



## *Tarrytowne Estates*

*Gracious Retirement Living*

*Enjoying Life - Enriching Lives - Living Well*

1815 Enclave Parkway • Houston, TX 77077 • (281) 531-1905

[www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)



Joe & Cheryl Lombardo	Managers
Madelon Grassau	Asst. Manager
Juan Diaz	Facility Chef
Tanisha Maxwell	Office Help
Shay Akinwamide	Office Help
Kerry Forney	Bus Driver
Veronica Ramirez	Activity Director

### **Important Numbers**

Office	(281) 531-1905
Fax	(281) 531-8945
Interactive Home Health	(281) 920-0088
Beauty Shop	(281) 920-3184



**July 2009**

### **AFI: 100 Years, 100 Films**

The American Film Institute in Los Angeles commemorated the first century of moviemaking by creating a definitive list of the "100 Greatest American Movies" of all time. The year 1939 was the most celebrated year in the history of film, with five films in the top 100: "Gone With the Wind" at No. 4, "The Wizard of Oz" at No. 6, "Mr. Smith Goes to Washington" at No. 29, "Stagecoach" at No. 63 and "Wuthering Heights" at No. 73.

### **NUMB3R CRUNCH3R: Money**

21: Months in the average life span of a \$1 bill before it's pulled from circulation.

7: Years in the average life span of a \$100 bill before it's pulled from circulation.

4:10: The time on the clock in Independence Hall pictured on the back of a \$100 bill.

2,040.8: Weight of \$1 million, in pounds, when counted in all \$1 bills.

20.4: Weight of \$1 million, in pounds, when counted in all \$100 bills.

### **Seasonal Selections**

Take some red, white and blue(ish) favorites to your family reunion or Fourth of July celebration this month:

Red: bell peppers, cherries, radishes, raspberries.

White: Crenshaw melon, garlic, white grapes, white sweet corn.

Blue: blueberries, eggplant, olallieberries, plums.

## All Hail

Red, white and blue are ubiquitous in July. Here are some facts about those colors and our flag:

America's founding fathers never indicated whether the U.S. flag's colors represented anything specific, according to the book "Our Flag."

The Great Seal of the U.S. (red, white and blue) provides a clue to possible symbolism of the flag's colors: purity and innocence (white); hardiness and valor (red); and vigilance, perseverance and justice (blue).

The colors in the Great Seal represent the ideals, values and beliefs of the Continental Congress.

The stars on the flag represent the heavens, and the stripes are rays of sunlight—the original 13 colonies.

President Eisenhower wanted gold-fringed flags to be used exclusively for the Armed Forces.



TARRYTOWNE ESTATES has an OPEN-SEAT policy. At mealtimes, all seats are available. All reserved tables—when entertaining guests—must be requested through the front desk. Please be prompt and courteous!

### MEDICAL SERVICES

Dr. Ton. Optometrist ..... 281-531-9400  
 Dr. Galloway (Podiatrist)  
 Call for Appt. ..... (832) 436-0351  
 Dr. Zachary Smith ..... (281) 597-8555

### KEY MAP

(A) .....	Activities Room
(C) .....	Commons Lobby
(D) .....	Commons Dining
(E) .....	Exercise Room
(L) .....	Commons Library
(ND) .....	Nondenominational
(O) .....	Dr.'s Office
(V) .....	Vermont

### SIGN-UP SHEETS

Please sign up for trips and turn in transportation requests at least 24 hours in advance!

**HAPPY  
INDEPENDENCE DAY**

### Pat's Dry Cleaning

#### Pat's Cleaners

- We'll pick them up on Tuesdays ...
- And we'll drop them off on Tuesday!!

**CALL (713) 460-2637!**

Ask for Jack or Don!

### Scheduled Transportation

Doctor Appointments  
 9 a.m.–3 p.m. Monday & Tuesdays

Wednesdays at 9:45 a.m.  
 Walgreens & Kroger

Wednesdays at 2 p.m.  
 Randalls\HEB

Thursdays—Trips—check calendar for listings

Fridays at 9:45 a.m. Walmart & West Oaks Mall

Fridays at 2 p.m. Banking & Errands



Mitzie Norman and L.J. Heroy.  
 Memorial Day tribute



Laying of the flowers Memorial Day tribute with our Veterans Charlie Schultz, Mitzie Norman and L.J. Heroy

## Wit & Wisdom



America	Hurricane
Beach	Independence
Crowd	July
Fireworks	Neighborhood
Flag	Parade
Fourth	Patriotic
Freedom	Summer
Hot	Watermelon

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

### Summer Birthday Ideas

July's birthstone is the ruby, but if the price tag of precious gems isn't in the budget this month, don't overlook the romantic gift of flowers. The flowers of the month for July are the Larkspur and the Water Lily.



