

COUNTRY LANE SENIORS/ GRAND RESERVE

CAPSTONE
REAL ESTATE SERVICES, INC.

Our Teammates

Country Lane Office (254) 771-2900
Beauty Salon–Della (254) 718-8102
Beauty Salon–Sarai (254) 743-8634
Kitchen–Sherri (254) 931-1290
General Manager Alan Kougl
Assistant Managers Annie & Tori
Maintenance Carrie & Lorenzo & Luis



**WELCOME BACK CARLETON AS
ELVIS TO COUNTRY LANE CAMPUS
AUGUST 25TH AT 2:00 PM IN THE
BALLROOM. EVERYONE IS WELCOME
TO COME INVITE FAMILY & FRIENDS**



August 2018

Sun Safety

Before you head outside for some fun in the sun during one of our outdoor activities, take a moment to “Slip, Slop, Slap and Wrap!” Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses to protect your skin from the sun’s damaging rays.



Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife’s batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.



Spray Away Summer Heat

Beat the summer heat by keeping a spray bottle filled with cold water handy. Spritz your face, neck and arms when you need to cool down.

Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.

Vaccines for Seniors

Flu season is just around the corner. In addition to the flu shot, several other vaccines, including those for pneumonia and shingles, are recommended for adults over 60. National Immunization Awareness Month during August is a good time to check with your doctor to see if your vaccines are up to date.

Sunday	Monday	Tuesday
		<p>DON'T FORGET WE HAVE SENIOR EXERCISE CLASSES ON MONDAY, WEDNESDAY, AND FRIDAY AT 9 AM IN THE BALLROOM. HOPE TO SEE SOME NEW FACES FOR THESE EXERCISE CLASSES.</p>
5	6	7
<p>10:30-11:30 COUNTRY LANE CHURCH SERVICE WITH CHARLES BRASHEAR IN THE DINING ROOM! ALL DENOMINATIONS WELCOME 11:30-1:00 LUNCH SERVED HAMBURGER STEAK 1:00 COVENANT WORSHIP CHURCH IN DINING ROOM</p>	<p>8:00 VALET TRASH PICKUP 9:00 SENIOR EXERCISE 11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE— 7 DAYS IN ENTEBBE</p> <p>3:00 BINGO AND BLOOD PRESSURE CHECK WITH ENCOMPASS IN BALLROOM</p>	<p>10:30 CHAIR EXERCISES 11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE— LEISURE SEEKER</p> <p>2:00 CRAFT CLASS</p> <p>3:00-Wii BOWLING</p>
12	13	14
<p>HAPPY BIRTHDAY</p> <p>IRENE WASSERMANN 10:30-11:30 COUNTRY LANE CHURCH SERVICE WITH CHARLES BRASHEAR IN THE DINING ROOM! ALL DENOMINATIONS WELCOME</p> <p>1:00 COVENANT WORSHIP CHURCH IN DINING ROOM</p>	<p>8:00 VALET TRASH PICKUP 9:00 SENIOR EXERCISE 11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE— WONDERSTRUCK</p> <p>3:00-BINGO AND BLOOD PRESSURE WITH ENCOMPASS IN BALLROOM</p>	<p>HAPPY BIRTHDAY</p> <p>GERALD HOBAN TOMMIE DICKIE 10:30 CHAIR EXERCISES 11:30-1:00 LUNCH SERVED 1:00 MOVIE— THE SENSE OF AN ENDING 2:00-CRAFT CLASS 3:00-BALANCED LIVING FEED YOUR BODY SHERYL</p> <p>3:00 Wii BOWLING</p>
19	20	21
<p>HAPPY BIRTHDAY</p> <p>JOHNNIE BALUSEK 10:30-11:30 COUNTRY LANE CHURCH SERVICE WITH CHARLES BRASHEAR IN THE DINING ROOM! ALL DENOMINATIONS WELCOME 1:00 COVENANT WORSHIP CHURCH IN DINING ROOM</p>	<p>8:00 VALET TRASH PICKUP 9:00 SENIOR EXERCISE 11:30-1:00 LUNCH SERVED 1:00 MOVIE— READY PLAYER ONE</p> <p>3:00 BINGO AND BLOOD PRESSURE CHECK WITH ENCOMPASS IN BALLROOM</p>	<p>HAPPY BIRTHDAY</p> <p>KIM DAVIS</p> <p>10:30 CHAIR EXERCISES 11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE— THE NEW OVERBOARD 2:00-CRAFT CLASS</p> <p>3:00-Wii BOWLING</p>
26	27	28
<p>HAPPY BIRTHDAY</p> <p>MARION HAWKINS 10:30-11:30 COUNTRY LANE CHURCH SERVICE WITH CHARLES BRASHEAR IN THE DINING ROOM! ALL DENOMINATIONS WELCOME 1:00 COVENANT WORSHIP CHURCH IN BALLROOM 5:00-SING ALONG WITH COVENANT AND SNACKS</p>	<p>HAPPY BIRTHDAY</p> <p>MARIAN BENNETT 8:00 VALET TRASH PICKUP 9:00 SENIOR EXERCISE 11:30-1:00 LUNCH SERVED 1:00-MOVIE INSTRUCTIONS NOT INCLUDED 3:00-MONTHLY BIRTHDAY PARTY WITH ENCOMPASS IN BALLROOM</p>	<p>10:30 CHAIR EXERCISES</p> <p>11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE— BROKEN HILL</p> <p>2:00-CRAFT CLASS</p> <p>3:00 Wii BOWLING</p>

