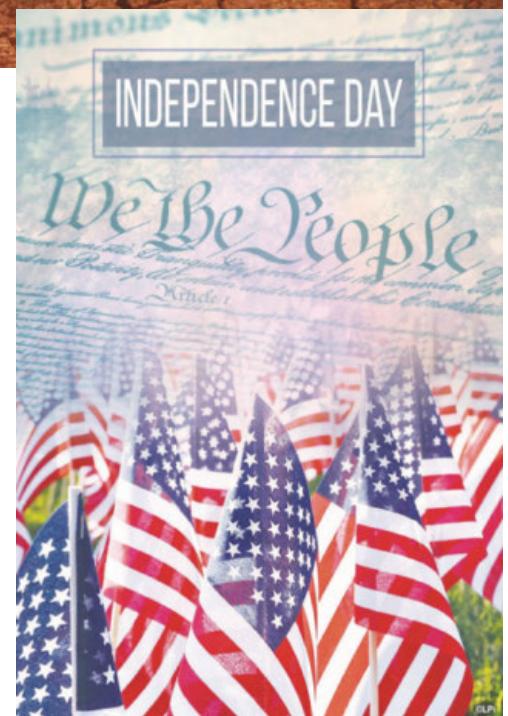


MAYSLAKE ACORN



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Katie can be reached at
630-214-1866 or
kschneider@mayslake.org

AFTERNOON MOVIE: CHANTILLY BRIDGE (2023)

**Tuesday, July 2nd at 1:30pm in
Frigo Hall**

In this film, a group of lifelong, steadfast female friends confront old resentments, celebrate new milestones and rediscover their unbreakable bond.

AFTERNOON MOVIE: UNDER THE TUSCAN SUN (2003)

**Tuesday, July 16th at 1:30pm
in Frigo Hall**

Based on Frances Mayes' 1996 memoir, the film is about a recently divorced writer who buys a villa in Tuscany on a whim, hoping it will lead to a change in her life.

BRUNCH ENTERTAINER: JANE ALLYSON

**Friday, July 19th at 12pm in
the Dining Room**

Jane is a top entertainer in the Chicagoland area with a great voice and a large repertoire. She can't wait to be back at Mayslake!

BRUNCH ENTERTAINER: BABETTE

**Friday, July 12th at 12pm in the
Dining Room**

Babette Dean will be back to entertain you while you enjoy brunch!

ICE CREAM SOCIAL

**Sunday, July 21st from 1pm to
3pm in Frigo Hall. Doors open at
1pm!**

You scream, I scream, we all scream for ICE CREAM...social! Invite your friends and family and come down to Frigo Hall for a musical performance by Andrew Blendermann, kid's games in the Senior Center, clowns, and of course ICE CREAM! You can purchase your tickets starting Monday, July 1st at the Administration Desk and they can also be purchased at the door on the day of the event. Pricing will be one scoop for \$3, two scoops for \$4, and a banana split for \$5. All items come with unlimited toppings. Cash or check accepted. [Calling all volunteers!](#) [We need topping servers, clean up help, ticket sellers/collectors, and more.](#) [Please contact Katie!](#) [All volunteers will receive a free coupon for two scoops of ice cream.](#)

BARB'S BOUTIQUE

**Monday, July 29th from 11am to
3pm in Frigo Hall**

Be sure to swing down to say hi to Barb and browse to see what she has in her store. Cash, check, or Zelle accepted.

JULY BIRTHDAY PARTY

**Friday, July 26th at 1:30pm in
Frigo Hall**

Entertainment by Michael Joseph. We will also enjoy cake, coffee/tea, and a free drawing!



PAINTING WITH COLLEEN

Monday, July 22nd at 9:30am in Frigo Hall

We will have step by step instructions by Colleen and you will go home with a project to be proud of! Beginners always welcome!

ANNUAL TIE-DYE CLASS

Monday, August 26th at 9:30am in the Senior Center

Registration will begin on August 1st. More information in August Acorn.

SEATED FITNESS

Tuesday(s) & Thursday(s) at 10am in Frigo Hall.

Come down to stretch and strengthen your muscles while getting our blood pumping! All exercises are done from a seated position. **No class July 4th.**

PANERA FRIDAYS!

Friday(s) Mornings in the Senior Center when supplies available.

Breads, bagels, and occasional muffins, cookies, and other assorted bakery goods from Panera will be available on Fridays. Please bring a plastic bag to take your goodies home in.

