

# THE Courtyards *Lifestyle*

COURTYARDS  
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY  
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

## Happy 4th of July

The Courtyards of Odessa staff and Managers would like to wish all of you a Happy 4th of July. Whether you golf, go have some water fun, or have a party, may all of you have a great and safe holiday.



## Here's to Our Independence

If your Fourth of July plans include gatherings of friends and family for barbecues and fireworks, don't forget to take a moment to remember those who fought for our country's independence so long ago.

The revolutionaries of 1776 couldn't have imagined how far we would come. The great strides we've made in science, technology, medicine and social justice are only more amazing when you consider where we started.

So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow. Our office will be closed on July 4 so that our team can observe this holiday as well.



## JULY 2024



## A BIG BIG THANK YOU

Every family member at Courtyards is so appreciated. The families often go above and beyond just helping their own families. Leticia G. Reyes is one of those family members. She graciously donated cakes for our monthly May birthday celebration. She not only helped us out with Memory Care but also donated the cake for Assisted Living's party. We would like Miss Leticia to know how much it was appreciated, so here is a very big Thank You from all of us at the Courtyards.

**Thank**  
*You!*

COURTYARDS  
OF ODESSA

JULY 2024

July Birthdays

July 10 ----- Louise D  
July 17 ----- Grover K

Hip, Hip,  
Hooray!

Remember when we were children, birthdays were made special by balloons, streamers, cakes, presents and lots of loved ones singing our name? Now that we are adults, the excitement has died down, and most of us prefer quieter rituals. Still, no matter how old we are, we secretly long to be applauded on our special day. The team at our community knows that several of our residents will observe that once-a-year occasion this month. We want to let each of you know that we are raising a big hearty cheer in your honor. We think you're one-of-a-kind, and we hope you feel as wonderful as you truly are on your birthday this year.

Resident Birthdays

Birthday greetings to all residents celebrating their birthdays this month.

**“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”**  
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Calendar Subject to Change</b>	<b>National Gingersnap Day</b> 1 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends 3:00 Gingersnaps and Milk	<b>Made in the USA Day</b> 2 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Homemade Ice Cream Hosted by Home Care Plus 2:30 Skip-Bo Fun With Friends	<b>National Compliment Your Mirror Day</b> 3 10:30 Church with Mark (Gentiva) 1:30 Bingo 2:30 Skip-Bo Fun With Friends	<b>Independence Day</b> 4 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip-Bo Fun With Friends 3:00 Ice Cream Social	<b>National Apple Turnover Day</b> 5 9:30 Hustle for Muscle (exercise) (Bistro) 10:00 Picnic 2:30 Skip-Bo Fun With Friends	<b>National Fried Chicken Day</b> 6 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends
<b>Global Forgiveness Day</b> 7 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends	<b>National Freezer Pop Day</b> 8 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Freezer pops hosted by Home Hospice	<b>National Sugar Cookie Day</b> 9 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Blood Pressure Clinic host by Express Nursing 2:30 Skip-Bo Fun With Friends	<b>Happy Birthday Louise D</b> 10 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 2:00 July Birthdays Celebrated hosted by Interim 2:30 Skip-Bo Fun With Friends	<b>Cheer Up the Lonely Day</b> 11 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip-Bo Fun With Friends 3:00 Dollar Tree	<b>National French Fry Day</b> 12 9:30 Coffee With Clark Men's Group 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip-Bo Fun With Friends	<b>National Bean' N' Frank Day</b> 13 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends
<b>National Mac-N-Cheese Day</b> 14 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends	<b>National Gummy Worm Day</b> 15 9:30 Hustle for Muscle (exercise) (Bistro) 2:00 National Gummy Worm Celebration hosted by First Methodist 2:30 Skip-Bo Fun With Friends	<b>National Personal Chef Day</b> 16 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip-Bo Fun With Friends	<b>Happy Birthday Grover K</b> 17 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 2:30 Skip-Bo Fun With Friends	<b>World Listening Day</b> 18 9:30 Hustle for Muscle (exercise) (Bistro) 12:00 Movie Theatre/Time to be determined 1:30 Bingo 2:30 Skip-Bo Fun With Friends	<b>National Stick Out Your Tongue Day</b> 19 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip-Bo Fun With Friends	<b>National Moon Day</b> 20 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends
<b>National Ice Cream Day</b> 21 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends	<b>World Brain Day</b> 22 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip-Bo Fun With Friends	<b>National Gorgeous Grandma Day</b> 23 9:30 Hustle for Muscle (exercise) (Bistro) 10:00 Hair and Makeup 2:30 Skip-Bo Fun With Friends	<b>Amelia Earhart Day</b> 24 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 2:30 Skip-Bo Fun With Friends	<b>National Refreshment Day</b> 25 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip-Bo Fun With Friends 3:00 Refreshment Bar	<b>National All or Nothing Day</b> 26 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 All Or Nothing and Refreshments (Angel Care) 2:30 Skip-Bo Fun With Friends	<b>Bagpipe Appreciation Day</b> 27 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends
<b>National Milk Chocolate Day</b> 28 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Trash Card Game (Bingo Hall) 2:30 Skip-Bo Fun With Friends	<b>National Lipstick Day</b> 29 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip-Bo Fun With Friends 3:00 Cake Walk	<b>National Cheesecake Day</b> 30 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Wine and Canvas 2:30 Skip-Bo Fun With Friends	<b>Shredded Wheat Day</b> 31 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 2:30 Skip-Bo Fun With Friends			

