen:

2pm Auditorium

Jazzy Jen is back for another painting class! Join her for some fun.

Saturday August 12th: Jewelry Sale

10am Auditorium

All jewelry will only be $5.00! Do not miss this beautiful event. Come
Saturday August 12th:
**Philly Senior Stage Performance:**
6:30pm Auditorium
Get ready for a stunning performance of Razzle Dazzle, preformed by the great Philly Senior Stage!

Monday August 14th:
**Entertainment:**
2:30 Auditorium
Listen to the soothing voice of Craig Sachell as he serenades the Fountains.

Tuesday August 15th:
**Budesa Brothers:**
2pm Auditorium
Come on out to hear the Budesa Brothers sing while accompanying themselves on the piano and guitar!

Wednesday August 16th:
**Crafts with Felicia:**
2:30pm Auditorium
**Friday August 18th:**

**Nutritional Seminar:** 11am Auditorium

Come learn how to create a healthy lifestyle, and fuel your body with the proper nutrition!

**Sunday August 20th & 27th:**

**Instructed Yoga:**

11am Auditorium

Stretch and unwind with yoga by Bridgette!

**Sunday August 20th:**

**Music with Iosif and Eleanor:**

2pm Auditorium

Listen to the musical stylings of Iosif, accompanied by the lovely Eleanor on vocals.

**Monday August 21st:**

6:30pm Auditorium

Come see this one of a kind performance by Lon Gibson, singing while accompanying himself on the piano and cello!
Tuesday August 22nd:

**Ballroom Dancing:**

2pm Auditorium

“Dance to inspire, dance to freedom, life is about experiences so dance and let yourself become free.”

Wednesday August 23rd:

**Birthday Party:**

2:30 pm Auditorium

Join us to celebrate our wonderful residents with August birthdays!

Thursday August 24th:

**Magic Show:**

2pm Auditorium

THE magic IS ENDLESS
Friday August 25th:

**Dance is Life performance:**
2pm Auditorium

Come watch a delightful and memorable program of Classic American Popular Music.

Tuesday August 29th: 12pm

**New Resident Luncheon:**
12pm Auditorium

This is a time for all New Residents to come together and meet! Lunch will be provided!

Wednesday August 30th:

**Clay Workshop:**
2:30pm Auditorium

Come sculpt your own wall pocket.

Thursday August 31th:

**Horticultural:**
2pm Auditorium

Come experience the art of gardening!

Always do your best. What you plant now,
“Your Never Too Old To Laugh!”

“You can live to be a hundred if you give up all the things that make you want to live to be a hundred.”

“Count your life by smiles, not tears. Count your age by friends, not years.”

“None are so old as those who outlived enthusiasm.”

“The surprising thing about young fools is how many survive to become old fools.”

“Age is Wisdom, if one has lived ones life properly.”

“Old age takes away what we’ve inherited, and gives us what we’ve earned.”

“It is easier to get older than it is to get wiser.”

“I never feel age... If you have creative work, you don’t have age or time.”

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”

“In order to be old and wise, one must once be young and stupid.”

“The longer live the more beautiful life becomes.”

“Wrinkled was not one of the things I wanted to be when I grew up.”

“Live your life and forget your age.”
“You know you are getting old when it feels like the morning after, and you haven't been anywhere.”

“I’m not aging, I’m marinating.”

“I have a photographic memory. Unfortunately, it no longer offers same day service.”

“I just let my mind wander, and it didn’t come back.”

“You know you are getting old when everything hurts, and what doesn’t hurt doesn’t work”

“Aging is not “lost youth” but a new stage of opportunity and strength.”

“I’ve got a good memory, but it’s short.”

“Beautiful young people are acts of nature, but beautiful old people are works of art.”

“You can only perceive real beauty in a person as they get older.”

“You know your old when you can’t get your rocking chair started.”

“At my age— I’ve got achy, breaky everything.”

“Age is a number, and mine is unlisted.”

“You know your getting old when you sink your teeth into an apple and they stay there.”