BINGO

Every Wednesday in Frigo Hall

Come play Bingo with the Men's Club on Wednesday(s) in Frigo Hall. Early Bird Bingo begins at 1:30pm with Regular Bingo starting at 2:00pm. Cards are only \$1.00. Cash prizes! Men's Club is providing free coffee and cookies for snacks!

IMPROVISATION

Monday, July 1st & 15th at 1pm in Senior Center

Join us for this fun class where we play acting games and participate in other activities.

CHAIR YOGA

Wednesday(s) at 10am in Frigo Hall

Come join Colleen and work on some stretching, strengthen, and meditation exercises.

FREE PRODUCE DAYS

Tuesday, July 9th & 23rd

In the Mayslake Dining Room on from 2:00pm-2:30pm. Numbers will be given out beginning at 1:00pm. Come down and get some free fruits and vegetables. Please bring your own reusable bag. Sponsored by Peoples' Resource Center.

MAYSLAKE LIBRARY (Located in the Senior Center)

Open 9:30am-12:00pm on Monday thru Friday and 1:00pm-3:00pm on Monday, Tuesday, and Thursday. Books, DVDs, computers, and a printer for resident use!



RESIDENT GROUPS/CLUBS

NEW A Taste of Taekwondo - Saturday, July 13, from 10:30 until 11:30am we will begin a five-week exercise program in Taekwondo (July 20, July 27, August 3, August 10) in the **Annex Community Room**. This class is for those who are in (relatively) good physical health. The instructor will teach the basics of Taekwondo, emphasizing balance, the philosophy of Zen, concentration, and coordination. The instructor is a new resident, Thomas Aldworth, a certified third-degree black belt in Taekwondo who has taught this art form for some 20 years. This exercise program requires standing and the ability to sit on the floor for stretching.

Rosary Group - Calling all Prayer Warriors! Join us Monday through Friday at 6pm in the chapel to pray the rosary. Join us just one day a week or every day! All are welcome.

Philosophy Group - The group gathers **every first Monday of the month from 6:30 until 8:00 PM in the Wings Community Room**. The facilitator is a new resident, Rev. Dr. Thomas Aldworth, an award-winning author, a retired pastor and current adjunct Philosophy Instructor at Moraine Valley Community College. The topic for the July 1st discussion is "What do YOU think happens when you die?" Come, learn, debate, enjoy!

Garden Club Meeting - 1st Tuesday of every month in the Wings Community Room at 10am, unless decided otherwise by club.

Closed AA Meeting - Tuesday(s) 12noon-1:00pm in the Wings Community Room.

Grief Group - 1st & 3rd Fridays at 10am in the Wings Community Room.

Mayslake Walk Through the Bible Group - Summer is here! We will be taking our summer break from July 1st to September 10th.

Mayslake Chorus - Chorus is taking the summer off. But when we return to rehearsals in early September, we will be looking for NEW MEMBERS who enjoy singing! Join us! More info is coming in the August ACORN.



RESIDENT GROUPS/CLUBS

Kast n Krew Social Club - Our Monday, July 8 meeting (Frigo Hall, 1:30) is the last meeting of our fiscal year, and we will be celebrating with a "WELCOME SUMMER" LUNCHEON featuring fried chicken, potato salad, tossed salad, dessert, beverages, PLUS musical entertainment and raffles! Current & NEW Members are invited to join (or re-join) in August. Dues: \$20, covers a full year of monthly meetings featuring fun activities, fellowship, refreshments, entertainment and more! ALL INVITED! We meet the 2nd Monday of each month at 1:30 in Frigo Hall.

Creative Writing Group - We will be meeting on the **2nd and 3rd Wednesday** of the month at 4pm in the Annex Community Room. Can't wait to hear what everyone has to share! New members welcome!

Secular Franciscans - Secular Franciscans are ordinary people who commit to lead truly Gospel-inspired and service-inspired lives. Through prayer, we hope through daily transformation to become more Christian in our homes and workplace and in our interaction with others. Our Saint Clare Fraternity of Secular Franciscans meet on **the second Wednesday of each month at 1:30 PM in the Wings Community Room**.

Men's Club - Monthly meeting the 3rd Thursday of the month at 6:00pm in the Wings Community Room.

UPCOMING TRIPS: Bus Trip to Morton Arboretum for Asian Fest—Saturday August 3rd—\$25 cost includes tours of property and festival—**tickets must be purchased by July 20th**. See Tom Scott (630) 772-3126.

