

# BEATITUDES CAMPUS AUGUST 2024

**BACKSTREET BOUTIQUE RESALE**  
CLOSED UNTIL SEPTEMBER



**BEATITUDES GIFT SHOP HOURS**  
OPEN MON-FRI, 8:00AM TO 12:00PM  
LOCATED INSIDE TOWN PLAZA NEAR THE BANK

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
9AM: CATHOLIC MASS (LC) 10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC) 1PM: BINGO W/TED (PVL) 3PM: WORSHIP SERVICE (LC)	6:30AM: DAILY WALKING GROUP MON-SAT (CM♥) 10AM: BIBLE TALK (PN3) 12PM-5PM: GROOVYTEK (LIB) 1PM: LIFE JOURNEY SUPPORT GROUP (PVL) 1:30PM: POKER (PC) 2:30PM: COLOR & CHAT (AG5) 3PM: OPEN AA MEETING (AG2) 6:30PM IRENE B BIBLE STUDY (RC)	10AM: WII BOWLING (PVL) 11AM: TECH TALKS (TV2) 12PM-5PM: GROOVYTEK (LIB) 2PM: BINGO (PVL) 2PM: BEINFORMED W/MICHELLE & DAVID (TV2) 2PM: DARTS (RC) 4PM: HAPPY HOUR & PLAZA POETS (PC)  EVERY 1ST TUES. 1:30PM: TOPICS IN PSYCHOLOGY (EF)	8AM: FRY'S FOOD (OC) 🚗 8AM: BILLET PODIATRY (WC) 8AM: BETTER HEARING (WC) 9-11AM: CREATIVE CORNER OPEN HOURS 10AM: NEEDLEWORK (AG5) 10:45AM: SAFEWAY (OC) 🚗 12PM-5PM: GROOVYTEK (LIB) 4PM: CAHOOTS BINGO (PC) 6PM: BEADED LIZARD (LC)	NO STUDIO W/DAVE R. (AGR) 10AM: PV WORSHIP (PVL) 10AM: PINOCHLE (CPW3) 11AM: MID-WEEK WORSHIP SERVICE (LC) 12PM-5PM: GROOVYTEK (LIB) 1PM: SING ALONG (PVL) 2PM: TOUCHTOWN HELP (PB) 3PM: AA OPEN MEETING (HC3) 4PM: HAPPY HOUR (PC)	8AM: UNIQUE LAB SVCS (WC) 10AM: PLAZA POETS (PC) 10:30AM: MEMORY LANE (BR) 11AM: PING PONG (RC) 12PM-5PM: GROOVYTEK (LIB) 1PM: SCIENCE AND SPIRITUALITY (AC) 2PM: BINGO! (PVL) 2PM: DARTS (RC) 2PM: SKETCH TOGETHER(AG5) 4PM: HAPPY HOUR (PC)	10AM: BINGO W/TED (PVL) 10AM: CORK IT WITH DONNA (AG5) 10:30AM: FILM DISCUSSION GROUP (PC) 1PM: DECORATIVE PAINTING WITH LINDA DANIK (AGS) 1PM: RESIDENT VS ROBOT TABLE TENNIS (RC) 2:30PM: LEARN TO PLAY CHESS (PC) 4PM: HAPPY HOUR (PC)
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:15AM: Life Enrichment Committee (AC) <b>1</b> 11AM: Los Andes Peruvian Cafe (OC)	8AM: FRY'S (OC) <b>2</b> NO NONFICTION BOOK CLUB IN AUGUST 1:15PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC)	8AM: COMMUNITY GARDEN DAY (CG) <b>3</b> 9AM: HANDMADE BOXES WITH DONNA (AG5) 1PM: LET'S GO TO THE MOVIES (OC)
9AM: ORANGEWOOD PRESBYTERIAN CHURCH (OC) <b>4</b> 9AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) 10AM: CHURCH OF THE BEATITUDES (OC)	9:30AM: LLL BEGINNING SPANISH (AGR) <b>5</b> 10AM :SPECTRUM MALL (OC) 11AM: LLL INTERMEDIATE SPANISH (AGR)	11AM: OTRO MEXICAN FOOD (OC) <b>6</b> 2PM: CHAPLAIN'S ROOT BEER FLOAT SOCIAL (PB)  NO CHOIR PRACTICE IN AUGUST	NO RESIDENT TOWN HALL IN AUGUST <b>7</b> NO BIBLE STUDY IN AUGUST	11AM: CHOMPIES (OC) <b>8</b>	8AM: SAFEWAY (OC) <b>9</b>	8AM: NW DEMOCRATIC BREAKFAST CLUB (LC) <b>10</b> 9AM: HANDMADE BOXES WITH DONNA (AG5)
9AM:ORANGEWOOD PRESBYTERIAN CHURCH (OC) <b>11</b> 9AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) 10AM: CHURCH OF THE BEATITUDES (OC)	9:30AM: LLL BEGINNING SPANISH (AGR) <b>12</b> 10AM: HARP FOUNDATION PERFORMANCE (PVL) 11AM: LLL INTERMEDIATE SPANISH (AGR) 10AM: COSTCO (OC) 3PM: BETTER BREATHERS (PVL) 4PM: PIANO JAM (CPW2)	9:15AM: VEE QUIVA (OC) <b>13</b> 2:30PM: WALKER AND WHEELCHAIR REPAIR (RC)	NO RESIDENT COUNCIL IN AUGUST <b>14</b>	11AM: ONO HAWAIIAN BBQ (OC) <b>15</b> 11:30AM: EPISCOPAL SERVICE (EF) 1PM: EYES ON SITE (WC) 1PM: ASSUMPTION OF MARY CATHOLIC MASS (LC) 2:30PM: WINE & CHEESE SOCIAL (PVL)	9:30AM:FILM FESTIVAL (LC) <b>16</b> 10AM: SPECTRUM (OC) 1PM:FILM FESTIVAL (LC) 1:15PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC)	9AM: HANDMADE BOXES WITH DONNA (AG5) <b>17</b> 1PM:FILM FESTIVAL (LC) 2PM: REPUBLICANS GROUP MEETING (AGR)
9AM:ORANGEWOOD PRESBYTERIAN CHURCH (OC) <b>18</b> 9AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) 10AM: CHURCH OF THE BEATITUDES (OC)	9AM: DOLLAR TREE/ GOODWILL (OC) <b>19</b> 9:30AM: LLL BEGINNING SPANISH (AGR) 11AM: LLL INTERMEDIATE SPANISH (AGR)	11AM: CHEESECAKE FACTORY (OC) <b>20</b>	1PM: NEWCOMERS MEETING WITH JACKIE (PV3) <b>21</b> 2PM: SUNDAES WITHOUT DAVE (PB)	1PM: SING ALONG (PVL) <b>22</b> 1PM: MOVIE: SPACE CADET (LC)	8AM: FRY'S (OC) <b>23</b>	9AM: HANDMADE BOXES WITH DONNA (AG5) <b>24</b>
9AM: ORANGEWOOD PRESBYTERIAN CHURCH (OC) <b>25</b> 9AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) 10AM: CHURCH OF THE BEATITUDES (OC)	9AM: TRADER JOE'S/WHOLE FOODS (OC) <b>26</b> 10AM: HARP FOUNDATION PERFORMANCE (PVL) 11AM LLL INTERMEDIATE SPANISH (AGR) 2PM: PH MEETING (AGR) 4PM: PIANO JAM (CPW2)	11AM: SAUCE (OC) <b>27</b>	NO WELCOME COFFEE IN AUGUST <b>28</b>	9:30AM: SHOPPING & LUNCH AT ARROWHEAD TOWNE CENTER (OC) <b>29</b> 1PM: SING ALONG (PVL)	8AM: SAFEWAY (OC) <b>30</b> 1PM: AUGUST BIRTHDAY PARTY (PB)	9AM: HANDMADE BOXES WITH DONNA (AG5) <b>31</b>

