

# AVIVA Newsletter

WEST HARTFORD



## July 2024



## A Message from PhysicianOne Urgent Care

We are a local, physician-founded practice expertly treating patients since 2008. Dr. Jeannie Kenkare and her partners established PhysicianOne Urgent Care with the goal of improving how health care was administered. We offer treatment for non-life-threatening illnesses and injuries. We offer lab work on-site, X-ray services, and 24/7 virtual care, making us the most convenient choice for adult urgent care in your area.

Watch for a different topic each month.

Krystal Nieves  
Community Relations Manager



## What is July

The month of July, unlike June, is named for a mortal, albeit one who devised and ruled an empire. Julius Caesar was a Roman general, statesman, and historian who conquered Gaul (what is now part of Italy, France, Belgium, and the Netherlands), changed the structure of the Roman government into a dictatorship, was assassinated in legendary fashion, and most importantly for our purposes, helped make the calendar what it is today. <https://www.dictionary.com/e/july/>

Love is a canvas furnished by nature and embroidered by imagination. -Voltaire



# July 2024

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|--|--|--|---|--|
| <b>*All programs are subject to change. Please check the daily posting. Residents are encouraged to participate in any program. Please let staff know of any upcoming programs you would like to attend.</b>  | <b>1</b><br>10:00 *Birdwatching<br>10:30 Destination-Egypt<br>11:30 Chronicles & Words<br>12:45 Card Game/Cathy<br>1:30 Lite Weights Exercise<br>2:00 Bingo Hour<br>3:00 Cinema<br>3:30 Happy Hour<br>6:00 Night Owl Theater | <b>2</b><br>10:30 *News Currents Sr.®<br>10:45 SCRABBLE®<br>11:15 Activity Connection Corey<br>11:30 Engaging Word<br>1:30 Fox Rehab/Steven<br>2:30 Ambassador's Meeting<br>3:30 TeaTime Social<br>4:15 Lite Exercise<br>5:30 Music Trivia<br>6:00 Night Owl Cinema          | <b>3</b><br>10:30 Strength Exercise<br>10:45 SCRABBLE®<br>11:30 Engaging Word<br>12:45 GinRummy<br>1:30 Stretch Exercise<br>2:00 Crafter's Corner Art<br>3:30 Happy Hour<br>5:30 The Daily Trivia<br>6:00 Night Owl Presentation<br>6:15 Evening Brew & Trivia | <b>4</b><br>10:00 Classic Movies<br>10:45 Lite Stretching<br>10:45 SCRABBLE® Players<br>11:30 Engaging Word<br>12:45 Bridge Game<br>1:00 *(CWA) Biking W/Kevin<br>1:30 Fox Rehab/Steven<br>2:00 Bingo<br>3:30 *4th July Cookout<br>5:30 Music Circle (Classic)<br>6:00 Night Owl Showing | <b>5</b><br>10:00 Exercise w/Pete<br>10:45 *SCRABBLE®<br>11:15 Book Talk/W Corey<br>11:30 Engaging Word Game<br>12:45 Feature Presentation<br>1:30 *Nature Walk<br>2:00 Music & Pool Game<br>2:30 *Chef's Table W/Gil<br>4:30 Shabbat Service<br>5:00 Music Circle<br>6:15 Daily Chronicle          | <b>6</b><br>10:00 *Nature w/friends<br>10:45 SCRABBLE® Game<br>11:15 The Daily Chronicle<br>12:45 Setback Game<br>1:30 Exercise with Corey<br>2:00 Movie Presentation<br>2:15 Engaging Word Game<br>3:30 Happy Hour<br>5:00 BINGO<br>6:15 JEOPARDY               |
