

Activities

Happy Hour – Community Room
Fridays – 2:00 PM
Happy Birthday Happy Hour July 30
Exercise
Monday through Friday – 9:30 AM
Coffee & Treats
Daily at 10:00 AM – Jitterbug Café
Grill and Chill – Back Deck
Thursdays, July 8 and 22
Silverwood Park Craft – Community Room
Monday, July 12 – 10:00 AM
Resident Council – Community Room
Thursday, July 29
Service with Pastor Mark – Community Room
Thursdays – 2:00 PM
Men’s Lunch – Community Room
Tuesday, July 27 – 12:00 PM
Treats with the Chef – Dining Room
Wednesday, July 28, 2:00 PM

Wednesday Movies at 6:30 PM

July 7 – *The Imitation Game*
PG-13 1h 54min
July 14 – *The Book Thief*
PG-13 1h 31min
July 21 – *The Theory of Everything*
PG-13 2h 3min
July 28 – *Money Monster*
R 1h 38min

Saturday Movies at 6:30 PM

July 3 – *The Bucket List*
PG-13 1h 37min
July 10 – *Nomadland*
R 1h 47min
July 17 – *Dear John*
PG-13 1h 48 min
July 24 – *Under the Stadium Lights*
PG 1h 49min
July 31 – *Snowden*
R 2h 14min

Music

Ken Appledoorn
Friday, July 16, 3:00 PM – Lobby
Tim Patrick
Friday, July 23, 3:00 PM – Lobby

July Birthdays

In astrology, those born July 1–22 are Cancer’s Crabs. Crabs like to retreat into their “shells” and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Those born July 23–31 are Leo’s Lions. These “kings of the savanna” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Dorothy S. – July 4
Margaret H. – July 17
Nancy M. – July 19
Patricia L. – July 26
David S. – July 29

Visit our Bel Rae Facebook page to see pictures of your loved ones!

You do not need to have a Facebook account to view our page. Go to www.facebook.com. Go to search at the top of the page and type in Bel Rae Senior Living of Mounds View. When there, please click on “Like”.



Bel Rae is a no-smoking campus. Smoking is not permitted anywhere on our campus. This also applies to smoking in cars in our parking lot. Please respect this. Thank you.

Bel Rae Reporter

Bel Rae Senior Living | 2330 Mounds View Blvd | Mounds View, MN | 55112

Celebrating July

Anti-Boredom Month

Women’s Motorcycle Month

World Watercolor Month

Canada Day
July 1

Roswell UFO Days
July 1–3

Independence Day (U.S.)
July 4

Bastille Day (France)
July 14

“Wrong Way” Corrigan Day
July 17

World Chess Day
July 20

Day of the Cowboy
July 24

World Lumberjack Championships
July 29–31

World Ranger Day
July 31



Fourth of July Party
Friday, July 2 – 1:00 PM

Come and enjoy our celebration of the 4th of July. We will gather out in front and enjoy great food and lots of fun! We are serving dinner at the party. If you do not want to attend, you may pick up your meal in the Dining Room or eat in the Dining Room at the normal dinner time.

July Outings

Pontoon Ride on White Bear Lake
Thursday, July 1, 10:00 AM

Trip to HyVee
Wednesday, July 7 – 10:00 AM

Trip to Target
July 13 – 10:00 AM

Lunch at RJ Riches
Tuesday, July 20, 11:00 PM

Trip to Bob’s Produce
Tuesday, July 27, 10:00 AM

Enjoying Music



Summer on our Deck



Fun with Friends



Welcome Pastor Mark Watkins

We are happy to welcome Mark Watkins as our pastor. He will be holding a service on Thursdays at 2:00 PM. Please join us in the Community Room for this time of worship.

Animal of the Month – Hamster



Hamsters are one of 19 species in the Cricetinae subfamily of the Rodentia family. These small rodents are often kept as pets, particularly the Syrian or golden

hamster. They were first domesticated in 1939. In the wild, hamsters stay underground during the day and eat seeds, fruits, grasses, and insects. They have short furry ears and feet and long cheek pouches, which of are used to transport food back to their burrows. Their fur comes in a range of patterns and colors, including white, brown, orange, gray, and black. These cute, typically solitary little critters are adventurous and climb well despite having poor vision. They have a good sense of smell and hearing, and they communicate with body language and by using their scent glands. Hamsters are born hairless and blind and have a longevity of two to three years. A group of hamsters is called a horde.

Flower – Larkspur



The larkspur gets its name from its resemblance to a dolphin. The flower's scientific name, *delphinium*, is derived from the Greek word *delphis*, meaning "dolphin." As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape similar to the nose of the joyful marine mammal. The larkspur is also said to reflect the dolphin's spirit, and a purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity,

Signing the Declaration



Independence Day colloquially the Fourth of July or July 4) is a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.

