

# THE Courtyards *Lifestyle*

COURTYARDS  
OF ODESSA

Like Us!  

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

## Meet and Greet

You are cordially invited to our meet and greet on July 2 @ 4:00. We would like you to meet our new nurse, Lisa Thomas, and our new Activity Director, Stacy Childs. Dinner will follow. Hope to see you there!



## 4th of July Parade

Come one, come all! We will start at 10am on July 3rd. Feel free to decorate your vehicle and join the fun!



## JULY 2025

### Management Team

KaSandra Lee	Executive Director
Lisa Thomas	Nurse
Tommy Clay	Dietary
Stacy Childs	Activity Director
Lydia Bailey	Marketing



### July Birthdays

07/01	Judy Short
07/10	Anita Shepard
07/14	Carlene Stacy
07/17	Grover Kimmell
07/18	Eva Falcon
07/26	William Eaves

### Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." —Peter Marshall

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Red, White and Blue Watermelon Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Judy's Birthday</b> 1 9:30 Daily Devotional 9:45 Silver Sneakers 10:30 UNO 12:00 Lunch 1:30 Lemonade Social with Savannah 3:00 Bingo 5:00 Dinner	2 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Bingo 12:00 Lunch 1:30 Snow Cones with Jessica 3:00 Skip-Bo <b>4:00 Meet and Greet</b> 5:00 Dinner	3 <b>Stacy's Birthday</b> 9:00 Wheelchair Decorating 9:30 Daily Devotional <b>10:00 July 4th Parade</b> 12:00 Lunch 1:30 Movie & Popcorn 5:00 Dinner	4 <b>Independence Day</b> 9:30 Daily Devotional 10:00 Resident-Led Puzzle Club 12:00 Lunch 2:00 Resident-Led Skip-Bo 5:00 Dinner	5 9:30 Daily Devotional 10:00 Resident-Led Coloring Club 12:00 Lunch 2:00 Resident-Led Skip-Bo 3:00 Reminisce with Friends 5:00 Dinner
6 9:30 Daily Devotional 10:00 Spiritual Eldercare 11:00 First Baptist Church Ch. 7 12:00 Lunch 2:00 Resident-Led Puzzle Club 3:00 Chat in the Courtyard 5:00 Dinner	7 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Sing-Along 12:00 Lunch 1:30 Kickball 2:30 Finishing Lyrics 5:00 Dinner	8 <b>9:30 Amenti Beauty Academy</b> 9:30 Daily Devotional 12:00 Lunch 1:30 Fruit Kabobs 3:00 Bingo 5:00 Dinner	9 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:00 Bible Study with Clay 10:30 Bingo with Sandy 12:00 Lunch 1:30 Scenic Ride 3:00 Balloon Tennis 5:00 Dinner	10 <b>Anita's Birthday</b> 9:30 Daily Devotional 10:00 Summer Fling 12:00 Lunch 1:30 Watercolor with Katy 3:00 Kickball 5:00 Dinner	11 9:30 Daily Devotional <b>9:30 Men's Coffee with Clark</b> 9:45 Silver Sneakers 10:30 Outing For Ice Cream 12:00 Lunch 2:00 Movie & Popcorn 5:00 Dinner	12 9:30 Daily Devotional 10:00 Resident-Led Coloring Club 12:00 Lunch 2:00 Resident-Led Skip-Bo 3:00 Reminisce with Friends 5:00 Dinner
13 9:30 Daily Devotional 10:00 Spiritual Eldercare 11:00 First Baptist Church Ch. 7 12:00 Lunch 2:00 Resident-Led Puzzle Club 3:00 Chat in the Courtyard 5:00 Dinner	14 <b>Carlene's Birthday</b> 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Sing-Along 12:00 Lunch 1:30 Kickball 2:30 Finishing Lines 5:00 Dinner	15 9:30 Daily Devotional <b>10:00 Resident Council Meeting</b> 10:30 Art with Travis 12:00 Lunch 1:30 Decorate Cookies 3:00 Bingo 5:00 Dinner	16 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason <b>10:30 Dollar Tree Outing</b> 12:00 Lunch 1:30 Popsicles on the Patio 3:00 Finishing Lines 5:00 Dinner	17 <b>Grover's Birthday</b> 9:30 Daily Devotional 9:45 Silver Sneakers 10:30 UNO 12:00 Lunch 1:30 July Birthday Party 3:00 Kickball 5:00 Dinner	18 <b>Eva's Birthday</b> 9:30 Daily Devotional 9:45 Silver Sneakers 10:30 Name that Tune 12:00 Lunch 2:00 Movie & Popcorn 5:00 Dinner	19 9:30 Daily Devotional 10:00 Resident-Led Coloring Club 12:00 Lunch 2:00 Resident-Led Skip-Bo 3:00 Reminisce with Friends 5:00 Dinner
20 9:30 Daily Devotional 10:00 Spiritual Eldercare 11:00 First Baptist Church Ch. 7 12:00 Lunch 2:00 Resident-Led Puzzle Club 3:00 Chat in the Courtyard 5:00 Dinner	21 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Sing-Along 12:00 Lunch 1:30 Kickball 2:30 Finishing Words 5:00 Dinner	22 9:30 Daily Devotional 10:30 UNO 12:00 Lunch 1:30 Strawberry Shortcake and Trivia with Jessica 3:00 Bingo 5:00 Dinner	23 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Bingo with Sandy 12:00 Lunch 1:00 Select Rehab Education Class 1:30 Watermelon Social with Jason 3:00 Painting with Stacy 5:00 Dinner	24 9:30 Daily Devotional 9:45 Silver Sneakers 10:30 Horseshoes 12:00 Lunch 1:30 Nail Painting 3:00 Finishing Lines 5:00 Dinner	25 9:30 Daily Devotional 9:45 Silver Sneakers 10:30 Trip to Walmart 12:00 Lunch 2:00 Movie & Popcorn 5:00 Dinner	26 <b>William's Birthday</b> 9:30 Daily Devotional 10:00 Resident-Led Coloring Club 12:00 Lunch 2:00 Resident-Led Skip-Bo 3:00 Reminisce with Friends 5:00 Dinner
27 9:30 Daily Devotional 10:00 Spiritual Eldercare 11:00 First Baptist Church Ch. 7 12:00 Lunch 2:00 Resident-Led Puzzle Club 3:00 Chat in the Courtyard 5:00 Dinner	28 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 Sing-Along 12:00 Lunch 1:30 Kickball 2:30 Finishing Lyrics 5:00 Dinner	29 9:30 Daily Devotional 10:30 UNO 12:00 Lunch 1:30 Build a Pizza 3:00 Bingo 5:00 Dinner	30 9:30 Daily Devotional 9:45 Select Rehab Exercise w/ Jason 10:30 UNO 12:00 Lunch 1:30 Balloon Tennis 3:00 Luau Craft 5:00 Dinner	31 9:30 Daily Devotional 10:00 Silver Sneakers 10:30 Art with Travis 12:00 Lunch 1:30 Bingo Store 3:00 Finishing Lyrics 5:00 Dinner		