“To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living.”

“Live your Life”
How often do you try new things?  
If you never try you’ll never know what your capable of!

**Great Questions of Life** - It is always interesting to learn about fellow resident’s life stories. Come join us to reminisce amongst each other.

**Test The Brain** - I’m sure your smarter than you think! Come give your brain a workout by playing fun games that sharpen your mind.

**Q-Bitz** - Say goodbye to boredom and challenge your mind and each other with this fun filled puzzle game.

**New Activities**

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Game on!  
Challenge Yourself!
New Activities Cont.

**Paper Flower Class**—Come make your own bouquet of beautiful paper flowers.

**Musical Bingo**—Music bingo is a fun filled and fast paced take on traditional bingo. Players are given a bingo card where traditional bingo numbers have been replaced with song names, music titles, or both!

**Collage Making**—The best thing about making a collage is that there are NO rules. Collages can be made up of all different things. Pictures, magazine clippings, ribbon etc. **Please bring** pictures of your own that you can use with the other material that will be supplied for this class!

**Music and Movement with Susan**—Susan Mantz will be holding a music and movement class in AL2. The class is being held on the 2nd Wednesday, and last Wednesday of the month.

“Let The Music Move You”
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<thead>
<tr>
<th>Sunday</th>
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<tr>
<td>AU– Auditorium</td>
<td>A3– A wing 3rd Floor</td>
<td>10am Dance Band: AU</td>
<td>9:30am Stretch &amp; Bend: AU</td>
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<td>CH– Clubhouse</td>
<td>D209– D Wing 2nd Floor</td>
<td>10:30am Mindful Meditation: D209</td>
<td>9:30am Stretch &amp; Bend: AU</td>
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<td>FL– Fire Side Lounge</td>
<td>F2– F Wing 2nd Floor</td>
<td>11am Clare Medical Presentation: AU</td>
<td>10am Bank/Post Office: AU</td>
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<td>11am Walking Club</td>
<td>11am Word N Word: AU</td>
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<td>1:15pm Yoga: AU</td>
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<td>2pm Ballroom Dancing Class: AU</td>
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<td>2pm Toss &amp; Talk About: CH</td>
<td>6pm Out to Dinner</td>
<td>2:30pm Trivia: CH</td>
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<td>11am “Morning Pokeno”: AU</td>
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<td>11am Instructed Yoga with Bridgette: AU</td>
<td>1pm The Fabulous Feet: AU</td>
<td>10am Bank/Post Office: AU</td>
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<td>10am ShopRite</td>
<td>1:30pm NO Yoga: AU</td>
<td>11am Jewelry Making</td>
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<td>11am Make Your Own Paper Flowers: AU</td>
<td>1:30pm Arts &amp; Craft: A3</td>
<td>1pm Worship Service</td>
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<td>1pm Billiards</td>
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<td>1:30pm Bingo: AU</td>
<td>2pm Tell Your Story: CH</td>
<td>6:30pm Movie: AU</td>
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<td>2pm Tell Your Story: CH</td>
<td>6:15pm Wl Bowling: FL</td>
<td>6:30pm Card Games: AU</td>
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<td>6:30pm Lon Gibson: AU</td>
<td>6:30pm NO Card Games: AU</td>
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<td>11am Summer Craft: AU</td>
<td>11am Word N Word: AU</td>
<td>11am Art Therapy: AU</td>
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<td>Bend: AU</td>
<td>9:30am Yoga; AU</td>
<td>9:30am Stretch &amp; Bend: AU</td>
<td>10am ShopRite/Dollar Store</td>
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<tr>
<td>Office: CH</td>
<td>10am In-House Thrift Shop; F913</td>
<td>10am Ocean City Bus Trip</td>
<td>11am Catholic Services; AU</td>
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<td>Card: AU</td>
<td>10am Walmart</td>
<td>10:30am Intro Wii Bowling; F2</td>
<td>11:45am Lunch Outing: CH</td>
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<td>Service: AU</td>
<td>11am Walking Club</td>
<td>11am Decorating Cookies; AU</td>
<td>1:30pm Bingo: AU</td>
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<td>Ill: AU</td>
<td>1pm Gym Class; AU</td>
<td>1pm Billiards</td>
<td>6:30pm Movie: AU</td>
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<tr>
<td>Games (Steal Drums): AU</td>
<td>2pm Sing Along W/Tony; CH</td>
<td>2pm Rosary: CL</td>
<td>6:30pm Card Games: AU</td>
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<td>6:15pm Wii Bowling; FL</td>
<td>6:30pm Movie: AU</td>
<td>6:30pm Happy Hour: FL</td>
<td>6:30pm Bingo: AU</td>
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**Let’s Play Bingo!**