E & B Orchards—Peach Farm



Betty Harrison at Peach Farm



Mani Lou Rice at Peach Farm

### Beauty and Grace

Ginger Rogers was born July 16, 1911. Keep in mind that she did everything Fred Astaire did ... and she did it all backwards and in high heels!

“Summer afternoon, summer afternoon. To me, those have always been the two most beautiful words in the English language.”

—Henry James

“Ah, summer! What power you have to make us suffer and like it.”

—Russell Baker

“Deep summer is when laziness finds respectability.”

—Sam Keen

“Of all the wonders of nature, a tree in summer is perhaps the most remarkable—with the possible exception of a moose singing 'Embraceable You' in spats.”

—Woody Allen

“The dandelions and buttercups gild all the lawn. The drowsy bee stumbles among the clover tops, and summer sweetens all to me.”

—James Russell Lowell

# July 2009

## Oldies but Goodies

Happy birthday to some folks you may recognize:

July 1, 1957: Dan Aykroyd

July 4, 1927: Neil Simon

July 5, 1950: Huey Lewis

July 6, 1937: Ned Beatty

July 8, 1951: Anjelica Huston

July 11, 1931: Tab Hunter

July 12, 1938: Bill Cosby

July 13, 1942: Harrison Ford

July 15, 1946: Linda Ronstadt

July 17, 1935: Diahann Carroll

July 20, 1938: Diana Rigg

July 24, 1936: Ruth Buzzi

July 26, 1943: Mick Jagger

July 28, 1948: Sally Struthers

July 30, 1941: Paul Anka



	Sunday	Monday	Tuesday
			
5	10am Catholic Communion (A) 2pm Vermont Service <b>6:45pm Movie Time (C)</b>	<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 pm Balloon Toss (V) 2:00 p.m. Dominoes (L)  <b>7:15 p.m. Walking Club</b>	<b>6</b>  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30 a.m. Fitness Class (A) 1:30 p.m. Balloon Toss (V) 1:45 p.m. Knitting Hour (A) 2:00 p.m. Poker (C) <b>3:30 p.m. Beading Class with Monica (A)</b>  <b>7:15 p.m. Walking Club</b>
12	10am Catholic Communion (A) 1:30 p.m. Nondenominational Communion (A) 2pm Vermont Service <b>6:45pm Movie Time (C)</b>	<b>Happy Birthday to Barbara Minneck</b>  <b>9:00 a.m. Pool Exercises</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 pm Balloon Toss 2:00 p.m. Dominoes (L)  <b>7:15 p.m. Walking Club</b>	<b>13</b>  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30 a.m. Fitness Class (A) 1:30 p.m. Balloon Toss (V) 1:45 p.m. Knitting Hour (A) 2:00 p.m. Poker (L) <b>2:45 p.m. Afternoon Tea (C)</b>  <b>7:15 p.m. Walking Club</b>
19	<b>Happy Birthday to Dante Santi</b> 10am Catholic Communion (A) 2pm Vermont Service <b>6:45pm Movie Time (C)</b>	  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 pm Balloon Toss 2:00 p.m. Dominoes (L)  <b>7:15 p.m. Walking Club</b>	<b>20</b>  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store <b>9:00 a.m. Dr. Galloway (L)</b> 11:30 a.m. Fitness Class (A) 1:30 p.m. Balloon Toss (V) 1:45 p.m. Knitting Hour (A) <b>1:45 p.m. Affirmations Workshop with Helen (A)</b> 2:00 p.m. Poker (C)  <b>7:15 p.m. Walking Club</b>
26	<b>Happy Birthday to Mary Lundblad</b> 10am Catholic Communion (A) 2pm Vermont Service <b>6:45pm Movie Time (C)</b>	<b>Happy Birthday to Mary Meyers</b>  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 pm Balloon Toss 2:00 p.m. Dominoes (L)  <b>7:15 p.m. Walking Club</b>	<b>27</b>  <b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30 a.m. Fitness Class (A) 1:30 p.m. Balloon Toss (V) 1:45 p.m. Knitting Hour (A) 2:00 p.m. Poker (C)  <b>7:15 p.m. Walking Club</b>
7			<b>28</b>