Hospitality Sunday - Join us **Sunday, July 28th** for fresh, hot coffee, tea, and delicious pastries at 10:30AM (or immediately after 9:30AM mass) in the Wings Community Room! All are most welcome and encouraged to come and bring a friend!

Mission Ladies of Mayslake - Calling all talented ladies to crochet gifts for children and adults to lift their spirits. We will be meeting in the **Senior Center on Fridays at 9am**. We have a super wonderful benefactor who will supply yarn to our group. If you have any ideas for gifts we could make, please let us know.

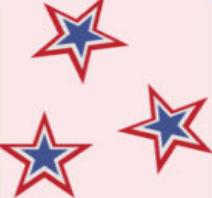
ACORN SUBMISSIONS

Just a reminder, all resident and club/group submissions for the August Acorn are due by **July 16th**. All submissions will be reviewed and approved.



WEEKLY PLANNER

JULY 1ST - JULY 7TH

Monday, 1st	Tuesday, 2nd	Wednesday, 3rd	Thursday, 4th	Friday, 5th	Saturday, 6th
<u>10:30AM</u> Meditation, p. 11	<u>10AM</u> Seated Fitness, p. 3	<u>10AM</u> Chair Yoga, p. 4		<u>9AM</u> Mission Ladies, p. 6	
<u>12PM-3PM</u> Marquette Bank Services across from the Dining Room	<u>10AM</u> Garden Club Meeting, p. 4	<u>1:30PM</u> Bingo, p. 4		<u>9:30AM-12PM</u> Marquette Bank Services across from the Dining Room	
<u>1PM</u> Improvisation, p. 3	<u>12PM</u> AA Meeting, p. 4	<u>6PM</u> Rosary Group, p. 4		<u>10AM</u> Grief Group, p. 5	
<u>6PM</u> Rosary Group, p. 4	<u>1:30PM</u> Movie: Chantilly Bridge, p. 2			<u>10AM</u> Panera Bakery Goods, p. 4	
<u>6:30PM</u> Philosophy for Seniors, p. 4	<u>6PM</u> Rosary Group, p. 4			<u>1PM-3PM</u> Marquette Bank Services in 2nd Floor Manor Game Room	
				<u>6PM</u> Rosary Group, p. 4	
					Sunday, 7th

WEEKLY PLANNER

JULY 8TH- JULY 14TH

Monday, 8th	Tuesday, 9th	Wednesday, 10th	Thursday, 11th	Friday, 12th	Saturday, 13th
<u>10:30AM</u> Meditation, p. 11	<u>10AM</u> Seated Fitness, p. 3	<u>10AM</u> Chair Yoga, p. 4	<u>10AM</u> Seated Fitness, p. 3	<u>9AM</u> Mission Ladies, p. 6	<u>10:30AM</u> Taekwondo, p. 4
<u>12PM-3PM</u> Marquette Bank Services across from the Dining Room	<u>12PM</u> AA Meeting, p. 4	<u>1:30PM</u> Bingo, p. 4	<u>12PM</u> Balance Class, p. 11	<u>9:30AM-12PM</u> Marquette Bank Services across from the Dining Room	
<u>1:30PM</u> Kast & Krew, p. 5	<u>2PM</u> Free Produce Day, p. 3	<u>1:30PM</u> Secular Franciscans, p. 5	<u>6PM</u> Rosary Group, p. 4	<u>10AM</u> Panera Bakery Goods, p. 4	
<u>6PM</u> Rosary Group, p. 4	<u>6PM</u> Rosary Group, p. 4	<u>4PM</u> Creative Writing Group, p. 5		<u>12PM</u> Brunch Entertainer: Babette, p. 2	
		<u>6PM</u> Rosary Group, p. 4		<u>1PM-3PM</u> Marquette Bank Services in 2nd Floor Manor Game Room	
				<u>6PM</u> Rosary Group, p. 4	
					Sunday, 14th