All events listed are subject to change with little or no notice in advance. Please refer to BeInformed 1 (on DirecTV Channel 1-1) for all corrections and cancellation announcements.  
For a more accurate calendar, please see the online version in the "Events & Programs" module on Uniguest.

**FLIP CALENDAR OVER FOR LEGEND**

**Any Questions about Events or Outings Please Call Cindi Aune at x 18473**

SPIRITUAL LIFE	FITNESS	HEALTH+WELLNESS 	MEETINGS+PRESENTATIONS+HOBBIES	SHOPPING  /SERVICES & DINING	ENTERTAINMENT+FUN & GAMES
<p><b>SUNDAYS:</b> 9:00AM CATHOLIC MASS (LC) 10:30AM UNITARIAN UNIVERSALIST WORSHIP (PC) 3:00PM WORSHIP SERVICE (LC)</p> <p><b>MONDAYS:</b> 6:30PM IRENE B'S BIBLE STUDY (RC)</p> <p><b>WEDNESDAYS:</b> 10:00AM BIBLE STUDY (BR) *USUALLY EVERY WEDNESDAY, BUT NOT ALL. PLEASE SEE FRONT SIDE FOR CORRECT SCHEDULE THIS MONTH*</p> <p><b>THURSDAYS:</b> 10:00AM WORSHIP SERVICE (PVL) 11:00AM WORSHIP SERVICE (LC)</p> <p>**CHOIR PRACTICE SCHEDULE VARIES BASED ON DAYS THEY SING AT WORSHIP SERVICE—SEE FRONT SIDE FOR CORRECT SCHEDULE.</p> <p><b>NO CHOIR PRACTICE OR BIBLE STUDY IN AUGUST</b></p>	<p><b>MONDAY-FRIDAY:</b> 6:30AM WALKING GROUP (CM) 9:00AM L2 WATER AEROBICS (PL)</p> <p><b>MONDAYS:</b> 9:00 L1 SIT &amp; BE FIT (RC) 10:15 STRENGTH CLASS (HCC4) 11:00 OPEN FITNESS HOUR (FC) 1:00 L2 STRENGTH &amp; BALANCE (RC) 2:00 L2 BASKETBALL BOUNCE (RC) 2:30 L1 HEALTH &amp; BRAIN GAMES (HCC3)</p> <p><b>TUESDAYS:</b> 9:00AM TAI CHI WITH ALBERT (RC) 9:00 OPEN FITNESS HOUR (FC) 10:00 MOVE &amp; GROOVE (HCC4) 10:00 L1 WII BOWLING (PVL) 10:45 L1-2 CHAIR YOGA (RC) 11:45 L2 STRENGTH &amp; BALANCE (PVL) 1:00 L3 CORE &amp; CONDITIONING (RC) 2:00 L3 MAT PILATES (AG2) 2:00 L1-2 DARTS (RC)</p> <p><b>WEDNESDAYS:</b> 9:00 L1 MORNING MOTIONS (PVL) 9:00 L1 SIT &amp; BE FIT (RC) 9:00 L2 WATER AEROBICS (PL) 10:00 L1 ASSISTED POOL (PL) 1:00 L2 STRENGTH &amp; BALANCE (RC) 1:00 L3 SENIOR STRENGTH (FC)</p> <p><b>THURSDAYS:</b> 9:00 OPEN FITNESS HOUR (FC) 9:00 L2 WATER AEROBICS (PL) 10:45 L1-2 CHAIR YOGA (RC) 11:30 L1 HEALTH &amp; BRAIN GAMES (PC) 1:00 L3 CORE &amp; CONDITIONING (RC) 2:00 L3 MAT PILATES (RC) 2:30 L3 YOGA FOR YOU (RC)</p> <p><b>FRIDAYS:</b> 9:00 L1 MORNING MOTIONS (PVL) 9:00 L2 WATER AEROBICS (PL) 10:00 L1 ASSISTED POOL (PL) 10:00 L3 TAI CHI W/ALBERT (RC) 11:00 L3 COMPETITIVE TABLE TENNIS (RC) 11:45 L2 STRENGTH &amp; BALANCE (PVL) 1:00 L2 LINE DANCING (RC) 2:00 L3 SENIOR STRENGTH (FC) 2:00 L1-2 DARTS (RC)</p> <p><b>SATURDAYS:</b> 9:00 L1 SIT &amp; BE FIT (RC) 9:00 L2 WATER AEROBICS (PL) 10:00 L3 CORE &amp; CONDITIONING (RC) 11:00 L3 YOGA FOR YOU (RC) 1:00 OPEN FITNESS HOUR (FC) 1:00 L2 ROBOT TABLE TENNIS (RC)</p>	<p><b>MONDAYS:</b> 1:00PM MENTAL HEALTH PEER SUPPORT GROUP (PVL) 3:00PM AA OPEN MEETING (AG2) 3:00PM BETTER BREATHERS (PVL), SECOND MON.</p> <p><b>TUESDAYS:</b> 8:00AM-1:00PM THE MARCANN GROUP CALL 602-824-9309 FOR APPOINTMENT (WC), THIRD TUES.</p> <p><b>WEDNESDAYS:</b> 8:00AM BILLET PODIATRY (WC) 8:00AM BETTER HEARING (WC) 1:00PM LOW VISION SUPPORT (PVL), THIRD WED.</p> <p><b>THURSDAYS:</b> 8:00AM HEAR USA (WC), THIRD THU. BY APPOINTMENT PLEASE CALL 602-253-3532. 