



July Birthdays!

- Nikki I. 7/7
- Ted M. 7/7
- Nancy R. 7/8
- Gillian S. 7/8
- Paul T. 7/11
- Walter G. 7/14
- Janet F. 7/24
- Julie G. 7/26
- Ethel L. 7/26
- Emily S. 7/27
- Warren L. 7/30

Manager's Message

Greetings, hard to believe that we just passed the one year mark of our community being open. Exactly one year ago, our community was bustling with people moving in, families were helping their parents and grandparents move, friends were helping and everybody, including me, had a little of that "change is difficult" anxiety. Wow, have we come a long way or what? I cannot tell you what a pleasure it is for me to watch you gather as a community to socialize, form new friendships and help and support each other. Last week, a group of guys walked by my office door heading out to play golf. A year ago, they did not know each other. I watch the ladies head out for the monthly "Ladies Lunch", a year ago they did not know each other, either. Our community is one that has heart and all of you are the heart-beat. Celebrate and embrace the community you have become, it is truly something special. Enjoy your summer!



Maple Ridge Minute

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So Many New Faces!

You all may have seen some new faces lately, we have had 9 new residents move in in the last few weeks!

I wanted to reach out and welcome everyone to Maple Ridge—I am sure you will find everyone here friendly and inviting.

Bill King recently joined us from Florida. We are excited to have him as well as Don and Denise Hammer and Carolyn Cafarelli joining us!

Paulina Robinson just moved from NY, she

grew up here and was a school teacher in Amherst.

Bud and Emily Spaulding join us after spending over 15 years traveling around the country in their camper!

Jack and Rita Sargent are joining us after living in Florida for the past 20 years. They and their beagle Sparky wanted to be closer the their children and grandchildren.

With so many new faces I can't wait to really get to know everyone and

*Welcome
Glad you're here!*

hear their always amazing and diverse stories.

We have so many amazing and interesting people here at Maple Ridge that each day brings an opportunity to learn something new.

WELCOME!

Why Do We Call Them The 'Dog Days' of Summer?

The "dog days," I always thought, were those summer days so devastatingly hot that even dogs would lie around on the asphalt, panting .

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

To the Greeks and Romans, the "dog days" occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

"If you go back even as far as Homer, *The Iliad*, it's referring to Sirius as Orion's dog rising, and it describes the star as being associated with war and disaster," "All throughout Greek and Roman literature, you found these things."

The phrase "dog days" was translated from Latin to English about 500 years ago. Since then,

it has taken on new meanings

"Now people come up with other explanations for why they're called the 'dog days' of summer, like this is when dogs can go crazy,"

"This is a very human tendency," she said. When we don't know the origin of a phrase, we come up with a plausible explanation.

"The meaning has been lost, but the phrase has lived on."

<https://news.nationalgeographic.com/2015/07/150710-dog-days-summer-sirius-star-astronomy-weather-language/>



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Did You Know???

No month ends on the same day of the week as July unless it is a leap year, when January does so.

Quote of the Month

Here men from the planet Earth first set foot upon the Moon. July 1969 AD. We came in peace for all mankind
Neil Armstrong

Ice Ice Coffee

Who doesn't love a nice hot cup of coffee? But what about when it's 100 degrees out? The person who thought of iced coffee is a genius!

This summer if you find

you are in the mood for a cup of coffee but would prefer the iced kind simple look in the kitchen refrigerator. There should always be a pot of iced coffee ready to help give all those who look a