7 ACTIVITIES AT A GLANCE

WEEKLY PLANNER

JULY 15TH- JULY 21ST

Monday, 15th	Tuesday, 16th	Wednesday, 17th	Thursday, 18th	Friday, 19th	Saturday, 20th
<u>10:30AM</u> Meditation, p. 11	<u>10AM</u> Seated Fitness, p. 3	<u>10AM</u> Chair Yoga, p. 4	<u>10AM</u> Seated Fitness, p. 3	<u>9AM</u> Mission Ladies, p. 6	<u>10:30AM</u> Taekwondo, p. 4
<u>12PM-3PM</u> Marquette Bank Services across from the Dining Room	<u>10:30AM</u> Social Services Workshop, p. 12	<u>10AM</u> Fit & Strong, p. 12	<u>12PM</u> Balance Class, p. 11	<u>9:30AM-12PM</u> Marquette Bank Services across from the Dining Room	
<u>1PM</u> <u>Improve-isation</u> , p. 3	<u>12PM</u> AA Meeting, p. 4	<u>1:30PM</u> Bingo, p. 4	<u>6PM</u> Men's Club Social, p. 5	<u>10AM</u> Fit & Strong, p. 12	
<u>6PM</u> Rosary Group, p. 4	<u>1:30PM</u> Movie: Under the Tuscan Sun, p. 2	<u>4PM</u> Creative Writing Group, p. 5	<u>6PM</u> Rosary Group, p. 4	<u>10AM</u> Grief Group, p. 5	
	<u>6PM</u> Rosary Group, p. 4	<u>6PM</u> Rosary Group, p. 4		<u>10AM</u> Panera Bakery Goods, p. 4	
				<u>12PM</u> Brunch Entertainer: Jane Allyson, p. 2	
				<u>1PM-3PM</u> Marquette Bank Services in 2nd Floor Manor Game Room	
				<u>6PM</u> Rosary Group, p. 4	
					<u>1PM-3PM</u> Ice Cream Social, p. 2

WEEKLY PLANNER

JULY 22ND- JULY 29TH

Monday, 22nd	Tuesday, 23rd	Wednesday, 24th	Thursday, 25th	Friday, 26th	Saturday, 27th
<u>9:30AM</u> Painting Class, p. 3	<u>10AM</u> Seated Fitness, p. 3	<u>10AM</u> Chair Yoga, p. 4	<u>10AM</u> Seated Fitness, p. 3	<u>9AM</u> Mission Ladies, p. 6	<u>10:30AM</u> Taekwondo, p. 4
<u>10:30AM</u> Meditation, p. 11	<u>12PM</u> AA Meeting, p. 4	<u>10AM</u> Fit & Strong, p. 12	<u>12PM</u> Balance Class, p. 11	<u>9:30AM-12PM</u> Marquette Bank Services across from the Dining Room	
<u>12PM-3PM</u> Marquette Bank Services across from the Dining Room	<u>2PM</u> Free Produce Day, p. 3	<u>1:30PM</u> Bingo, p. 4	<u>6PM</u> Rosary Group, p. 4	<u>10AM</u> Fit & Strong, p. 12	
<u>6PM</u> Rosary Group, p. 4	<u>6PM</u> Rosary Group, p. 4	<u>6PM</u> Rosary Group, p. 4		<u>10AM</u> Panera Bakery Goods, p. 4	
				<u>1PM-3PM</u> Marquette Bank Services in 2nd Floor Manor Game Room	
				<u>1:30PM</u> Birthday Party with Michael Joseph, p. 2	
				<u>6PM</u> Rosary Group, p. 4	
					<u>10:30AM</u> Hospitality Sunday, p. 5
					<u>11AM-3PM</u> Barb's Boutique, p. 2



Birthday Celebration



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JULY BIRTHDAYS

Unit	Resident	Birthday	Unit	Resident	Birthday
6413	Mary Jackson	1	6319	Francesca Didonna	15
1609	Harry Leddy	1	3327	Kathy Fuentes	15
2225	Edna Scuefield	1	4402	Helen Segebrecht	16
6311	Gioacchino Prato	2	5510	Carol Doria	17
4313	Marcia Cashmore	2	3323	Louise Lewandowski	17
4305	Frances Meyers	3	2165	Enrique Vicenteno	17
2242	David Krnac	3	2102	John Segina	18
2133	Karen Pocus	3	6612	Diane Bourbonnais	19
1693	Gloria Wagnecht	4	4109	Jo Ann Karnatz	19
3103	Joseph Gilbert	5	4403	Marian Hannon	20
3108	Marianna Lagowska	5	2156	Ethel Flanders	20
4203	Tim Shea	5	2233	Barbara Wiese	21
1677	Veronica Brodsky	6	2144	Neil Murphy	21
6312	Anna Walsh	7	5507	Willa Welch	23
6407	Rita Ott-Pinheiro	7	2135	Patricia Berrios	23
5212	Karin Meyer	8	3513	Cheryl Marshall	24
5410	Paul Zubrzycki	8	4208	Mary Wendell	24
5201	Renee Keaton	8	4227	Diane Miller	24
3530	Sheila Padgen	8	6212	Dolores Kroeger	25
6209	Ina Murphy	11	6307	Elaine Callaway	25
4320	Mary Jacobs	11	3309	Geraldine Kosinski	25
6512	Joan Murphy	12	3121	Susan Moore	25
4331	Beverly Wright	12	4519	Jessica Holzwart	25
6608	Marjorie Dauer	13	4427	Loretta Farley	25
4222	Wanda Mack	13	2116	Mary Sobocan	25
6417	William Beadleston	14	1667	James Bristow	26
2253	Thomas Jerling	14	6301	Phyllis Sheehan	27
5106	Alice Peischl	15	1607	Lorraine Guerino	27
5408	Josephine Gallo	15	6517	George Perkins	31
				Staff	
				David Reynoso (Housekeeping)	27