# Calendar of Events

Wednesday	Thursday	Friday	Saturday
<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 p.m. Dr. Smith 1:30pm Blood Pressure Check 1:30 p.m. Ring Toss (V) 2:00 p.m. Dominoes  <b>7:15 p.m. Walking Club</b>	<b>1</b>  <b>9:00 a.m. Trip on Southern Empress Riverboat to Cruise Lake Conroe</b>  11:30 a.m. Fitness Class (A) 1:45 p.m. Movie Classics (C)  <b>7:15 p.m. Walking Club</b>	<b>2</b>  9:00 a.m. Country Store 10:30 a.m. Social Hour (V) 11:30am Fitness Class (A) <b>12:30 p.m. Vince Live (D)</b> 1:45pm <b>Bingo</b> (A) \$10 Prize 2pm Poker (L)  <b>6:45 p.m. Friday Night Movie</b>	<b>3</b> <b>Independence Day</b>  <b>TARRYTOWNE ESTATES</b> <b>4TH. OF JULY</b> <b>B.B.Q. BUFFET</b> <b>12:00 P.M. &amp; 1:30 P.M.</b> <b>TWO SEATINGS</b> <b>R.S.V.P.</b>
<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 p.m. Dr. Smith 1:30pm Blood Pressure Check 1:30 p.m. Ring Toss (V) 2:00 p.m. Dominoes (L) <b>2:00 p.m. BRIDGE (L)</b>  <b>7:15 p.m. Walking Club</b>	<b>8</b>  <b>10:00 a.m. Trip to Junior League Tea Room with Vanice</b>  11:30 a.m. Fitness Class 1:45 p.m. Movie Classics  <b>7:15 p.m. Walking Club</b>	<b>9</b>  <b>Happy Birthday to Beaula Keiser</b> 9:00 a.m. Country Store <b>10:00 a.m. Mass (A)</b> 10:30 a.m. Social Hour (V) 11:30am Fitness Class (A) 1:45pm <b>Bingo</b> (A) \$10 Prize 2pm Poker (L)  <b>6:45 p.m. Friday Night Movie</b>	<b>10</b>  9:00 a.m. Puzzles (L) 10:00 a.m. Word Finders (L)  <b>1:45pm Coffee &amp; Conversation with Fran Burrows (A)</b>
<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 p.m. Dr. Smith 1:30pm Blood Pressure Check 1:30 p.m. Ring Toss (V) 2:00 p.m. Dominoes (L)  <b>5:00 p.m. Dinner Out w/Kerry</b>  <b>7:15 p.m. Walking Club</b>	<b>15</b>  <b>10:00 a.m. Trip to Cypress Outlet Mall</b>  11:30 a.m. Fitness Class 1:45 p.m. Movie Classics  <b>7:15 p.m. Walking Club</b>	<b>16</b>  9:00 a.m. Country Store 10:30 a.m. Social Hour (V) 11:30am Fitness Class (A) 1:45pm <b>Bingo</b> (A) \$10 Prize 2pm Poker (L)  <b>6:45 p.m. Friday Night Movie</b>	<b>17</b>  9:00 a.m. Puzzles (L) 10:00 a.m. Word Finders (L)  <b>2:00 p.m. Movie &amp; Popcorn</b>
<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) 1:30 p.m. Dr. Smith 1:30pm Blood Pressure Check 1:30 p.m. Ring Toss (V) 2:00 p.m. Dominoes  <b>7:15 p.m. Walking Club</b>	<b>22</b>  <b>11:00 a.m. Trip to the Movies</b>  11:30 a.m. Fitness Class 1:45 p.m. Movie Classics  <b>7:15 p.m. Walking Club</b>	<b>23</b>  <b>Happy Birthday to Durant Dansby</b> 9:00 a.m. Country Store <b>10:30am Designs by Marie</b> 10:30 a.m. Social Hour (V) 11:30am Fitness Class (A) 1:45pm <b>Bingo</b> (A) \$10 Prize 2pm Poker (L)  <b>6:45 p.m. Friday Night Movie</b>	<b>24</b>  9:00 a.m. Puzzles (L) 10:00 a.m. Word Finders (L)  <b>1:45pm Coffee &amp; Conversation with Fran Burrows (A)</b>
<b>9:00 a.m. Pool Exercise</b> 10:00 a.m. Country Store 11:30am Fitness Class (A) <b>12:30 p.m. The Ivory Touch</b> 1:30 p.m. Dr. Smith 1:30pm Blood Pressure Check 1:30 p.m. Ring Toss (V) <b>2:00 p.m. BRIDGE (A)</b> 2:00 p.m. Dominoes (L)  <b>7:15 p.m. Walking Club</b>	<b>29</b>  <b>Happy Birthday to Ann Dodson &amp; Skippy Reynold</b>  <b>10:00 a.m. Kerry's Mystery Trip</b>  11:30 a.m. Fitness Class 1:45 p.m. Movie Classics  <b>7:15 p.m. Walking Club</b>	<b>30</b>  9:00 a.m. Country Store 10:30 a.m. Social Hour (V) 11:30am Fitness Class (A) 1:45pm <b>Bingo</b> (A) \$10 Prize 2pm Poker (L)  <b>6:45 p.m. Friday Night Movie</b>	<b>31</b>  <b>For up-to-the-minute information, check daily for calendar updates.</b>