| <b>7</b><br>9:45 Churches Trips<br>10:00 Exercise Class<br>10:45 The Daily Chronicle<br>12:00 Eucharist/Mary<br>1:30 Exercise Class<br>2:00 Bible Study Group<br>3:30 Social Hour<br>4:30 *Knitting Group Class<br>6:00 Cinematheque  | <b>8</b><br>10:00 *Birdwatching<br>10:30 Destination-Egypt<br>11:30 Chronicles & Words<br>12:45 Card Game/Cathy<br>1:30 Lite Weights Exercise<br>2:00 BINGO<br>3:00 Cinema<br>3:30 Happy Hour<br>6:00 Night Owl Theater      | <b>9</b><br>10:30 *News Currents Sr.®<br>10:45 SCRABBLE®<br>11:15 Activity Connection Corey<br>11:30 Engaging Word<br>1:30 Fox Rehab/Steven<br>2:30 Resident Council Meeting<br>3:30 TeaTime Social<br>4:15 Lite Exercise<br>5:30 Music Trivia<br>6:00 Night Owl Cinema      | <b>10</b><br>10:00 *Core Strengthening/Whitney<br>10:45 SCRABBLE®<br>11:30 Engaging Word<br>12:45 GinRummy<br>1:30 Stretch Exercise<br>2:00 Crafter's Corner<br>3:30 Theme Happy Hour<br>5:30 The Daily Trivia<br>6:00 Night Owl Presentation                  | <b>11</b><br>10:00 *FOX Presentation /Katelyn<br>10:30 *Summer Thursday's<br>10:45 Lite Exercise<br>11:30 Engaging Word<br>1:00 (CWA) Biking W/Kevin<br>1:30 Fox Rehab/Steven<br>2:00 *Brooks Bunny Farm<br>2:30 Bingo Hour<br>3:30 Happy Hour<br>6:00 Night Owls-Sweet Land             | <b>12</b><br>10:00 Exercise w/Pete<br>10:45 *SCRABBLE®<br>11:15 Book Talk/W Corey<br>11:30 Engaging Word Game<br>12:45 Feature Presentation<br>1:30 *Nature Walk<br>2:00 Music & Pool Game<br>2:30 *Chef's Table W/Gil<br>4:30 Shabbat Service<br>5:00 Music Circle<br>6:15 Daily Chronicle         | <b>13</b><br>10:00 *Nature w/friends<br>10:45 SCRABBLE® Game<br>11:15 The Daily Chronicle<br>12:45 Setback Game<br>1:30 Exercise with Corey<br>2:00 Movie Presentation<br>2:15 Engaging Word Game<br>3:30 Happy Hour<br>5:00 BINGO<br>6:15 JEOPARDY              |
| <b>14</b><br>9:45 Churches Trips<br>10:00 Exercise Class<br>10:45 The Daily Chronicle<br>12:00 Eucharist/Mary<br>1:30 Exercise Class<br>2:00 Bible Study Group<br>3:30 Social Hour<br>4:30 *Knitting Group Class<br>6:00 Cinematheque   | <b>15</b><br>10:00 *Birdwatching<br>10:30 Destination-Egypt<br>11:30 Chronicles & Words<br>12:45 Card Game/Cathy<br>1:30 Lite Weights Exercise<br>2:00 BINGO<br>3:00 Cinema<br>3:30 Happy Hour<br>6:00 Night Owl Theater     | <b>16</b><br>10:30 *News Currents Sr.®<br>10:45 SCRABBLE®<br>11:15 Activity Connection Corey<br>11:30 Engaging Word<br>1:30 Fox Rehab/Steven<br>2:00 *Lion Share fraud prevention<br>3:30 TeaTime Social<br>4:15 Lite Exercise<br>5:30 Music Trivia<br>6:00 Night Owl Cinema | <b>17</b><br>10:30 Strength Exercise<br>10:45 SCRABBLE®<br>11:30 Engaging Word<br>12:45 GinRummy<br>1:30 Stretch Exercise<br>2:00 Crafter's Corner<br>3:30 *Mick Iarusso entertainment<br>5:30 The Daily Trivia<br>6:00 Night Owl Presentation                 | <b>18</b><br>10:00 Classic Movies<br>10:30 Summer Thursday<br>10:45 Lite Stretching<br>11:30 Engaging Word<br>12:45 Bridge Game<br>1:00 (CWA) Biking W/Kevin<br>1:30 Fox Rehab/Steven<br>2:00 Bingo<br>2:00 Jeff the plant guy<br>3:30 Social Hour<br>6:00 Night Owl Showing             | <b>19</b><br>10:00 Exercise w/Pete<br>10:45 *SCRABBLE®<br>11:15 Book Talk/W Corey<br>11:30 Engaging Word Game<br>12:45 Feature Presentation<br>1:30 *Nature Walk<br>2:00 Music & Pool Game<br>2:30 *Chef's Table W/Gil<br>4:30 Shabbat Service<br>5:00 Music Circle<br>6:15 Daily Chronicle         | <b>20</b><br>10:00 *Nature w/friends<br>10:45 SCRABBLE® Game<br>11:15 The Daily Chronicle<br>12:45 Setback Game<br>1:30 Exercise with Corey<br>2:00 Movie Presentation<br>2:15 Engaging Word Game<br>3:30 Happy Hour<br>5:00 BINGO<br>6:15 JEOPARDY              |