refreshing pick me up on a summer afternoon.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1 10:00 Crochet/Bocce (weather permitting) 2:00 Board Games In the Library</p>	<p>2 9:30 Open Discussion 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Last Samurai</i> 7:00 Getting to Know You:</p>	<p>3 10:00 Color Class 10:00 Pickleball 1:00 Kings in the Corner 2:00 Bone Builders 3:30 Women's Pool League</p>	 <p>HAPPY 4th of JULY</p> <hr/> <p>7:00 Patriotic Sing-A-Long In the Library</p>	<p>5 10:30 Zumba 1:00 Dominos 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>6 9:30 Coffee and Donuts 11:00 Bone Builders 1:00 Hand and Foot 2:00 Knitting/Crochet Group 3:00 What's the Scoop? Chocolate 7:00 Friday at the Movies <i>There's Something About Mary</i> Featuring Harry Kimball</p>	<p>7 10:00 Crochet/Bocce (weather permitting) 2:00 Saturday Matinee: <i>Hunger Games</i></p>
<p>8 10:00 Crochet/Bocce (weather permitting) 2:00 Board Games In the Library</p>	<p>9 9:30 Open Discussion 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Sully</i></p>	<p>10 10:00 Color Class 10:00 Pickleball 1:00 Kings in the Corner 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>11 9:30 Men's Coffee & Conversation 10:00 Yoga 11:00 Mindful Coloring 1:00 Sequence 2:00 Where Did I Put it?? With Suzanne O'Gara</p>	<p>12 9:00 Women's Auxiliary 10:00 Veterans Brunch 1:00 Dominos 2:00 Boxing Therapy 3:00 Get your Summer Glow 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>13 9:30 Coffee and Donuts 11:00 Bone Builders 1:00 Hand and Foot 2:00 Knitting/Crochet Group 3:00 What's the Scoop? Rum Raisin 7:00 Friday at the Movies <i>Wild Things</i> Featuring Harry Kimball</p>	<p>14 10:00 Crochet/Bocce (weather permitting) 2:00 Saturday Matinee: <i>Hunger Games: Catching Fire</i></p>
<p>15 10:00 Crochet/Bocce (weather permitting) 2:00 Board Games In the Library</p>	<p>16 9:30 Open Discussion 10:15 Boxing Therapy 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Bridge of Spies</i> 7:00 Getting to Know You: Fritz Aumann</p>	<p>17 10:00 Color Class 10:00 Pickleball 11:00 Tech Tuesdays 1:00 Kings in the Corner 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>18 9:30 Men's Coffee & Conversation 10:00 Yoga 11:00 Mindful Coloring 1:00 Sequence 2:00 Health Seminar: Stroke</p> 	<p>19 10:00 Coffee with a Cop 1:00 Dominos 2:00 Zumba 3:00 Men's Pool League 4:00 Creative Cocktail 6:00 Themed Dinner BBQ!</p>	<p>20 9:30 Coffee and Donuts 11:00 Bone Builders 1:00 Hand and Foot 2:00 Knitting/Crochet Group 3:00 What's the Scoop? Butter Pecan 7:00 Friday at the Movies <i>Deep Water Horizon</i></p>	<p>21 10:00 Crochet/Bocce (weather permitting) 2:00 Saturday Matinee: <i>Hunger Games: Mockingjay Part 1</i></p>
<p>22 10:00 Crochet/Bocce (weather permitting) 2:00 Board Games In the Library</p>	<p>23 9:30 Open Discussion 10:15 Boxing Therapy 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Castaway</i></p>	<p>24 10:00 Color Class 10:00 Pickleball 11:00 Tech Tuesdays 1:00 Kings in the Corner 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>25 9:30 Men's Coffee & Conversation 10:00 Yoga 11:00 Mindful Coloring 1:00 Sequence 2:00 Health Habits: Successful Aging</p>	<p>26 10:00 Know Yourself—Personality Profile with Dr. Caldwell 1:00 Dominos 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>27 9:30 Coffee and Donuts 11:00 Bone Builders 1:00 Hand and Foot 2:00 Knitting/Crochet Group 3:00 What's the Scoop? Birthday Cake 7:00 Friday at the Movies <i>Spy Game</i></p>	<p>28 10:00 Crochet/Bocce (weather permitting) 2:00 Saturday Matinee: <i>Hunger Games: Mockingjay Part 2</i></p>
<p>29 10:00 Crochet/Bocce (weather permitting) 2:00 Board Games In the Library</p>	<p>30 9:30 Open Discussion 10:15 Boxing Therapy 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Die Another Day</i></p>	<p>31 10:00 Color Class 10:00 Pickleball 11:00 Tech Tuesdays 1:00 Kings in the Corner 2:00 July Birthday Party 3:30 Women's Pool League</p>				