| Bend: AU | 9:30am Stretch & Bend: AU | 9:30am Stretch & Bend: AU | 10am ShopRite/Dollar Store |
| Office: CH | 9:30am Yoga; AU | 10am Stella Farms Bus Trip | 11am Catholic Services: AU |
| Zions of Life: AU | 10am Walmart | 10:30am Intro Wii Bowling; F2 | 11am Catholic Services: AU |
| Service: AU | 11am The Game Goat: AU | 11am Pastries & Juice: FL | 11:45am Lunch Outing: CH |
| Assistance Meeting with Susan: AU | 1pm Gym Class; AU | 12:30pm Michael’s Craft Store Bus Trip | 1:30pm Bingo: AU |
| H | 2pm Horse Racing: AU | 1pm Billiards | 6:30pm Philly Senior Stage Performing: AU |
| Games: AU | 2pm Sing Along W/Tony; CH | 1pm Rosary: CL | 6:30pm Movie: AU |
| 6:15pm Wii Bowling; FL | 2pm Happy Hour: FL | 2pm Painting with Jazzy Jen: AU | 6:30pm Card Games: AU |
| 6:30pm Movie: AU | 2pm Movie: AU | 6:30pm Movie: AU | |

**Let’s Play Bingo!**

| Bend: AU | 9:30am Yoga; AU | 9:30am Stretch & Bend: AU | 10am ShopRite/Dollar Store |
| Office: CH | 10am Walmart | 9:30am Stretch & Bend: AU | 11am Catholic Services: AU |
| Train: AU | 11am The Game Goat: AU | 10am Amish Mart Bus Trip | 11am Catholic Services: AU |
| Service: AU | 1pm Gym Class; AU | 10:30am Intro Wii Bowling; F2 | 11:45am Lunch Outing: CH |
| Felicia: AU | 2pm NO Sing Along W/Tony: CH | 11am Nutrition Talk with Caroline: AU | 1:30pm Bingo: AU |
| Games: AU | 2pm Resident Meeting: AU | 1pm Billiards | 6:30pm Movie: AU |
| 3pm 1939 Hollywood’s Greatest Year: AU | 1pm Rosary: CL | 6:15pm Wii Bowling; FL | 6:30pm Movie: AU |
| 6:30pm Movie: AU | 2pm Happy Hour: FL | 6:30pm Movie: AU | |
| Birthday Party: AU | 2pm Doug: AU | 2pm Movie: AU | |
| Games: AU | 2pm Sing Along W/Tony; CH | 2pm Dance is Life Show: AU | |
| 6:15pm Wii Bowling; FL | 6:30pm Movie: AU | 2pm NO Happy Hour: FL | 6:30pm Card Games: AU |

Celebrate!