| <b>21</b><br>9:45 Churches Trips<br>10:00 Exercise Class<br>10:45 The Daily Chronicle<br>12:00 Eucharist/Mary<br>1:30 Exercise Class<br>2:00 Bible Study Group<br>3:30 Social Hour<br>4:30 *Knitting Group Class<br>6:00 Cinematheque   | <b>22</b><br>10:00 *Birdwatching<br>10:30 Destination-Egypt<br>11:30 Chronicles & Words<br>12:45 Card Game/Cathy<br>1:30 Lite Weights Exercise<br>2:00 BINGO<br>3:00 Cinema<br>3:30 Happy Hour<br>6:00 Night Owl Theater     | <b>23</b><br>10:30 *News Currents Sr.®<br>10:45 SCRABBLE®<br>11:15 Activity Connection Corey<br>11:30 Engaging Word<br>1:30 Fox Rehab/Steven<br>2:30 *Culinary Committee-Gil<br>3:30 TeaTime Social<br>4:15 Lite Exercise<br>5:30 Music Trivia<br>6:00 Night Owl Cinema      | <b>24</b><br>10:30 *Bollywood w/Sweata<br>10:45 *Residents Tours<br>10:45 SCRABBLE®<br>11:30 Engaging Word<br>12:45 GinRummy<br>1:30 Stretch Exercise<br>2:00 Crafter's Corner<br>3:30 Happy Hour<br>5:30 The Daily Trivia<br>6:00 Night Owl Presentation      | <b>25</b><br>10:00 Classic Movies<br>10:30 Summer Thursday<br>10:45 Lite Stretching<br>11:30 Engaging Word<br>12:45 Bridge Game<br>1:00 (CWA) Biking W/Kevin<br>1:30 Fox Rehab/Steven<br>2:00 Bingo<br>3:30 Social Hour<br>4:00 *Books & Brew<br>6:00 Night Owl Showing                  | <b>26</b><br>10:00 Exercise w/Pete<br>10:45 *SCRABBLE®<br>11:15 Book Talk/W Corey<br>11:30 Engaging Word Game<br>12:45 Feature Presentation<br>1:30 *Nature Walk<br>2:00 Music & Pool Game<br>2:30 *Chef's Table W/Gil<br>3:00 *National Dog Photos<br>4:30 Shabbat Service<br>6:15 Daily Chronicle | <b>27</b><br>10:00 *Nature w/friends<br>10:45 SCRABBLE® Game<br>11:15 The Daily Chronicle<br>11:30 Engaging Word Game<br>12:45 Setback Game<br>1:30 Exercise with Corey<br>2:00 Movie Presentation<br>3:30 *Music by David Eberly<br>5:00 BINGO<br>6:15 JEOPARDY |
| <b>28</b><br>9:45 Churches Trips<br>10:00 Exercise Class<br>10:45 The Daily Chronicle<br>12:00 Eucharist/Mary<br>1:00 *Lenny & Joe's Fish Tale Restaurant (Westbrook)<br>1:30 Exercise Class<br>2:00 Bible Study Group<br>3:30 Social Hour<br>4:30 *Knitting Group Class<br>6:00 Cinematheque | <b>29</b><br>10:00 *Birdwatching<br>10:30 Destination-Egypt<br>11:30 Chronicles & Words<br>12:45 Card Game/Cathy<br>1:30 Lite Weights Exercise<br>2:00 BINGO<br>3:00 Cinema<br>3:30 Happy Hour<br>6:00 Night Owl Theater     | <b>30</b><br>10:30 *News Currents Sr.®<br>10:45 SCRABBLE®<br>11:15 Activity Connection Corey<br>11:30 Engaging Word<br>1:30 Fox Rehab/Steven<br>3:30 TeaTime Social<br>4:15 Lite Exercise<br>5:30 Music Trivia<br>6:00 Night Owl Cinema                                      | <b>31</b><br>10:30 Strength Exercise<br>10:45 SCRABBLE®<br>11:30 Engaging Word<br>12:45 GinRummy<br>1:30 Stretch Exercise<br>2:00 Crafter's Corner<br>3:30 Happy Hour<br>5:30 The Daily Trivia<br>6:00 Night Owl Presentation                                  |   |    | <b>HAPPY BIRTHDAY!</b><br><br>Cidney S. - 4th<br>Rita B. - 7th<br>Gale A. - 11th<br>Alice S. - 14th<br>Maria G. - 15th<br>Concetta L. - 22nd<br>Ellin L. - 29th  |