8:00AM TEAM SELECT-MOBILE DERM. (LOT), FOURTH THU. 1:00PM EYES ON SITE- PLEASE CALL 480-626-8925 FOR AN APPOINTMENT (APPOINTMENT ONLY), THIRD WED.</p> <p><b>FRIDAYS:</b> 8:00AM UNIQUE LAB SERVICES (WC) CALL 480-765-2677 TO SCHEDULE, ASK YOUR DR. TO SEND ORDERS DIRECTLY TO UNIQUE LABS</p>	<p><b>TUESDAYS:</b> 11:00AM TECH TALKS (TV2) 2PM + 5PM BEINFORMED W/MICHELLE &amp; DAVID (TV2)</p> <p><b>WEDNESDAYS:</b> 9AM, 12PM + 5PM ROADRUNNER REVUE (TV2) 10:00AM-12PM: MEDICARE PRESENTATION (LC) NOV. 1ST 10:00AM GARDEN CLUB MEETING (AG3), SECOND WED. 1:00PM PV NEWCOMERS MEETING WITH JACKIE (PVL), THIRD WED.</p> <p><b>COMMUNITY WEDNESDAYS EVENTS - RESIDENT TOWN HALL (LC) &amp; RESIDENTS COUNCIL (LC) &amp; WELCOME COFFEE IS ON AN AUGUST BREAK</b></p> <p><b>2:00PM SUNDAES WITHOUT DAVE (PB), THIRD WED.</b></p> <p>....</p> <p><b>THURSDAYS:</b> THE STUDIO WITH DAVE R. (AGR) IS ON AN AUGUST BREAK</p> <p><b>FRIDAYS:</b> 1:15PM SYMPHONIC MUSIC WITH BRUCE (PC), SECOND &amp; FOURTH FRI. 10:30AM SKETCH TOGETHER (AGS)</p> <p><b>SATURDAYS:</b> 8:00AM NORTHWEST DEMOCRATIC BREAKFAST CLUB (LC), SECOND SAT. 10:30AM FILM DISCUSSION GROUP (PC) 2:00PM: REPUBLICAN GROUP MEETING (AGR), THIRD SAT.</p>	<p><b>MONDAYS:</b> 9:00AM OR 10:00AM (OC) MONDAY MORNING SHOPPING*, LOCATION VARIES—SEE CALENDAR FRONT</p> <p><b>TUESDAYS:</b> 9:15AM CASINO OUTING—LOCATION VARIES (OC), SECOND TUE. 11:00AM LUNCH OUTINGS—LOCATION VARIES (OC), FIRST &amp; THIRD TUE. 2:00PM ALTERATIONS WITH MARY JO (RC), FIRST &amp; THIRD TUE.</p> <p><b>WEDNESDAYS:</b> 8:00AM FRY'S SHOPPING (OC) 9:00AM—2:00PM GIFT SHOP OPEN (GS) 10:45AM SAFEWAY (OC)</p> <p><b>THURSDAYS:</b> 8:00AM—12PM GIFT SHOP OPEN (GS) 11:00AM LUNCH OUTINGS—LOCATION VARIES (OC), SECOND THRU LAST THU.</p> <p><b>FRIDAYS:</b> 9:00AM FRY'S SHOPPING (OC), FIRST, FOURTH—LAST FRI. 8:00AM SAFEWAY SHOPPING (OC), SECOND FRI. 8:30AM—12:00PM BACKSTREET BOUTIQUE SHOPPING (TS) CALL X18463 FOR A RIDE 10:00AM SPECTRUM MALL (OC), THIRD FRI.</p> <p><b>CAMPUS CONVENIENCE</b> <b>CAMPUS GIFT SHOP</b> OPEN MON—FRI 8:00AM TO 12:00PM LOCATED INSIDE TOWN PLAZA</p> <p>VISIT US FOR SOME GREAT AND UNIQUE ITEMS FOR ALL YOUR GIFTING NEEDS!</p> <p><b>BEATITUDES BACKSTREET BOUTIQUE RESALE</b> OPEN TUESDAYS &amp; FRIDAYS, 7:30AM TO 12:00PM LOCATED NEXT TO FACILITIES MAINTENANCE BUILDING &amp; COMMUNITY GARDEN</p>	<p><b>SUNDAYS:</b> 1:00PM BINGO W/TED (PVL)</p> <p><b>MONDAYS:</b> 1:30PM POKER (PC) 2:00PM BASKETBALL BOUNCE (RC) 4:00PM OPEN KEYBOARD JAM SESSION (CPW2), 2ND &amp; 4TH MON.</p> <p><b>TUESDAYS:</b> 2:00PM BINGO (PVL) 2:00PM DARTS (RC) 4:00PM PLAZA POETS &amp; ON THE ROCKS (PC)</p> <p><b>WEDNESDAYS:</b> 11:00AM BEATITUDES MUSIC REVUE (TV2) 4:00PM CAHOOTS BINGO (PC) 6:00PM BEADED LIZARD MUSIC JAM (LC)</p> <p><b>THURSDAYS:</b> 10:00AM PINOCHLE CARDS (CPW3) 1:00PM SING ALONG (PVL) 3:00PM TABLE TENNIS (PING PONG!) GAMES (RC) 4:00PM ON THE ROCKS HAPPY HOUR (PC)</p> <p><b>FRIDAYS:</b> 11:00AM: COMPETITIVE PING PONG GAMES (RC) 2:00PM PLAZA VIEW BINGO! (PVL) 2:00PM DARTS (RC) 4:00PM ON THE ROCKS HAPPY HOUR (PC)</p> <p><b>SATURDAYS:</b> 10:00AM: BINGO W/TED (PVL) 1:00PM: RESIDENT VS ROBOT TABLE TENNIS (RC) 2:30PM: LEARN TO PLAY CHESS (PVL) 4:00PM HAPPY HOUR MUSIC (PB)</p> <p>* SATURDAY EVENING HAPPY HOUR EVENT ENTERTAINER VARIES.</p>