## Bedtime Snacks

Knowing what bedtime snacks keep you awake will help you fall asleep faster.

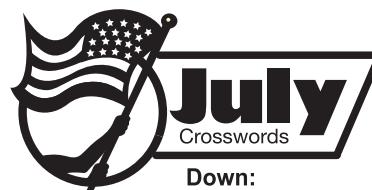
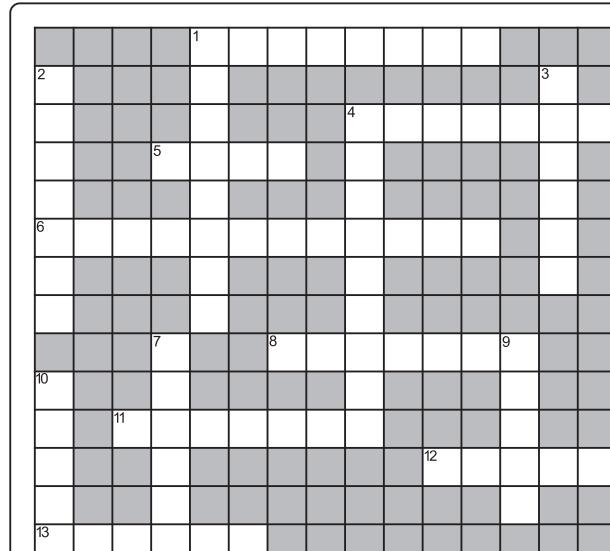
The worst things to eat before bed are chocolate or greasy foods (which are difficult to digest) and spicy foods (which cause heartburn). A nightcap may help you fall asleep but can cause night sweats and nightmares.

The best evening snack is a small one that causes your body to relax. For example, if mom gave you milk at bedtime, she knew best—dairy contains tryptophan. Other foods containing this sleep-promoting substance are bananas, oats and honey. Carbohydrates help tryptophan through the bloodstream, so whole wheat toast or crackers with a piece of cheese or low-fat yogurt with granola can also do the trick. Chamomile tea promotes muscle relaxation. Add a bit of honey, and you'll be snoozing in no time.

## Spotlight



Claire Newbold and Susan Sprowls danced at Tarrytowne's Talent Show. Arthur Dulemba (pictured on the right) sang a medley of Frank Sinatra's songs.



### Across:

- Belonging to the United States
- Loyalist
- Twenty-five percent
- Firecrackers
- National hymn
- Stellars
- Common grounds
- It contains sliced apples and sugar
- Loyalist
- Twenty-five percent
- Firecrackers
- National hymn
- Stellars
- Common grounds