| Bend: AU | 9:30am Yoga; AU | 9:30am Atlantic City Bus Trip | 10am ShopRite/Dollar Store |
| Office: CH | 10am Walmart | 9:30am Stretch & Bend: AU | 11am Catholic Services: AU |
| Collage Making: AU | 11am Dance Class for PD: AU | 10:30am Intro Wii Bowling; F2 | 11:45am Lunch Outing: CH |
| Service: AU | 1pm Gym Class; AU | 11am Chef’s Corner: D209 | 1:30pm Bingo: AU |
| Workshop: AU | 1pm Billiards | 6:30pm Movie: AU | |
| 2pm Horticultural Class: AU | 1pm Rosary: CL | 6:15pm Wii Bowling; FL | |
| 6:30pm Movie: AU | 2pm Sing Along W/Tony: CH | 2pm Movie: AU | |
| 6:15pm Wii Bowling; FL | 6:30pm Movie: AU | 2pm Movie: AU | |

**Celebrate!**

| Bend: AU | 9:30am Yoga; AU | 9:30am Stretch & Bend: AU | 10am ShopRite/Dollar Store |
| Office: CH | 10am Walmart | 10am Stretch & Bend: AU | 11am Catholic Services: AU |
| Collage Making: AU | 11:30am New Resident Luncheon: AU | 10:30am Intro Wii Bowling; F2 | 11:45am Lunch Outing: CH |
| Service: AU | 1pm Gym Class; AU | 11am Chef’s Corner: D209 | 1:30pm Bingo: AU |
| Workshop: AU | 1pm Billiards | 6:30pm Movie: AU | |
| 2pm Horticultural Class: AU | 1pm Rosary: CL | 6:15pm Wii Bowling; FL | |
| 6:30pm Movie: AU | 2pm Sing Along W/Tony: CH | 2pm Movie: AU | |
| 6:15pm Wii Bowling; FL | 6:30pm Movie: AU | 2pm Movie: AU | |

**Celebrate!**

AUGUST
Let’s Welcome Kayla

Kayla is extremely excited to be joining the Fountains Team as the Activities Assistant for Independent Living! Kayla is a recent Stockton University honors graduate, with a bachelor’s degree in Health Sciences: Pre Speech Therapy and Gerontology. Ever since her college internship at the Fountains ended last summer, she has missed the facility and its residents greatly. Her extreme passion for the geriatric community comes from her grandmother, Maryann, who is Kayla’s inspiration and biggest role model. Kayla is always looking for new ways to keep her grandmother active, healthy, and out of the house. She is planning to bring that same energy to the residents of the Fountains. She is thrilled to be working alongside the amazing Activities Director Jenna, the activities department, and the wonderful residents of the Fountains to bring fun, fitness, and a positive energy to all!

To Our Family!
Vertigo is a word that many people have heard, but few know what it actually is. No, vertigo is not a color. Vertigo is often confused and used synonymously with the word dizzy. Vertigo and dizziness are not one in the same! So how can you decipher the difference? The main way to determine if you have true vertigo is if you feel that the room is spinning. Dizziness, on the other hand, can be described as the feeling of unsteadiness on your feet.

Vertigo is caused by a problem with the inner ear. The most common cause of vertigo in people is Benign Paroxysmal Positional Vertigo (BPPV). Fortunately, BPPV is the most easily corrected cause of vertigo. A physical therapist can perform a quick test to determine if the cause of your vertigo is from BPPV. If the therapist determines BPPV is the root cause of the room spinning, then he or she can perform an intervention that is pain free and takes less than 10 minutes over the course of 2-3 treatments. The symptoms of vertigo will quickly dissipate.

Dizziness is a commonly used phrase and is very general with many possible causes. An example of dizziness is a feeling of unsteadiness like you are going to fall when not holding on to something, but once holding something the feeling lessens. The cause of dizziness is often muscle weakness, visual deficits, fear of falling, and balance problems from things like neuropathy and aging. Fortunately, both dizziness and vertigo can be improved with an exercise program and interventions provided from a physical therapist.

