

AUGUST



Mastering the Art of Living Well



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August Birthdays

Birthday Luncheon:
Wednesday August 22nd, at 12:30PM in
the Waterfront Dining Room
Please join us in wishing the following
residents a very Happy Birthday:

Julianne Mattimore	8/5	Jean Atherton	8/13
Shirley Bader	8/5	Chandra Chadaga	8/15
Corinne Barr	8/8	Donald Colvin	8/17
Aurania Nichols	8/11	Betty Bowen	8/19
Addy Van Leeuwen	8/12	Anne Langfeldt	8/23
Norman Swartz	8/12	Stanley Held	8/24



Ted Talks

What: Ted Talks in Mallorca

When: Fridays at 1:00PM

Where: Mallorca Multipurpose Room

Summary: TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world. Check the Week at a Glance for new topics each week!



The Great Courses Plus

What: The Great Courses Plus: "The Guide to Essential Italy."

When: Thursdays at 1:00PM

Where: La Sala Grande

Run Time: 1 Hour (Two 30 Minute Lectures)

Summary: The Great Courses Plus is a subscription Video-On-Demand service brought to you by The Great Courses – the leading global media brand for lifelong learning and personal enrichment. With thousands of in-depth videos taught by the world's greatest professors, you'll always have something fascinating to learn about. Our first lecture series will be, "The Guide to Essential Italy." There are 36 half hour courses taught by professor Kenneth Bartlett PhD, in collaboration with The Smithsonian. We will watch two lectures each week so be sure to check the Week at a Glance for topics.



Wednesday, August 1st

Night at the Movies

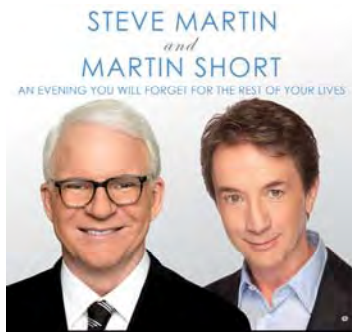
"An Evening You Will Forget the Rest of your Life"

When: Wednesday, August 1st at 7:30PM

Where: La Sala Grande

Rated: TV-14 Run Time: 1HR & 15Min

Summary: Comedians and writers Steve Martin and Martin Short perform a live comedy set with music by The Steep Canyon Rangers and jazz pianist, Jeff Babko, at the Peace Center in Greenville, South Carolina.



Wednesday, August 1st

What: Tai Chi (Information Session)

When: Wednesday, August 1st at 10:00AM

Where: Mallorca Fitness Center

Summary: Jeanne Lozano, certified Tai Chi Instructor and community health and wellness consultant will be teaching a beginner's Tai chi class beginning in August. This session is to meet the instructor and learn about what the classes will entail. Jeanne will lead the group through a few movements, so be sure to wear loose fitting clothing and sneakers. No bare feet, socks, or high heeled footwear. This is for your safety!

Regular Classes will be held on Fridays at 10:00AM in the Mallorca Fitness Center



Thurs. & Fri. August 2nd & 3rd

Please Sign Up

What: Associate No Talent Show

When: Thursday & Friday, August 2nd & 3rd at 4:00PM

Where: La Sala Grande

Summary: Join your neighbors for some light-hearted entertainment and talent, or no talent from your own staff here at La Posada. Who knows what there is in store, but I'm sure it will make you laugh along with discovering some of our hidden talents right under our very own roof. Seating is first available and will start promptly at 4:00PM.



Sunday, August 5th

What: Tanzania, Africa: Safari Slideshow & Talk

When: Sunday, August 5th at 2:00PM

Where: La Sala Grande

Summary: Can an older guy with mobility challenges go on Safari? The answer is "Yes!" Sarah accompanied her father, Gary, on this dream trip of his in March. Gary had decided that despite his disability, it was time to take his dream trip. Come view a 30-minute video they created, showing some of their best pictures and the adventures they had! Sarah & Gary will give a short talk following the video, and there will be time for Q & A. Light refreshments will follow.



Tuesday, August 7th

Please Sign Up

What: Trip Out: Anthony's Ladies Apparel

When: Tuesday, August 7th at 10:00AM

Where: Meet in Lobby

Summary: Explore the new fashion and fabulous prices at Anthony's Ladies Fashion Apparel. You will find a nice selection in petites, formal and casual wear. They have a new location up in the Bluff's Square Shoppes.

Anthony's

TRUSTED
LADIES FASHION
SINCE 1895.

Wednesday, August 8th

What: "An Inspector Calls"

When: Wednesday, August 8th at 7:30PM

Where: La Sala Grande

Rating: PG-13 **Run Time:** 1HR 27MIN

Summary: A mysterious Inspector investigates the wealthy Birling family and their dinner guests following the suicide of a young woman.