LEWIS SPEECH LANGUAGE PATHOLOGY CLINIC

Happy July! We hope you are all having a pleasant summer and enjoying being out and about.

Did you know that speech-language pathologists play a big role in working with people who have Parkinson's Disease? Parkinson's Disease, or PD, develops when a chemical in the brain, Dopamine, is not produced in the quantities needed.

Dopamine is responsible for planning and controlling the "background" of our muscle movements so we can move smoothly. A decrease in Dopamine causes the

slowness, tremor, balance issues, and rigidity often seen in PD. Early signs of a speech disorder with PD are: softer voice, hoarse and/or tremulous sounding voice, frequent throat clearing, fading of voice at the ends of sentences, and sometimes varying loudness and clarity. Swallowing problems can also develop. Our students

are learning about what SLPs can do to help improve speech and swallowing problems in people with PD. **Irene Bucher, Clinic Coordinator, is specialized in a form of therapy called SPEAK OUT!**, which has been shown to be very effective in improving speech and swallowing in people with PD.

If you have been diagnosed with PD and are experiencing any of these symptoms, consider signing up for individual speech therapy sessions. **Our students will return on August 26th.** Therapy sessions will begin that afternoon. We will have a few changes in our program, but our favorite groups of Sign Language and Brain Boosters will stay in our schedule, as well as individual therapy sessions. Stay tuned for a full description of our program in the August Acorn. **Any questions, please call Irene Bucher at (630) 253-2543.** Looking forward to seeing old friends and making new friends in the coming school year!

LEWIS OCCUPATIONAL THERAPY

Lewis OTs would be back on August 23, every Friday from 9:00 AM to 3:30 PM

Research has shown occupational therapy helps reduce stress, anxiety, and depression. Occupational therapy improves mindfulness, cognition, and problem-solving skills and helps one lead a meaningful life to the fullest. We can visit you in your room as well. Fit & strong is a group program that helps keep you fit physically and mentally. Please let Jane Trainor know if you are interested in the Lewis-led OT program.



To schedule an appointment with the following providers please call the Wellness Center at 630-214-1881.

-**Pat McCann (Geriatric Nurse Practitioner)** Fridays by appointment 9am-1pm

-**Latoya Robinson (Psychiatric Mental Health Nurse Practitioner)** - Next visit July 17

-**Dr. Mallidi MD** - Next visit July 24

-**Dr. Talbert MD** - Next visit July 9 & 23

-**Dr. Ryan Edwards (Optometrist)**
- Next visit July 11

-**Agatha Lewandowska (On-Site Dermatology)** - Next visit July 11

-**Molly Bettencourt (Therapist)** - Next visit July 15 & 29

-**Susan Blecha (LCSW)** - Wednesdays by appointment

-**Kristin Machuta (LCSW)** - Thursdays by appointment

-**Star Lab** - Thursday mornings - call for appointments

-**Dr. Konieczny (Podiatrist)** - Next visit July 23

-**Dr. Coscino (Podiatrist)** - Next visit July 11

-**Kate (Massage Therapist)** - Next visit July 2

To schedule an appointment with the following providers please call the numbers below:

-**Dr. Heiman (Audiologist)** - 630-930-1025, Next visit July 16

-**Dr. Joe Lepkowski (Dentist)** - 630-214-1899 - Call for availability

-**Dr. Manney (Chiropractor)** - 630-655-9380, Next visit July 30

-**Purna Saladi (In home Physical Therapist)** -
630-400-8073

-**TRC Lifeline - Cecelia Foley (Personal Emergency Response Systems)**
708-691-9361

**TAKE
OF YOURSELF!**
©LPI



On-Site Dermatology is a full-service dermatology group with the ability to diagnose, treat and prescribe on site. Services include: Full body skin exams, evaluate and diagnose skin ailments, diagnose and treat pre-skin cancers via cryotherapy. Medicare Part B, and various Medicare Advantage and commercial plans accepted. Nurse Practitioner, Agatha Lewandowska, will see patients monthly in the Wellness Center on Thursday afternoons. Call the Wellness Center to schedule an appointment. 630-214-1881

July 4th Holiday Hours in the Wellness Center:

Wednesday, July 3rd - 9:00am-12:00pm

Thursday, July 4 - Closed

Friday, July 5 - Closed

Mindful Movement

Join PT Solutions Physical Therapy for a 3-week upper and lower extremity strengthening and balance class ! It will be interactive and fun!