# Where Were You?



Joan Cox, Joy Hurley and Mitzie Norman



Betty Harrison and Vanice Gostecnik



Veronica, Mildred Brim and Helen Snyder



Sharon Bowen and Skippy Reynolds



Kerry and Betty Harrison

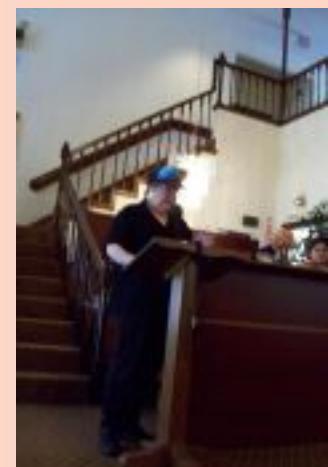


Mary Meyer and Vanice Gostecnik

## Talent Show!



Chuck Poisall—Singing Gospel

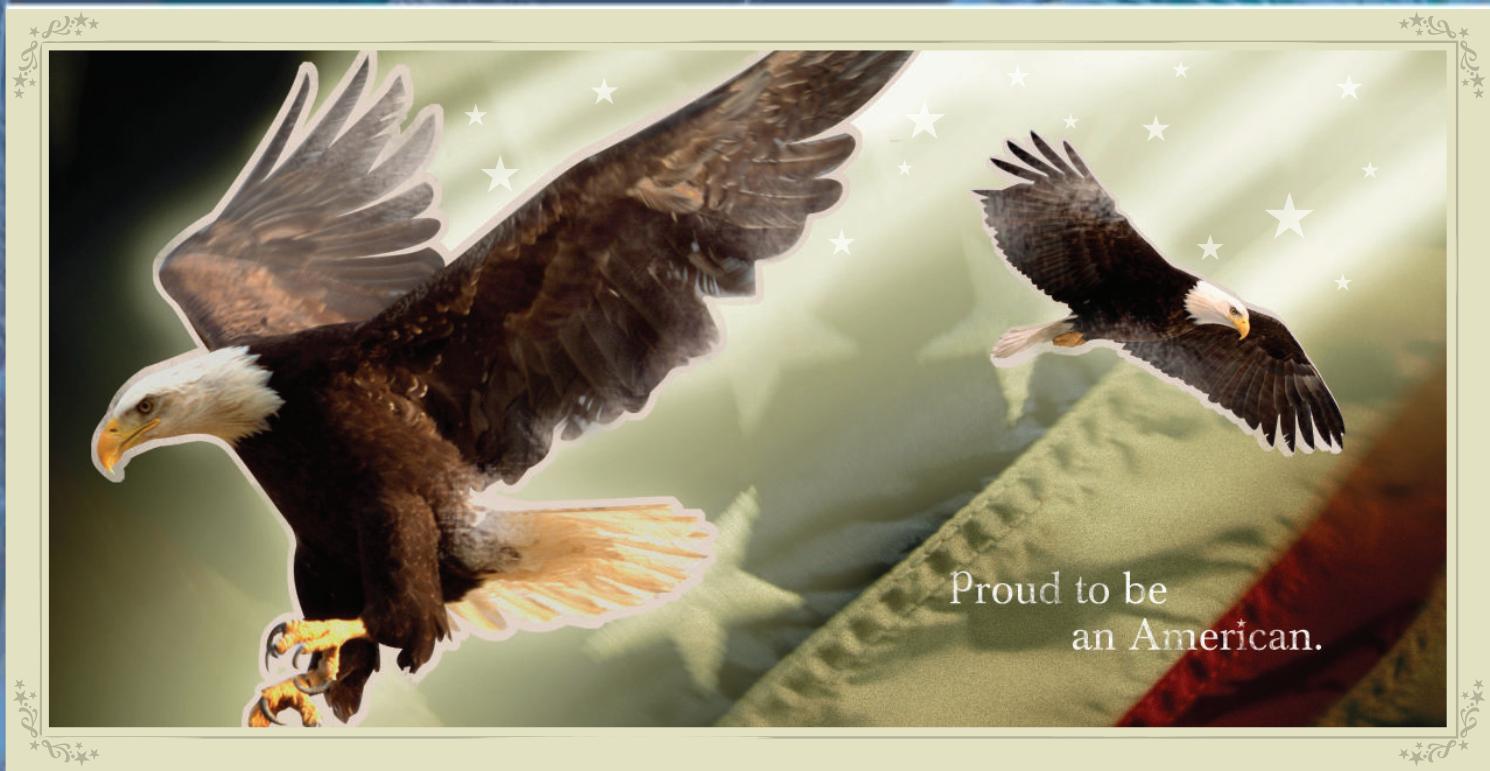


Sharon Bowen—Comedian



Mildred Brim—Comedy Skit

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