Warmest Regards, Steven Melchiorre, PT, DPT
Weekly Bus Trips
(These trips are consecutive each week, unless noted otherwise)
Please Note: Bus trips will not run if less than 4 residents are signed up. (Please be up at the clubhouse 5 minutes before scheduled time)

- **Mondays:**
  10am Shop-Rite
- **Wednesdays:**
  10am Bank, Post-Office
  & Rite Aid
- **Thursdays:**
  10am Walmart
- **Saturdays:**
  10am Shop-Rite/Dollar Store
- **Sundays:**
  9am Local Church drop offs

**Monthly Add-on Trips**
Note: Please make sure to sign up!

- **Friday August 4th**
  10am Ocean City Day Trip
- **Tuesday August 8**
  5pm Out to dinner
- **Friday August 11th**
  10am Stella Farms
  12:30pm Michaels Craft Store
- **Friday August 18th**
  10am Amish Mart
  12:30pm Boscov’s Mall Trip
- **Friday August 25th**
  9:30am Atlantic City Trip
Cafe:
- Open Monday-Saturday 7:30am-3pm
- Open Sunday 3pm-6pm
- Phone Extension 7229

Dining Room:
- Open Monday-Saturday 4pm-5:30pm
- No assigned seating
- Please sit at a cleaned, reset table only
- To reserve seating for outside guests call 7228
- Monday-Saturday Room tray orders call 7228 by 3pm
- Sunday Room tray orders call 7228 by 10am

Daily Menu:
- Call 8400

Sunday Meal and Holidays:
- Open seating 11:30am-1:30pm

The Fountains Salon (Beauty & Barber Services):
- By Appointment Only
- Call 856-809-7230

Rehab
- Tuesday & Thursday Personal Training Sessions 1-2:30PM
- Sign-up sheets outside ILF Gym

Daily Activities:
- Tune in to channel 1970
Teaching is what we did for a combined 80 years. Starting from Ohio to Pennsylvania and our meeting on the campus of LaSalle College in the summer of 1967. But things change and our single lives became one in 1969 as we began teaching in Haddonfield and, believe it or not, Atco, NJ. So we knew about the Fountains before we came and are pleased with our decision. In our teaching, and in our lives here, we attempt to show kindness to all, but remember that we are

Perfectly perfect.

The good things in life are better with you!

~ Ed & Sue Quinn
August Birthdays

August 3- Mary Jean Kratz
August 4- Maria Palermo
August 7- Lucille Anderson
August 7- Joan DiFlorio
August 9- James Hagelgans
August 12- Vera Jacovelli
August 16- Donald Lee
August 16- Margie Malkasian
August 17- George Cook

You’re older today than yesterday, but younger than tomorrow!

Pastors For The Month Of August!

August 2nd- Dr. Joseph Beggs (Atco Presbyterian Church)
August 9th- Rev. Jeff Bills (Hope United Methodist Church)
August 16th- Rev. Wes Hawk (Atco/Tansboro United Methodist Church)
August 23rd- Rev. Louis Dunkle (Church Of Our Savior Lutheran Church)
August 30th- Rev. William Carr (Mt. Laurel Episcopal Church)
The Starfish Story

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

Approaching the boy he asked: “Young man, what are you doing?”

The boy replied, “Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they’ll die.

The man laughed to himself and said, “Do you realize there are miles of miles of beach and hundreds of starfish?” You can’t make any difference.”

After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said: “I made a difference to that one.”
Life is too short to wake up with regrets.
Cherish the good times, the people you met.
The lessons they taught you
The things you have seen
Relish the memories
The places you’ve been
Think of the laughter
Think of the sun
Bask in the warmth of things you have done.
Your life and your choices
The decisions you made
Find joy each one
And smile as they’re replayed.
Summer Words

Across
2. The month at the end of summer.
3. The book is ___ the table.
7. The time when you don’t go to school.
8. How’s the weather in summer?
11. A big fruit you eat in summer.

Down
1. What do you make at the beach?
4. You go to the ______ in summer.
5. What do you do at the beach?
6. The month at the beginning of summer.
9. A machine that makes you cool?
10. I ___ swimming.

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Your never too old to have fun!
“IN OUR HOME LET LOVE ABIDE AND BLESS ALL THOSE WHO STEP INSIDE”

“Always walk like you deserve to be right where you are”