# Bio by: Jeffrey Eleveld, CHT:

Jeffrey Eleveld, CHT: A Therapeutic Horticulturist started in 2009 on The People Plant Connection. Jeff brings therapeutic horticulture programs to adult communities. "Programs of social and therapeutic horticulture Entertainment and Education" and you get a free plant.

Jeff has also invented The Go 2 Garden, a raised bed garden planter that is comfortable to garden either sitting or standing and is fully wheelchair assessable "Get ready for Spring, not Fall".

Jeff is referred to by his communities as Jeff, the plant guy. He has over fifty years of experience in horticulture. He has been featured on WFSB's Better Connecticut.

He is an avid bonsai enthusiast and plant collector boasting just over 240 plants in his indoor collection including 15 tropical bonsai. He has traveled extensively across Europe and South America visiting botanical gardens along the way.

Jeff is a published author, penning his book "How To Kill a House Plant" on plant care along with a little bit of family history and anecdotes from his years of plant care. Jeff has written articles for the Hartford Courant, The Green Thumb Print, Knox Park Foundation.

Jeff's engagements encompass across New England including the CT Alzheimer's Association Conference, the Connecticut Flower and Garden Show, the Southeastern Home and Garden Show, the Mohegan Sun, and of course Garden Clubs across the Northeast.



*Jeff the plant guy*



*Norma & Maureen*



*Jeanette & Deta*



*Citizenship congratulations Umadai*



*Laura & Friends*

## Future Happening

- 2nd  
2:30 p.m. Ambassadors meeting Pub.
- 4th  
3:30 pm \* July 4th Cookout Entertainment "Lynn" Pub  
\*
- \*(CWA) Cycling Without Age/Ride to the Park with Kevin Returns!  
9th  
2:30 p.m. Community Resident Council Meeting Pub.
- 10th  
10:00 am Powerback Core Strengthening Rehabilitation/Whitney.
- 11th  
10:30 am Summer Thursday's Fresh Smoothies W / Beth Bistro
- 11th  
2:00 p.m. Brooks Bunny - Farm Plaza
- 16th  
2:00 p.m. \*Lion Share fraud prevention - Activity Room  
Retired Police Officer Steven
- 17th  
3:30 pm \*Mick Iarusso Live Entertainment Plaza
- 23rd  
2:30 p.m. Culinary Meeting- Gil Pub.
- 24th  
10:30 am. \*Bollywood or Drum Circle Exercise w/Sweata Chapel
- 25th  
4:00 p.m. (Books & Brew/ BYO Beverage) /Library.
- 27th  
3:30 p.m. Music by David Eberly Chapel.
- 28th  
1:00 p.m.\*Lenny & Joe's Back Door