**Any Questions about Events or Outings Please Call Cindi Aune at x 18473**

**MONTHLY FITNESS CALENDARS ARE AVAILABLE IN THE FITNESS CENTER, RECREATION ROOM & THE INFORMATION CENTER**

*The monthly resident event calendar is produced by the Media Department at Beatitudes Campus. All events listed must be submitted by a staff liaison and open to all residents of our community. We do our best to be accurate but again, we're not always aware of every event change. Please be sure to check BeInspired 1 or the Touchtown App module, "Programs & Events" for updated event information. Thank you for your understanding! Questions/comments or issues—call x18493.*

# EVENTS OVERVIEW

All events listed are subject to change with little or no notice in advance. Please refer to BeInspired 1 (on DirecTV) for all corrections and cancellation announcements. For a more accurate calendar, please see the online version in the "Events & Programs" module on Uniquet.

LOCATION LEGEND:			
(AG#) Agelink Room #;	(CG) Community Garden;	(LOT) Large Fountain Parking	(PL) Pool;
(AGS/AG5) Agelink Creative Studio/ Creative Corner;	(CM) Central Park Mall;	(LC) Life Center;	(RC) Recreation Center;
(AGR) Agelink Great Room;	(CPW3) Central Park West 3rd Floor;	(OC) Off Campus;	(RG) Rose Garden
(TS) Backstreet Boutique;	(EF) Elaine's Fine Dining	(PB) Plaza Bistro	(WC) Wellness Center;
(BR/BE/BW) Boardrooms/East/West;	(EP) Elaine's Patio;	(PC) Plaza Club;	 =Fitness
	(FC) Fitness Center;	(PVL) Plaza View Lounge;	 =Shopping
	{FL} Fireside Lobby	(PVP) Plaza View Patio;	 =Health & Wellness Services
			 =Special Event/Outing





## First Day

Peggy Roberts, VP of Spiritual Life

# Live Everyday as if it was the first day of your Life

Recently I read an article by Suleika Jaouad called "Considering Lilies" that helped me to look at life in a new way. Suleika is a writer and artist who at the age of twenty-two was diagnosed with acute myeloid leukemia which came with a 35% chance of long term survival. She says, "I couldn't wrap my head around what having cancer meant. I couldn't possibly have cancer—I had plans. But you know what they say about plans: humans make them and God laughs. Overnight, I became patient number 5624, and I spent the next four years in cancer treatment." Her treatment was successful and she enjoyed nearly a decade in remission but then her leukemia returned and her prognosis was worse the second time. Currently she is cancer free but she'll never be considered cured—she'll be in treatment for the rest of her life.