# Yankee Doodle Dandies

This Independence Day, tip your top hat to these shining stars who share a birthday with America.

**Nathaniel Hawthorne.** His novels and short stories are mainstays of early American literature classes, so it's fitting he was born in 1804 on the nation's day of independence.

**Calvin Coolidge.** To date, he's the only U.S. president with a July 4 birthday. Born in 1872, he served as the country's 30th president from 1923 to 1929.

**Gloria Stuart.** Born in 1910, she began her acting career in the 1930s and is best known for her role in 1997's "Titanic," for which she earned a best supporting actress Oscar nomination.

**Ann Landers and Abigail Van Buren.** Did you know these competing advice columnists were identical twin sisters? They were born Esther and Pauline Friedman in 1918 in Iowa.

**Bill Withers.** The smooth-voiced singer who gave us hits like "Lean on Me," "Ain't No Sunshine" and "Lovely Day" was born in 1938, and served nine years in the U.S. Navy before beginning his music career.

**Andrew Zimmern.** Born in 1961 in New York, this celebrity chef has spent years introducing TV audiences to "Bizarre Foods" around the country and the world.

**Post Malone.** He was born in 1995, and like the nation he shares his birthday with, this bestselling artist's music style has been called a "melting pot" of genres, including rap, hip-hop, pop, country and grunge.

**Malia Obama.** Did having a patriotic birthday prepare President Barack Obama's oldest daughter for life in the White House? Born in 1998, she turned 16 during her father's second term and learned to drive from the Secret Service.



## Independence Day Q&A

- 1) In July 1776, how many people were estimated to live in the newly independent nation? A) 575,000, B) 2.5 million, C) 5 million, D) 304 million
- 2) There is a law that says you can be arrested if you don't salute during the national anthem. True or false?
- 3) What year did George Washington make his first Fourth of July address? A) 1776, B) 1777, C) 1784, D) 1791
- 4) Only one U.S. president, Calvin Coolidge, was born on the Fourth of July. Three presidents died on that date. Who were they?

Answers:

- 1) B. About 2.5 million people populated the 13 colonies when America declared its independence. Today, the U.S. population is about 306 million.
- 2) False. But U.S. Code does dictate patriotic customs for the occasion, which state that when the song is played, all present should stand at attention facing the flag with the right hand over the heart.
- 3) D. That was the only time Washington ever gave an address on Independence Day. It took place in Lancaster, Pa.
- 4) Presidents John Adams, Thomas Jefferson and James Monroe all died on the Fourth.



## All Together Now

July is National Family Reunion Month, the most popular time of year for generations to reunite and renew family spirit. If you are looking for a reason to gather your relatives together, follow these tips:

**Check.** Phone, e-mail or mail each branch of the family tree asking if they'd attend and, if so, when. Summer is a natural choice because school is out, and the weather is warm.

**Ask.** Follow-up with a survey to determine what type of reunion to have and where.

**Decide.** Based on everyone's feedback, decide on an event location. The choices are endless—museums, hotels, amusement parks, nature parks, zoos and more.

**Plan.** Plan activities to strengthen bonds, such as creating a family tree, swapping old photos and stories, or making memory T-shirts to wear on group outings.

Start a new tradition this July, and gather your loved ones close by for the time of their lives.