Thursday, August 9th

Please Sign Up

What: Ballroom Dancing with Ruben

When: Thursday, August 9th at 1:00PM

Where: Mallorca Fitness Center

Summary: Get your dancing shoes on and come meet our new dance instructor Ruben Sanchez . These dance lessons are a great cardiovascular and balance workout. You do not need a partner to enjoy the lessons. Please wear appropriate clothing and shoes!



Thursday, August 9th

Please Sign Up

What: Trivia Night at La Posada

When: Thursday, August 9th at 7:00PM

Where: La Sala Grande

Summary: Join Ryan for a fun night of Trivia. Sign-up your team with a maximum number of four and enjoy an evening of fellowship, and don't forget to pick your team name. Rules, set-up, and conversation will start at 7:00PM and Trivia will begin promptly at 7:30PM. Prizes will be given to the first place team and bragging rights in this continuing monthly series.



Saturday, August 11th

What: Dog Days of Summer Big Bingo

When: Saturday, August 11th at 3:30PM

Where: La Sala Grande

Summary: Join Noel & Ryan for Dog Days of Summer Big Bingo followed by reception for fellowship. Bring \$5.00 per person for a chance to win \$100.00 cover all prize. There will be a small reception in Barcelona after the game and we hope to see you all there!



Sunday, August 12th

What: 100th PGA Championship Social

When: Sunday, August 12th at 4:00PM

Where: La Sala Grande

Summary: Join your neighbors to watch the final round of the 100th PGA Championship in La Sala Grande on the Big Screen with appetizers and drinks.



Tuesday, August 14th

Please Sign Up

What: Trip Out: Restoration Hardware Shopping & Lunch

When: Sunday, August 14th at 10:00AM

Where: Meet In Lobby

Summary: Enjoy exploring the beautiful new Restoration Hardware for beautiful home furnishings & Décor followed by a lovely lunch on the top floor surrounded by a beautiful surroundings. Whether you are looking for



Thursday, August 15th

Night at the Movies

What: "LBJ"

When: Wednesday, August 15th at 7:30PM

Where: La Sala Grande

Rated: R Run Time: 1HR 38 MIN

Summary: Lyndon Baines Johnson aligns himself with Jack Kennedy, rises to the presidency, and deals with the civil rights struggles of the 1960s.



Thursday, August 16th

What: Nova Lecture:

"Motown: More than a Sound"

When: Thursday, August 16th at 11:00AM

Where: La Sala Grande

Summary: Join Shane LeMar to learn about Motown which is more than a "sound!" It is an American record company founded by Berry Gordy Jr. incorporated as Motown Record Corporation on April 14, 1960, in Detroit, Michigan. Learn about the history and the personalities behind this highly successful small record company.



Saturday, August 18th

What: The Royal Ballet: "Rhapsody"

When: Saturday, August 18th at 1:30PM

Where: La Sala Grande

Summary: *Rhapsody* was created in 1980 and is one of Frederick Ashton's final works – a virtuoso conclusion to his series of non-narrative ballets. It was created on acclaimed Russian dancer Mikhail Baryshnikov, who requested the Ashton commission and whose personality is at the heart of the work. The male Principal role is characterized by exceptionally fluent leaps, turns and lightness of movement. It is twinned with the strength and grace of the ballerina, a role created on the pure, fleet-footed style of former Royal Ballet Principal Lesley Colli-



Friday, August 17th

What: 14th Anniversary Party at La Posada: Casino Royale

When: Friday, August 17th beginning at 4:00PM

Where: Barcelona, Waterfront Dining Room, La Sala Grande

Summary: Celebrate 14 years of community and friendship at La Posada with our "Casino Royale" themed party. La Sala Grande will be setup with casino favorites including blackjack, Texas Hold 'em, roulette, craps, and slot machines. Prizes will be given to the winners with the most fake money won during the evening. (No legal tender will be exchanged).

Formal invitations to follow and please RSVP with the hostess stand 514-5129.

Cocktail Hour: 4:00-5:00PM

Dinner Seating: 5:00PM

Casino Royale : 7:00PM in La Sala Grande

This is a complimentary evening.
No guests are permitted.
Formal Attire Suggested.



Wednesday, August 22nd

Night at the Movies

What: "Capone"

When: Wednesday, August 22nd at 7:30PM

Where: La Sala Grande

Run Time: 1 HR 41MIN Rating: R

Summary: The story of the rise and fall of the infamous Chicago gangster Al Capone and the control he exhibited over the city during the prohibition years. Unusually, briefly covering the years after Capone was imprisoned.