Suleika writes that in her circumstances looking at a possibly terminal diagnosis people often advise you to live each day as if it's

your last. It's the old carpe diem ethos, seize the day, pack as much as you can into every day, make your bucket list and start your adventures! She found that rather than living every day as if it was her last, it was healthier for her to shift to a gentler approach of living every day as if it was her first. She wanted to wake up and meet the day with the wonder of a newborn, to cultivate childlike qualities like curiosity and play.

That's a game changer to me—to live every day as if it was the first day of my life. Now this doesn't work if you are too literal trying to think about the first day out of your mother's womb. It does work to wake up and meet each day with eyes that see the world from a fresh and new perspective, to wake up and greet the day with openness and wonder about what today will bring. It invites me to look at my husband of twenty-seven years and remember the day I first laid eyes on him. It encourages me to let go

*Continued on back...*



Name	Day
Bill Erickson .....	5
Helen Cronk .....	5
Mike Gilman .....	5
Bob Morgan .....	6
Virginia Fields .....	6
Gerard Restaino .....	8
Shirley Dawson .....	10

## Welcome to the neighborhood



**Jill Pearson**  
CPW 4292

**Stephen & Suzanne  
Haehl**  
CPS 4105

## Welcome to Beatitudes at Home

Patricia McKay, Director of Beatitudes at Home

### Happy Care, Happy Life:

#### Discover the Joy of Personalized Assistance

Experience the transformative power of personalized non-medical in-home care with our dedicated services designed to enhance your daily life. **Beatitudes at Home** understands the unique needs of each individual, providing tailored support that ensures comfort, safety, and happiness right in the heart of your home. Our compassionate caregivers bring a touch of joy and ease to everyday activities, allowing you or your loved ones to thrive in a familiar and loving environment. Discover the difference in customized assistance that prioritizes your well-being and enriches your lives with every visit.



*Continued on back...*

**BEATITUDES**  
AT HOME

**Need a little help?**

- Laundry assistance?
- Pet walking/care?
- Med reminders?
- Daily care?

Call Us Today

**602-544-8527**  
**602-544-8529**

**SUN 4**

**9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC)**  
Please call X12905 to reserve your seat.

**9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC)**  
Please call X12905 to reserve your seat.

**9:00AM: CATHOLIC MASS (LC)** Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.

**10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC)** Please call X12905 to reserve your seat.

**10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC)**  
Join the members of UU for a live stream service every Sunday.

**1:00PM: BINGO WITH TED (PVL)**  
Join us for this game of chance. Free - Limit 2 cards

**3:00PM: SUNDAY WORSHIP SERVICE (LC)**  
Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. \*All are welcome.\*

**Gift Shop  
Opens at  
8a.m.  
Mon-Fri**

**MON 5**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**9AM: SIT & BE FIT (RC)**

**9AM: WATER AEROBICS WITH MIKE (PL)**

**9:30AM: LLL SPANISH FOR BEGINNERS (AGR)** Must be registered.

**10AM: SPECTRUM MALL (OC)** Call Transportation at x12905, and leave your name, to reserve a seat on the bus. 5 person minimum

**10AM: BIBLE TALK (PN3)** Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.

**10:30AM: COLOR AND CHAT (AG5)**

**11AM: LLL INTERMEDIATE SPANISH (AGR)** Must be registered.

**11AM: OPEN FITNESS SPECIALIST HOUR (FC)**

**12PM: GROOVYTEK (LIB)**  
Monday - Friday 12:00p - 5:00p

**1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)**

**1PM: LIFE JOURNEY SUPPORT GROUP (PVL)** All are welcome.

**1:30PM: POKER (PC)** Play some poker with us, everyone welcome!

**2PM: BASKETBALL BOUNCE (RC)** Good for all levels of mobility. Join us and try it! Call Dean & Bonnie at x15461 with questions. Just show up Mondays at 2 pm.

**3PM: AA OPEN MEETING (AG2)** This open fellowship Alcoholics Anonymous meeting is available to all, even if you are just wondering what it is all about.

**4PM: PIANO CONCERT (LC)**  
Join Paul as he entertains you with a concert of jazzy standards. Everyone is welcome.

**6:30PM: IRENE B'S BIBLE STUDY (RC)** Join resident, Joe Miller, as he leads this Bible Study.

**TUES 6**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**9AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)**

**9AM: OPEN FITNESS SPECIALIST HOUR (FC)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**9AM: BMO HARRIS BANK (TP)**  
BMO has a representative on site Tuesday and Thursday until 11 am.

**10AM: THE FREE THINKERS CIRCLE (AC)** Join us for some interesting discussions. Contact Mark Pelkey for details at x15586.

**10AM: WII BOWLING (PVL)**  
Players mimic the motions of bowling using a remote control and the big screen TV. Try it!

**10:45AM: L1 CHAIR YOGA (RC)**

**11AM: OTRO CAFE (OC)** Join us for a delicious lunch at Otro Cafe serving authentic Mexican inspired food. Call XT 12905 to reserve your spot on the bus

**11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)**

**12PM: GROOVYTEK (LIB)**  
Monday - Friday 12:00p - 5:00p

**1PM: L3 CORE & CONDITIONING (RC)** Join Carole in her Exercise Class for residents who want to work at an advanced pace.