July 11th - Shoulder Strengthening

July 18th- Leg Strengthening

July 25th - General Balance

12:00pm-1:00pm in Frigo Hall



FIT AND STRONG UPDATE:

Great news! Fit and Strong Session 3 will begin **Wednesday July 17th** **at the Buchanan Craft Room.**

The classes will be held on Wednesdays and Fridays from 10am-11am and will consist of 24 classes. The classes will be done in partnership between Lewis University Occupational Therapy students and Social Services. Lewis University students will not be starting until August so Social Services will conduct the Wednesday and Friday classes until the students start their semester. At that point, Lewis University will conduct the Wednesday classes while Social Services conduct the Friday classes. Thank you all who participate and help the program grow at MLV!



COMED VISITORS:

Staff has received several reports that ComEd or IDT Energy employees have been knocking on doors promising lower monthly bills. **PLEASE IGNORE AND DO NOT PROVIDE THEM ANY PERSONAL INFORMATION.** Scammers are aware that people are trying to find ways to lower the cost of monthly bills. If personnel comes to your apartment stating they can help you reduce the cost of energy, please let them know you are not interested, that you are not available, or you will reach out to their company later. "ComEd will never come to your home or business or call you and demand payment," said Tom Dominguez, a ComEd spokesperson.



GROCERY DELIVERY REMINDERS:

Staff would like to remind residents that when you order grocery delivery, they are often left at the front lobby of your building. We have had instances where groceries were left overnight in the lobby of the building. Oftentimes the food items are perishable or frozen and require being discarded after a period of time of being unrefrigerated. Staff will allow ample time for residents to retrieve their groceries from the lobby but please understand, they cannot be left out overnight. If grocery items are left out in the lobby for a period of time, staff will have to discard the items and will not be responsible for the cost of the groceries. If you are unable to retrieve them, please contact a friend, relative, or caregiver to assist you.



SOCIAL SERVICES WORKSHOP

Exploring Motivation - July 16, 2024, 10:30 am Annex Community Room

Please join Social Services as we explore the topic of Motivation, learn how motivation may change over time, and discover how to improve your day-to-day life through increased motivation. Call Amber at 630-214-1869 or Carrie at 630-214-1872 to register. A light meal and refreshments will be served.





MAGICICADA CICADA

This year is remarkable because 2 broods of cicadas are emerging simultaneously for the first time in 221 years! Periodical cicadas are an amazing phenomenon known as Magicicada.

This summer we have been invaded by the clumsy cicadas that crash into you and land on your shoulder. Just brush them off gently. The presence of Cicadas will only last 4-6 weeks. We are half way through their lifecycle. This is why you see many dead cicadas on the sidewalks. They do not bite and do not have biting mouth parts or stingers. Many creatures feast on them including birds and squirrels. Keep this in mind when you have the temptation to spray them with any type of chemical. Extermination of the cicadas should be left to a professional. For more detailed information on Cicadas please visit, www.mortonarb.org

VILLAS BOARDWALK

Beginning in July of this summer, we will start the rebuilding of the Villas boardwalk. This will be a full tear down of the existing boardwalk that will be replaced with all new construction. The work is expected to be completed over a period of approximately 12 weeks. The work will be completed in multiple phases only affecting a few apartments at a time.