# Unique Shark Central

Shark Week is a famous event in July that grabs the attention of people all around the world. It began in July 1988 on the Discovery Channel as a way to correct misconceptions of sharks and aid in conservation efforts. In honor of the fascinating fish that live in our oceans, let's learn a bit about some of the coolest sharks.

*Whale shark.* As long as a school bus, the whale shark is the largest fish in the world.

The patterns on the back of these filter feeders are unique, like fingerprints.

*Goblin shark.* Dubbed "living fossils," they are the only member of their 125-million-year-old family still surviving today.

*Dwarf lantern shark.* So small they fit in a human hand, these rare sharks have glowing bellies that blend in with the bouncing sunlight in the ocean.

*Greenland shark.* With a 400-year lifespan, the longest-living vertebrate produces a natural antifreeze that protects it from freezing ocean waters—as low as 28 degrees Fahrenheit.

*Ornate wobbegong.* Patterned like coral reefs, this carpet shark camouflages itself to ambush its prey from the seafloor.

*Cookiecutter shark.* This tiny fish gets its name from the round shape of its bite mark. When they shed their teeth, they swallow and digest them to strengthen their skeleton.

*Genie's dogfish.* Discovered in 2018, the large, blue eyes on this small shark resemble those of an anime character.

# Guess the Mascot

Fictional beings, real people and animals are often used to enliven a crowd, bring good luck or spearhead a brand. Show some pep and see if you can identify these famous mascots.

1. This symbol is the furry face for Frosted Flakes, known for the slogan "They're gr-r-reat!"
2. A New York icon, which sports mascot looks like a man with a baseball head?
3. Wheel-y one of the first true brand mascots, this guy is made of a pile of white tires.
4. As the real-life founder of food chain KFC, this mascot knows the secret to success.
5. What animals slid onto the scene in 1993 to sell fizzy, frosty Coca-Cola?
6. This bubbly, beehived character has been in over 100 advertisements for Progressive Insurance.
7. A green, furry creature known for his wild antics, this fan favorite is one of the few mascots on display at the National Baseball Hall of Fame and Museum.
8. What food chain figure is depicted as a redhead with pigtails?
9. This pink battery mascot leads his drum-beating dynasty with boundless energy.
10. Watch out! This howling NFL animal has been known to tackle fans who make it onto the field.

(Answers: 1. Tony the Tiger; 2. Mr. Met; 3. The Michelin Man; 4. Colonel Sanders; 5. Polar bears; 6. Flo; 7. Phillie Phanatic; 8. Wendy; 9. The Energizer Bunny; 10. K.C. Wolf)

# Stretch Your Way to Health

No matter your fitness level, don't underestimate the power of stretching! Some simple movements throughout the day can do wonders for your health. There's a reason the "yawn and stretch" is a universal way to rise and shine. Stretching in the morning loosens stiff muscles and helps energize you for the day. You can start while you're still in bed: Lying on your back, hold one or both knees to your chest to stretch your lower back. Sit up on the edge of your bed and stretch your shoulders by interlocking your fingers and reaching forward.

Some stretches help with digestion by exercising the muscles in your core. Try this gentle move: Sit cross-legged on the floor, raise your left arm, then lean to the right, keeping your right hand on the floor. Slowly breathe in and out a few times before switching sides. The cat-cow movement also benefits gut health and stretches a stiff back. Begin on your hands and knees, then enter "cow pose" by raising your tailbone and your head up. Then transition to "cat pose" by dipping your head downward and arching your back. Ease stress and prepare for bedtime with calming stretches. Feel tension drain away by lying on your back and resting your legs up against the wall for 5 to 10 minutes. The classic "child's pose" also promotes relaxation: On your knees, sit back on your heels and bend forward to the floor with your arms outstretched.