**2PM: PILATES (AG2)**

**2PM: BINGO (PVL)** Free Bingo - 2 card limit - Join us!

**2PM: CHAPLAIN'S ROOT BEER FLOAT SOCIAL (PB)**  
Join Chaplain Peggy for some delicious root beer floats as we enjoy fellowship together. Come anytime between 2:00 and 3:30.

**2PM: DARTS (RC)** Join us in a few games! If you need additional information call Donna Ellis at x15564.

**4PM: PLAZA CLUB HAPPY HOUR (PC)**

**WED 7**

**6:30AM: WALKING GROUP (CM)**  
Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**8AM: FRY'S SHOPPING (OC)** Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum

**8AM: BILLET PODIATRY-DR. SHEENA (WC)** Call 480-661-6061 to schedule your appointment.

**8AM: WELLNESS-BETTER HEARING (WC)** By appointment only, dial 602-765-7800 to schedule.

**9AM: L1 MORNING MOTIONS @ PLAZA VIEW (PVL)** All Residents Welcome

**9AM: SIT & BE FIT (RC)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**9AM: CREATIVE CORNER OPEN HOURS (AG5)**

**10AM: ASSISTED POOL EXERCISE (PL)**

**10:45AM: SAFEWAY SHOPPING (OC)** Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum

**12PM: GROOVYTEK (LIB)** Monday - Friday 12:00p - 5:00p

**1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)**

**1PM: L3 SENIOR STRENGTH TRAINING (FC)**

**2PM: CAHOOTS BINGO (PC)**

**6PM: BEADED LIZARD MUSIC JAM (LC)** We'll start with a jam at 6 PM followed by the showcase act that begins at 7:00 pm

**Backstreet  
Boutique is  
Closed until  
September**



**THU 8**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**9AM: OPEN FITNESS SPECIALIST HOUR (FC)**

**9AM: WATER AEROBICS WITH MIKE (PL)**

**9AM: BMO HARRIS BANK (TP)** BMO has a representative on site Tuesday and Thursday until 11 am.

**10AM: MID-WEEK PV WORSHIP (PVL)** Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.

**10AM: PINOCHELE CARDS (CPW3)** Single and double deck play. Join us or call Arnie Anderson x14311.

**10:45AM: L1 CHAIR YOGA (RC)** Easy chair yoga moves to help increase flexibility with Carole.

**11AM: PV LUNCH OUTING-CHOMPIES (OC)** Plaza View's lunch outing, departs from Plaza View Lobby at 11:00am. All are welcome, please call X12905 for reservations.

**11AM: MID-WEEK LC WORSHIP (LC)** Join Chaplain Peggy in the Life Center for our 11-11:30 AM Thursday non-denominational service. All are welcome to receive communion.

**11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)** Join us for useful health-related topics, along with fun group mind games.

**12PM: GROOVYTEK (LIB)** Monday - Friday 12:00p - 5:00p

**1PM: L3 CORE & CONDITIONING (RC)**

**1PM: SING ALONG (PVL)** Join in on the singing fun. All Beatitudes Residents are invited.

**2PM: PILATES (RC)**

**2:30PM: YOGA FOR YOU (RC)**

**3PM: AA OPEN MEETING (HCC3)** Weekly meeting open to all.

**4PM: ON THE ROCKS HAPPY HOUR (PC)** Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu & Fri.

**FRI 9**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**8AM: SAFEWAY SHOPPING (OC)** Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum

**8AM: UNIQUE LAB SERVICES (WC)** Call 480-765-2677 to register in advance.

**9AM: L1 MORNING MOTIONS @ PLAZA VIEW (PVL)** All Residents Welcome

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**10AM: ASSISTED POOL EXERCISE (PL)**

**10AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)**

**10AM: PLAZA POETS (PC)** Join us every Second and Fourth Friday at 10 am in the Plaza Club to share your poetry, or simply enjoy the poetry of others. Call x12908 (602-336-2908) to have your morning cup of coffee or Starbucks beverage delivered into the Plaza Club.

**10:30AM: SKETCH TOGETHER (AG5)** Starting July 5th Sketch Together will now meet at 10:30 am. Bring your own supplies or use ours. All are welcome!

**11AM: COMPETITIVE TABLE TENNIS (RC)** Friendly Games of (Pickup) Ping Pong. Walk-ins Welcome Singles &/or Doubles Games

**11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)**

**12PM: GROOVYTEK (LIB)** Monday - Friday 12:00p - 5:00p

**1PM: LINE DANCING WITH CAROLE L1 & L2 (RC)**

**1PM: SCIENCE AND SPIRITUALITY (AC)** The Science and Spirituality Study Group examines how ongoing scientific revelations are broadening the scope of timeless spiritual perceptions. Contact Mark Pelkey at 15586 for details.

**2PM: BINGO! (PVL)** Everyone is welcome! .30 cents a card - 4 card limit

**2PM: L3 SENIOR STRENGTH TRAINING (FC)**

**2PM: DARTS (RC)** Join us in a few games! If you need additional information call Donna Ellis at x15564.

**4PM: ON THE ROCKS HAPPY HOUR (PC)**

**SAT 10**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

**8AM: NW DEMOCRATIC BREAKFAST CLUB (LC)** RSVP required by noon the Thursday prior - call x15130. Buffet breakfast is \$12 cash/check only. 2023 Dues are \$10. We have a guest speaker at each monthly meeting.