JULY | 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tomato Orange Chicken Egg Roll Stir Fry Veggies Grilled Cheese	2 R/S Vegetable Salmon w/Lemon Sauce White Rice Broccoli Turkey and Cheese Wrap	3 R/S Rosamaria Bacon Cheeseburger Fries Coleslaw Ceasar Salad	4 Food Service will be closed for Independence Day	5 Brunch 9:30am-12:30pm Lunch Item: Fried Shrimp Meal
8 R/S Lentil Soup Sloppy Joe Curly Fries Mixed Veggies	9 Gnocchi w/ Vodka Sauce Side Salad Breadstick	10 R/S Cabbage Soup Meatloaf Mashed Potatoes Italian Veggies	11 R/S Cream of Cauliflower Pecan Crusted Tilapia Rice Pilaf Roasted Veggies	12 Brunch 9:30am-12:30pm Special Item: Pancakes with Blueberry Sauce
15 R/S Split Pea Salmon White Rice Broccoli	16 Cream of Chicken Lemon Chicken Orzo Sliced Beets	17 Angel Hair Pasta w/Meat Sauce Side Salad Garlic Breadstick	18 Italian Wedding Liver and Onions Mashed Potatoes Sliced Carrots	19 Brunch 9:30am-12:30pm Special Item: Biscuits and Gravy
Ham Sandwich	Buddha Bowl	BBQ Chicken Salad	Chicken Avocado Salad	
22 R/S Minestrone Beef Lasagna Italian Veggies Garlic Breadstick	23 R/S Vegetable Soup Tortilla Crusted Tilapia Wild Rice Spinach	24 Chili Hot Dog Waffle Fries Cucumber Salad	25 R/S Beef Barley Italian Beef French Fries Pasta Salad	26 Brunch 9:30am-12:30pm Lunch Item: Chicken Tender Meal
Tuna fish Sandwich		BLT	Chef Salad	
29 Cream of Celery Stuffed Pepper Cauliflower French Bread Turkey and Cheese Wrap	30 Tuscan Bean Parmesan Crusted Tilapia Roasted Potatoes Green Beans Mediterranean Bowl	31 Chicken Noodle Baked Half Chicken Mashed Potatoes Peas and Carrots Italian Sub Sandwich	1	2

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JULY DINING MENU

News

Food Service will be closed on Thursday, July 4th for Independence Day.

For any menu questions, suggestions or concerns,

please contact Leah Swenson at 630.214.1859



JULY FOOD SERVICE ORDER FORM

Please note item quantities may be limited.

APT# _____ **NAME** _____

Grocery Pick Up 9:30AM-11:00AM / Lunch Menu Pick Up 11:15-1:00PM

If you have any questions, please call Leah Swenson at (630) 214-1859. Prices subject to change.





A NOTE OF THANKS

From Mayslake Chorus

A BIG THANK YOU to everyone who supported us at our Spring Concert! You may have noticed a few of our staff members singing & dancing in our show. Who knew they had so much talent?!? That performance was a tribute to all Mayslake staffers who work hard to keep us safe, happy, healthy, busy & out-of-trouble. Mayslake residents appreciate every staff member! Bless all of you! ❤️

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RESIDENT SUBMISSIONS

THANK YOU

From Resident, Tom Scott

I want to thank Honey Horan, Linda Dlugi, and Mary Ellen Kouba for helping me create and plant the Manor Entry Garden. I also want to thank all those you have donated to the cause.

Your Neighbor, Tom Scott



CONGRADS TO MAYS LAKE EMPLOYEES

Poem by Mayslake Resident, Judith Budzik

People working for Mayslake
Are the best make no mistake
From Dentist to Dining Room each day
Seeing that our needs are meet in every way
Accounting, Wellness Center, and Service Men
Close to my heart, Social Workers
Who are always in
If I missed anyone you are included
That's a must
And a special thanks for all
That is given to us



A WISE MAN ONCE SAID...

1. Don't call someone more than twice, continuously. If they don't pick up your call, presume they have something more important to attend to.
2. Return money that you have borrowed before the person whom you borrowed from has to ask for it. It shows your integrity and character. Same goes for umbrellas, pens, lunch boxes, or any other borrow items.
3. Never order the most expensive dish on the menu when someone is treating you to a meal.
4. Don't ask awkward questions like "oh so you aren't married yet" or "don't you have kids" or "why didn't you buy a house" or "why don't you buy a car" for God's sake it isn't your business.
5. Open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior, or junior. You don't grow small by treating someone well in public.
6. If you take a taxi with a friend and he/she pays now, try paying the next time.
7. Respect different shades of opinions. Remember what's 6 to you will appear 9 to someone facing you. Besides, second opinion is good for an alternative.
8. Never interrupt people when they are talking. Allow them to pour out. As they say, hear them all and filter them all
9. If you tease someone, and they don't enjoy it, STOP it, and never do it again. Some can't take teasing.
10. Say "thank you" when someone has helped you with something.
11. Praise publicly. Criticize privately!
12. There's almost never a reason to comment on someone's weight. Just say "you look fantastic." If they want to talk about losing weight, they will.
13. When someone shows you a photo on their phone, don't swipe left or right. You never know what's next.
14. If a colleague or friend tells you they have a doctors appointment, don't ask what it's for; just say, "I hope you're okay". Don't put them in the uncomfortable position of having to tell you their personal illnesses. If they want you to know, they'll do so without your inquisitiveness.
15. Treat the cleaning staff with the same respect as the CEO. Nobody is impressed at how rude you can treat someone below you, but people will notice if you treat them with respect.
16. If a person is speaking directly to you, staring at your phone is rude.
17. Never give advice until you're asked!
18. When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary!
19. Mind your business unless something involves you directly – just stay out of it!
20. Remove your sunglasses if you are talking to anyone in the street. It is a sign of respect. Moreso, eye contact is as important as your speech; and
21. Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren.
22. After reading a good message try to say, "thanks for the message."