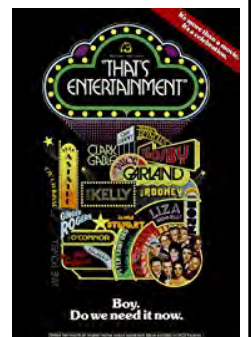
Thursday, August 23rd

What: "That's Entertainment!"

When: Thursday, August 23rd at 7:30PM

Where: La Sala Grande

Summary: The last major film to be shot at MGM's world famous Hollywood backlot, "That's Entertainment!" is a star-studded trapeze down memory lane. The film boasts more than 100 classic segments compiled from dozens of MGM's most popular song-and-dance numbers and features newly recorded footage hosted by a variety of familiar faces, including MGM favorites Bing Crosby, Fred Astaire, Gene Kelly, Donald O'Connor, Peter Lawford, Frank Sinatra, Clark Gable and Liza Minnelli.



Saturday, August 25th

Please Sign Up

What: Yappy Hour : Dog Friendly Social

When: Saturday, August 25th at 4:00PM

Where: Barcelona and Terrace

Summary: "Dogs are not our whole life, but they make our lives whole." La Posada has always been a pet friendly community and we would like to celebrate with our residents who care for their canines. Join fellow residents and their dogs for an afternoon social with "yappitizers" for all and Happy Hour pricing for all drinks. We will have a pet photographer and raffle prizes from local vendors. One prize will be your very own private session with the pet photographer.



Monday, August 27th

What: Met Opera in HD: "Falstaff" (1992)

When: Monday, August 27th at 1:30PM

Where: La Sala Grande

Summary: All the humor of Boito's libretto is superbly brought to life by a cast of great singing actors in Franco Zeffirelli's classic production. Paul Plishka is the lecherous, aging, fat knight Falstaff. Marilyn Horne's delicious Dame Quickly gets the best of him, with some help from Mirella Freni (Alice Ford) and Susan Graham (Meg Page)—both at the top of their game. An adorable Barbara Bonney and ardent Frank Lopardo are the young lovers. James Levine's deft conducting brings out all the nuance of the quicksilver score.



Tuesday, August 28th

Please Sign Up

What: Trip Out: Vizcaya

When: Tuesday, August 28th at 10:00AM

Where: La Sala Grande

Summary: Join Ryan for this fabulous day of Touring Vizcaya and Lunch at the Rusty Pelican overlooking Downtown Miami. Vizcaya Museum and Gardens is recognized internationally for its cultural and historic significance, exemplary preservation, and dynamic visitor experience – inspiring broad participation in advancing the organization's mission. Vizcaya was created as James Deering's subtropical winter home in the 1910s and today it is a National Historic Landmark and accredited museum. We invite you to learn about Vizcaya's fascinating history and the individuals responsible for the unusual estate's origins, evolution and ongoing management.



Please bring \$12.00 and your ID for admission as well as money for lunch.

Wednesday, August 29th

What: "Breakfast at Tiffany's"

When: Wednesday, August 29th at 7:30PM

Where: La Sala Grande

Rated: PG **Run Time:** 1HR 55MIN

Summary: A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.



Friday, August 31st

What: Kristina Notghi After Dinner Show

When: Friday, August 31st at 7:30PM

Where: Meet in Lobby

Summary: Kristina Notghi is a graduate of the University of Florida & University of Miami, where she studied Opera performance. Kristina has performed many Country Clubs and Dining Establishments in the area. One of her most memorable performances was singing at the Miami Gala Festival, where she sang in front of celebrities such as Sylvester Stallone, Gloria Estefan, Emilio Estevez, and many more. She also teaches vocal, acting, and piano.



Join the Chorus for the Fall!

If you love music, and love to sing, join the La Posada Chorus and enjoy singing and performing with fellow residents. There are no try-outs necessary, just come and sing! We will be learning songs for a Christmas Show to perform here at La Posada and for our Memory Care Residents as well. We will also be learning some wonderful standards as well as some patriotic music. Solos are encouraged from all levels and speaking parts. If you are shy, you can just enjoy being in our group! Join Ryan and the La Posada Chorus on Wednesdays, at 4:00PM beginning August 22nd in La Sala Grande.

Please Contact Ryan Gill or Mel Larson for further details.



August Saints and Feast Days Word Search



**Directions: Search only for the parts of the saints names or feast days that are in bold print.*

St. John Vianney	St. Clare	St. Rose of Lima
Transfiguration	St. Maximilian Kolbe	St. Louis of France
St. Dominic	Assumption of Mary	St. Monica
St. Teresa Benedicta of the	St. Stephen of Hungary	St. Augustine
Cross	St. Bernard	Passion of St. John the
St. Lawrence	St. Pius X	Baptist

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If you have any questions or comments, feel free to contact the Wellness & Lifestyles Department at any time.

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