**9AM: HANDMADE BOXES WITH DONNA (AG5)** Donna will help you make boxes from used greeting cards or from plain card stock. Call XT15564 to reserve your space. Class size is limited.

**9AM: SIT & BE FIT (RC)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**10AM: L3 CORE & CONDITIONING (RC)**

**10AM: BINGO WITH TED (PVL)**

**11AM: YOGA FOR YOU (RC)**

**1PM: OPEN FITNESS SPECIALIST HOUR (FC)**

**1PM: RESIDENT VS ROBOT TABLE TENNIS (RC)** All skill levels welcome!

**2:30PM: COME PLAY CHESS (PC)**

**4PM: HAPPY HOUR MUSIC (PB)**

# Scan Me:



Events/Programs

**LEGEND KEY:**

(BC) Entire Campus

(AC) Admin. Conf. Room

(AG#) Agelink Room #

(AGR) Agelink Great Room

(TS) Backstreet Boutique

(BR) Boardrooms

(BG) Buckwald's Arizona Grille

(TV2) Channel 1-2

(CG) Community Garden

(CM) Central Park Mall

(CPW3) Central Park West 3rd Floor

(EF) Elaine's Fine Dining

(EP) Elaine's Patio

(FC) Fitness Center

(FL) Fireside Lobby

(GS) Gift Shop

(LB) Library

(LOT) Large Fountain

**Parking**

(LC) Life Center

(OC) Off Campus

(PB) Plaza Bistro

(PC) Plaza Club

(PVL) Plaza View Lounge

(PL) Pool

(RC) Recreation Center

(RG) Rose Garden

(WC) Wellness Center



## Aug. Break

NO

Studio

Town Hall

Resident Council

Welcome Coffee



**AUGUST 5—11 • 2024**

A Weekly Overview of Dining Specials

## TOWN PLAZA BISTRO

**Breakfast: Sun 7a-11:30a Mon-Sat 7a-10:30a**  
**Lunch/Dinner: Sun 11:30a-7p Mon-Sat 10:30a-7p**  
**Contact Us: (602)-336-2908**

**WEEKLY SPECIALS**

**MONDAY 5**

**TUESDAY 6**

**WEDNESDAY 7**

**Compote:**  
Peach (84c)  
**Breakfast Special:**  
Chocolate Chip Pancakes  
(360c)  
**B-Creative Station:**  
Burrito Bar (525c)

**Soup:** Beef Noodle  
(126c/168c)  
**Entrée:** Fried Shrimp with  
Waffle Fries (526c)

**Soup:** Santa Fe Chicken  
(141c/188c)  
**Entrée:** Turkey a la King  
with Puff Pastry (619c)

**Soup:** Pork Posole  
(159c/212c)  
**Entrée:** Battered Cod  
Tacos with Jicama Slaw  
(614c)

**THURSDAY 8**

**FRIDAY 9**

**SATURDAY 10**

**SUNDAY 11**

**Soup:** Broccoli & Cheddar  
(256c/341c)  
**Entrée:** Jumbo Stuffed  
Shells with Basil Cream  
Sauce (875c)

**Soup:** Shrimp & Crab  
Bisque (239c/318c)  
**Entrée:** Bacon Wrapped  
Pork Tenderloin with  
Creamy Marsala Sauce &  
Red Potatoes (635c)

**Soup:** Pasta Fagioli with  
Sausage (221c/294c)  
**Entrée:** Linguine  
Carbonara with Italian  
Sausage (760c)

**Soup:** Thai Chicken Noodle  
(236c/315c)  
**Entrée:** Burgundy Beef  
Stew with Mashed  
Potatoes (661c)



**THURSDAY & FRIDAY**

**4:00p-7:00p**

Reservations begin at 9:00 a.m. on Sunday by  
calling x12908 or by coming into the Bistro

**THURS 8 & FRI 9**

**Soup:** Seafood Chowder (310c)  
Cod, Lump Crab, Pancetta, Jalapenos & Red Potatoes  
**Entrée:** Lamb Chop (477c)  
Herb marinated Lamb with Balsamic Reduction 21.99

## BUCKWALD'S ARIZONA GRILLE

**WEDNESDAY - SATURDAY**

**4:00p-7:00p**

Reservations/Pick-up/Delivery \$4.00  
Call x16130

**WEDNESDAY 7**

**THURSDAY 8**

**FRIDAY 9**

**SATURDAY 10**

**Soup:** Cream Of  
Cauliflower (249c/374c)  
**Entrée:** Beef Lasagna  
(360c)

**Soup:** Pasta Fagioli  
(150c/225c)  
**Entrée:** Roasted Pork Loin  
with Chimichurri Sauce  
(445c)

**Soup:** Tuscan White Bean  
(270c/405c)  
**Entrée:** New York Strip  
Steak (352c)

**Soup:** Turkey Noodle  
(149c/224c)  
**Entrée:** Cheese Stuffed  
Shells with Marinara  
Sauce (488c)

## Communication And Dementia

**In-person:** Thursday, August 15<sup>th</sup>  
4:30 – 5:30 PM Everett Luther Life  
Center

**Online:** Wednesday, August 28<sup>th</sup>  
5:00 – 6:00 PM



For additional information please contact Tena Alonzo at 602 433-6182 or talonzo@beatitudescampus.org

### What's in the Community Garden?- *Excellent Eggplant!*

Eggplant is a glossy, usually dark purple, teardrop-looking fruit, but can come in other shapes and colors of white, green, pink, oranges, and even striped. Don't be confused, but eggplant has the nutrition of a vegetable, is considered a fruit since it's part of the nightshade family, but is considered a berry by botanical definition. Eggplant originated from China and India and has a history of being used as an ingredient for traditional medicine. Eggplant had various names over the centuries, but the first recorded name "eggplant" was in 1763 from a white variety that looked like the hen's eggs.