Wednesday	Thursday	Friday	Saturday
<p>9:00 SENIOR EXERCISE NO BIBLE STUDY</p> <p>11:30-1:00 LUNCH SERVED 1:00 MOVIE - THE POST</p> <p>1:30-4:00 CHRONIC PAIN CLASS WITH AREA AGING AGENCY</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>8:00 VALET TRASH PICKUP 9:00-10:30 BREAKFAST SCONES 10:30 CHAIR EXERCISES IN DINING ROOM</p> <p>1:00- MOVIE LET THERE BE LIGHT</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>DINING ROOM CLOSED</p> <p>9:00 SENIOR EXERCISE</p> <p>1:00- MOVIE ALL I WISH 2:30-PERSONAL FINANCE WORKSHOP WITH BBVA COMPASS COFFEE SHOP</p>	<p>DINING ROOM CLOSED</p>
<p>HAPPY BIRTHDAY</p> <p>GEOVANNA BERRIOS</p> <p>WINIFRED MELLETTE</p> <p>9:00 SENIOR EXERCISE 10:00 BIBLE STUDY IN CRAFT ROOM 11:30-1:00 LUNCH SERVED 1:00 MOVIE - RAMPAGE</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>8:00 VALET TRASH PICKUP 9:00-10:30 BREAKFAST COFFEE CAKE 10:30 CHAIR EXERCISES 1:00- MOVIE-COCO 2:30-TAME THE GREASE BEAST CLASS FREE GIFT IF SIGN UP BY AUGUST 6TH CITY OF TEMPLE</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>DINING ROOM CLOSED 9:00 SENIOR EXERCISE</p> <p>1:00- MOVIE JUSTICE LEAGUE 2:30-RAW CREDIT CLASS BANKRUPTCY WITH SNACKS</p>	<p>DINING ROOM CLOSED</p>
<p>9:00 SENIOR EXERCISE 10:00 BIBLE STUDY IN CRAFT ROOM 10:30-BOOK MOBILE 1130-1:00 LUNCH SERVED</p> <p>1:00 MOVIE - THIS BEAUTIFUL FANTASTIC</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>8:00 VALET TRASH PICKUP 9:00-10:30 BREAKFAST FRUIT TURNOVER 10:30-CHAIR EXERCISE 1:00- MOVIE 9/11 2:00-MIRACLE EAR JON 3:00-BINGO WITH BROOKDALE</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>DINING ROOM CLOSED 9:00 SENIOR EXERCISE</p> <p>1:00- MOVIE PHANTOM THREAD 3:00-SCOTT WHITE EDUCATIONAL CLASS</p>	<p>HAPPY BIRTHDAY</p> <p>THERESA HERNANDEZ</p> <p>DINING ROOM CLOSED</p>
<p>9:00 SENIOR EXERCISE 10:00 BIBLE STUDY IN CRAFT ROOM</p> <p>11:30-1:00 LUNCH SERVED</p> <p>1:00 MOVIE - THE BOSS</p> <p>3:00- BINGO WITH CONNECT HEARING</p>	<p>HAPPY BIRTHDAY</p> <p>WILLIE MAE JONES</p> <p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>8:00 VALET TRASH PICKUP 9:00-10:30 BREAKFAST CINNAMON ROLLS 10:30 CHAIR EXERCISES 1:00- MOVIE BREAKING IN 3:00- ICE CREAM SOCIAL UNITED HEALTHCARE DON</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>DINING ROOM CLOSED 9:00 SENIOR EXERCISE 1:00- MOVIE THE MIRACLE SEASON</p>	<p>HAPPY BIRTHDAY</p> <p>DONALD OLIVER</p> <p>2:00-WELCOME BACK CARLTON AS ELVIS IN THE BALLROOM WITH REFRESHMENTS EVENT IS FREE INVITE FAMILY AND FRIENDS</p> <p>DINING ROOM CLOSED</p>
<p>HAPPY BIRTHDAY</p> <p>JAMES CONLEY TROY FLOWERS</p> <p>9:00 SENIOR EXERCISE 10:00 BIBLE STUDY 11:30-1:00 LUNCH SERVED 1:00 MOVIE - ANT-MAN 3:00-CHUNK YOUR JUNK REGAIN YOUR SPACE LITA</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>8:00 VALET TRASH PICKUP 9:00-10:30 BREAKFAST ZUCCHINI BREAD 10:30 CHAIR EXERCISES IN DINING ROOM 10:30-CHAIR EXERCISE 1:00- MOVIE TRUE LIES 3:00-BINGO WITH KINDRED</p>	<p>7:00-8:00 PRAY MEETING CRAFT ROOM</p> <p>DINING ROOM CLOSED 9:00 SENIOR EXERCISE 1:00- MOVIE UNSTOPPABLE</p>	<p>REMEMBER YOUR FRONT DOOR AREA IS YOUR RESPONSIBILITY TO KEEP CLEAN. IF YOU CAN'T DO IT, ASK YOUR FAMILY OR CAREGIVER IF THEY CAN HELP YOU OUT.</p>