**APPRECIATION remains the easiest way of getting what you don't have...
Much love... DINAH CLAY, WALK THROUGH THE BIBLE GROUP**



STAR

By Resident, Lori Drish

I'd like to introduce "Star", a German Shepherd too smart to be labeled "just another dog." Star belongs to my granddaughter, Sue, and has been her companion the past 2 years. Star is marked with a star on her neck that is visible and holds true to her name.

Star has been schooled and is trained, has a job, and loves people. The most important part of her life is getting up at 5AM to get ready for a full days work. Sue takes her to the college where she goes for her classes. She brings Star with and hands her over to security to begin her day. The students know and love Star as she interacts with them on a regular basis. She has a schedule to keep as she is being taken by request to sit in class for that period. Star is kept on a strict diet, no snacks to be given, but is loved by all the students and helpful at times.

As her personality is such that my granddaughter has her scheduled for the police academy in the fall as she is needed to fulfill her duty as a service dog. Everyone at the college is sad to see her go. Star has been a great help to troubled students and loved by all. She is our "star" and a wonderful part of our family.



BRUNCH ENTERTAINER: NORA DRYSCHE

**Friday, August 2nd at 12pm in
the Dining Room**

More information to follow.

DOG DAYS OF SUMMER WITH RAL DONNER JR.

**Friday, August 9th at 2pm in
Frigo Hall**

More information to follow.

PIZZA & SOCIAL JUSTICE

**Thursday, August 22nd in the
Wings Community Room**

More information to follow.

AUGUST BIRTHDAY PARTY WITH ERIK DONNER

**Friday, August 23rd at 1:30pm in
Frigo Hall**

More information to follow.

CLARENCE GOODMAN PERFORMANCE

**Friday, August 30th at 2:30pm in
Frigo Hall**

More information to follow.

Save THE Date
©LPI

BRUNCH ENTERTAINER: ROSS FAILLA

**Friday, September 13th at 12pm
in the Dining Room**

More information to follow.

OKTOBERFEST PARTY

**Saturday, September 14th in
Frigo Hall at 4pm**

This will be a ticketed event.

Entertainment will be provided by Peter O'Prisko & his 4 piece band. More information to follow.

BOOK CLUB: "The Silent Patient"

**Tuesday, September 17th at 1pm
in the Senior Center**

Books will be available August 22nd.

SEPTEMBER BIRTHDAY PARTY WITH LISA STARR

**Friday, September 27th at 12pm
in the Dining Room**

PLEASE NOTE TIME & LOCATION
CHANGE. More information to follow.

SPREAD THE HEALTH FUN WALK & CLASSIC CAR SHOW

Date & Time TBD

More information to follow.



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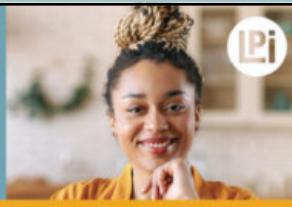
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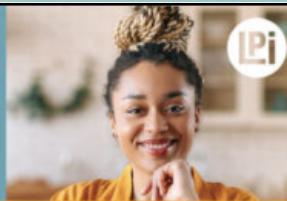
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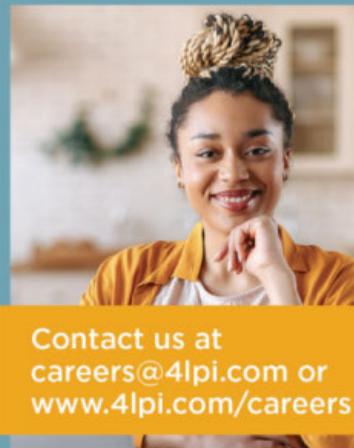
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