What makes eggplant desirable in the culinary world is the meaty texture has the capability to absorb oils and flavors through cooking. Raw eggplant can have a bitter flavor, but when cooked becomes tender and develops a richer flavor. Eggplant can be eaten raw in salads, but it's preferred cooked. Some tips on preparing eggplant:

- Do not cut eggplant until ready to cook since the flesh will turn brown.
- To help draw out the bitterness and from becoming too greasy during cooking, sprinkle salt on cut up eggplant and let sit for 30 minutes. Rinse off the salt before cooking.
- Eggplant can be roasted, baked, steamed, and sauteed. It can be added to curries and soups, but a favorite dish is eggplant parmesan.

The health benefits of eggplant are excellent! One cup of eggplant has 20 calories and is rich in fiber, but also provides some Potassium, Magnesium, Manganese, Phosphorus, Vitamin A, and Folate. Eggplant contains a high number of antioxidants that aid with inflammation. With the low carbohydrate and high fiber content, eggplant can help promote blood sugar control. Eggplant is also being researched as a cancer fighter since it contains the compound solasodine rhamnosyl glycosides that in animal studies is showing can cause death of cancer cells and help prevent recurrence of certain cancers. With these great health benefits, enjoy an excellent eggplant!



### Gone Fishing!!!

You probably don't need a reminder, but better to hear it twice, than forget about it once. During the heat of August we ARE NOT holding Admin Town Hall, Residents Council, New Resident Coffee, Studio, Auxiliary, or Backstreet Boutique. All of these will resume in September.



However, Lifelong Learners, Employee Appreciation, Welcome Committee, and Life Enrichment ARE meeting. Life Enrichment outings are also going forward. All Happy Hours and sing-alongs are still scheduled, and all Garden Club activities are still a go. Finally, we are having ice cream sundaes on August 21, the Third Wednesday at 2:00 pm as well! Hurrah! For all other events and activities, look at the Roadrunner Calendar before venturing out into the blistering heat.



## We Remember



Ian Greig  
November 1, 1941 —  
July 4, 2024  
Plaza North

## First Day—continued

of the worries of yesterday and the anxiety about tomorrow and enjoy today. It prods me to release the frustrations, the assumptions, the judgements, and start fresh and see where that newness of life takes me. Living life as if it is Day 1 fills you with gratitude and appreciation and helps you embrace every hour of every day with a renewed spirit. Knowing that we are going to die someday can be a motivator but instead I challenge you. I challenge you to get up

tomorrow morning, look in the mirror, rub the sleep from your eyes, and try living each day as though it's your first and you've been gifted a future, be that a day, a month, a year, or forty years.

## Welcome to Beatitudes at Home—continued

Call us at 602-544-8527 for more information about our services and pricing. Our office hours are from Monday-Friday from 8a.m. – 5p.m. You can also visit us in person located in the Plaza View building.



### BEATITUDES CAMPUS MISSION STATEMENT

Inspiring purpose and vibrancy in life's journey. Live Brightly, Age Boldly.

### VISION STATEMENT

To foster an innovative community where people meet purpose and aging is transformed.

**LIVE BRIGHTLY,  
AGE BOLDLY.**

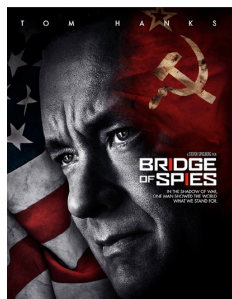
PRAYER REQUESTS,  
X15186  
DIAL-A-PRAYER,  
X15187

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1610 W Glendale Ave  
Phoenix, AZ 85021  
602.995.2611

Content Submissions:  
[www.bcampus.org/rr](http://www.bcampus.org/rr)

Beatitudes Campus is a Life Plan Community and a not-for-profit ministry founded by Church of the Beatitudes

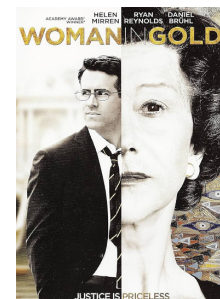
## SEVENTH ANNUAL FILM FESTIVAL



CURTAIN GOING UP!  
**SEVENTH ANNUAL  
FILM FESTIVAL**

PRESENTED BY  
**LLL BEATITUDES CENTER OF  
LIFELONG LEARNERS**  
**TWO FREE FILMS DAILY**  
IN THE  
**EVERETT LUTHER  
LIFE CENTER**

**Optional Noon lunch for \$9.95 purchased  
IN ADVANCE in the Bistro**



**FRIDAY, AUGUST 16TH**  
9:30AM—FOREST GUMP  
1:00PM—BRIDGE OF SPIES

**SATURDAY, AUGUST 17TH**  
9:30AM—WOMAN OF GOLD  
1:00PM—SEABISCUIT