August 2018



COUNTRY LANE/GRAND RESERVE CAMPUS IS AN INDEPENDENT LIVING COMMUNITY. WE ARE NOT LIABLE OR RESPONSIBLE FOR YOUR ILLNESSES, CARE, ACCIDENTS OR FALLS. TAKE SPECIAL CARE DURING WET AND WINDY WEATHER SEASONS, AS WELL AS IN MAINTENANCE AND CLEANING AREAS.

AS A COURTESY, WE KEEP AN INCIDENT NOTIFICATION BINDER IN THE OFFICE TO INFORM YOU OF CRIMES THAT HAVE HAPPENED. DURING THIS PERIOD (JUN 14-JULY 14), NO POLICE REPORT WAS REPORTED TO OUR OFFICE. PLEASE REFER TO YOUR SECURITY GUIDELINES, AS CRIME HAPPENS EVERYWHERE, WITH AND WITHOUT POLICE REPORTS.

SMOKING IS STRICTLY PROHIBITED AND IS NOT ALLOWED ANYWHERE ON OUR CAMPUS!

IN CASE OF ANY EMERGENCY, ALWAYS CALL 911.

FOR AFTER-HOURS EMERGENCY MAINTENANCE, CALL (254) 771-2900, PRESS 3.

NONEMERGENCY POLICE, CALL (254) 298-5500.

TEMPLE ANIMAL CONTROL, CALL (254) 298-5732.

Even though we love animals, it is our policy that all pets must be on leashes while outside, except when you are in our pet park. Cats and dogs may not freely roam our property or breezeways at any time. You must clean up after your pet potties. If accidents happen in our elevators, it is your responsibility to mop up the mess!! If you notice a loose animal, please call animal control to pick up the pet at (254) 298-5500. You may also call 911.