

Peaceful Memories

Our Lady of Peace Christopher Center
751 Hillsdale Drive Charlottesville, Virginia 22901

July 2019

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Declaring Independence

On July 2, 1776, the Continental Congress declared the American Colonies free and independent states. It took the delegates two days to agree on a formal document announcing their actions. On July 4, the Congress adopted the Declaration of Independence. Only Continental Congress President John Hancock and Secretary Charles Thompson signed the rough draft that day. The 55 other delegates had to wait almost a month for the final document to be carefully embossed on parchment, which they signed on August 2, 1776. Independence Day has been celebrated nationwide since 1777, the first anniversary of the signing. In celebration of Independence Day, join us Thursday, July 4, at 10:30 a.m. as we experiment by making A Scientific Patriotic Cocktail. We'll learn how sugar can affect the mass and density of liquids. In celebration of **Independence Day** we'll celebrate with fun festive activities in the morning, a Patriotic Cocktail, and Cook-Out style food at 12:00 noon.

Wear your Red, White, and Blue!



Memory Care Manager wants to celebrate the love shared between all our wonderful couples!

Wednesday, July 17, at 12 noon.

Sit back and let us handle all the details!
You will enjoy a delicious lunch, music, laughter and photo captured memories.

RSVP with your choice of entrée-Steak or Salmon to
cherie.allen@our-lady-of-peace.com.



July Special Events

Opening Minds through Art (OMA)

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia that is aimed at promoting for people with dementia that is aimed at promoting their social engagement, autonomy, and dignity through the experience of creative self-expression. OMA Facilitator, Cherie Allen will lead the OMA art program once a week. Please check the activity calendar for days and times.

The Music in Me

Join Music Therapist, **Lindsay Taylor** on Tuesdays, at 10:00 a.m., in the Music Room as she entertains us with her talented musical abilities.

What's Cooking?

This month join The Christopher Center staff in the Sun Room on Mondays, at 9:15 a.m. for "**What's Cooking.**" This month we will be making **Fruit Smoothies**, **Summer Berry Ice Box Cake**, **Lemon Blueberry Parfaits**, and **Mint Chocolate Chip Ice Cream Pies**. The residents will enjoy eating their goodies during snack time.

Scenic Drive

The Christopher Center residents will enjoy weekly scenic drives, around Charlottesville and the surrounding areas, on Wednesdays at 1:30 p.m. weather permitting.

The Rainbow Hat Club

The Rainbow Hat Club is a group of women, that have the opportunity to live life to the fullest. Not only will we have fun, but also give back to the community. The ladies will gather once a week to enjoy Fun, Friendship, Freedom and Fulfillment. Please check the activity calendar for days and times.

Gone Fishin' Day

In celebration of Fishing Month and the anniversary of the establishment of the Fish and Wildlife Service (1940) on Friday, July 5, at 10:00 a.m. we'll meet in our very own backyard under the Gazebo for a fun filled fishing trip. The pool will be filled with water and magnetic fish as we all take turns casting our fishing poles.

The Holcomb Family

The Holcomb family will be performing Songs of Praise on Saturday, July 6, at 11:15 a.m., in the Living Room, followed with encouraging words and prayer from **Rev. Ryan Holcomb**.

Broadus Memorial Singers

Join the Broadus Memorial Singers on Tuesday, July 9, at 2:00 p.m. They will delight you with their musical talent.

Music with Matthew

Entertainer, **Matthew O'Donnell** will entertain you with Celtic Folk, American Roots, Jazz and Pop Music on Thursday, July 11 & 25, at 10:00 a.m., in the Music Room. Join him as he delights you with his musical talent.

Jodi Stevens & Friends

Join your neighbors, in the Living Room, for a morning of fellowship and fun on Monday, July 15, at 11:00 a.m., for a sing-a-long with **Jodi Stevens and Friends**.

Pet Therapy

Pet Therapy Dog, **Mr. McGee or Scamp** will visit us on Wednesday, July 17th, at 2:00 p.m.

Movie Matinee "Matilda"

Wormwood (Mara Wilson) is an extremely curious and intelligent little girl who is very different from her low-brow, mainstream parents, (Danny DeVito) and real-life wife (Rhea Perlman), who quite cruelly ignores her. As she grows older, she begins to discover that she has telekinetic powers. Not until a teacher shows her kindness for the first time does she realize that she can use those powers to do something about her sufferings and help her friends as well. Villains from the awful Miss Trunchbull (Pam Ferris), headmistress of her miserable school Crunchem Hall, to her parents and older brother begin to feel her ire. Join us Thursday, July 18, at 2:00 p.m. as we enjoy watching the movie "Matilda" while nibbling on warm buttered popcorn and sipping on an ice cold coke.

Music and Fun

Join resident volunteer, **Eileen Bracuti**, for "Music & Fun on Friday, July 19, at 10:30 a.m., in the Music Room, for a fun filled hour of music and song.

Lick-ety Split Social

This month is National Ice Cream Month. Join us Wednesday, July 24, at 2:30 pm, as we celebrate summer with an Old Fashioned Ice Cream Social. Residents will indulge as they enjoy eating a Banana Split with all the fixings: bananas, chocolate, strawberries, whipped cream all topped off with a cherry.

Paint. Sip. Have Fun!

The Christopher Center residents and staff will enjoy an hour of fun on **Thursday, July 25, from 2:30 p.m. - 3:30 p.m.** on the back patio as they create a work of art while they sip, paint, mingle, and enjoy music.



Peachy Keen Day

It's Peach Month T.S. Eliot said, "Do I dare to eat a peach?" In celebration of Peachy Keen Day Wednesday, July 31, at 2:30 p.m., we'll learn about Peaches and the Peach State while we enjoy sipping on a Peachy Keen smoothie for our afternoon snack.

Happy Hearts Senior Choir

We have found that music has a way of lifting our residents hearts and spirits, reaching even the most distant souls. Many of our residents have grown up in the church, with its rich music background and others will identify with songs from their generation, both religious and secular. We invite our women and men, both staff and residents, who love to sing to come and share their talent. Professional singing ability is not necessary! Join us on Wednesdays at 10:15 a.m. for choir rehearsal.

Chair Volleyball

Beach Ball Chair Volley is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. The Christopher Center staff and residents will be broken into two teams. Each player will be given a colored t-shirt to wear to help specify what team you are on. Games will take place on Fridays at 9:15 a.m.

Walk To End Alzheimer's

Join Our Lady of Peace as we unite in a movement to reclaim the future for millions. Join our team for the Alzheimer's Association Walk to End Alzheimer's, the nation's largest event to raise awareness and funds to fight Alzheimer's disease. Together, we can advance research to treat and prevent Alzheimer's, and provide programs and support to improve the lives of millions of affected Americans.

Our Lady of Peace is forming a team to walk in this year's event on Saturday, October 27, and we would like you to join us either by walking or donating money to the team. If you would like to join the **OLOP team**, contact Cherie Allen, Memory Care Manager at (434) 973-1155 ext. 417. By teaming together we can walk with a purpose and move closer to a world without Alzheimer's.

Together we can make a difference!

