



RETIREMENT LIVING

CHRONICLE



Managed by  Life Care Services®

Celebrating 33 Years

July 2026



Woodwork by Tom Clements

Employees of the MONTH

Romain Jerome, Utility Worker, is the Sandhill Cove Employee of the Month for July.

Romain came to work in the Sandhill Cove main kitchen in March 2023. Originally from Haiti, he lived for a time in Indiana. After visiting Florida on vacation, he enjoyed it so much he decided to stay.



Romain is married with one daughter and four stepchildren. Some of his hobbies include listening to music and sharing anything he has with others.

Romain was nominated for this award by Emmy Newman, Food & Beverage

Supervisor. Emmy says, "Romain does a great job! He offers to help with enthusiasm and with a smile. He is very pleasant and has a good attitude."

Romain shared that it is a pleasure working at Sandhill Cove.

Michael Killeen, Maintenance Technician, is the Water's Edge Employee of the Month for July.

Michael started at Sandhill Cove in October 2023, where he worked in Independent Living for more than two years. In 2026, he moved over to provide maintenance in Water's Edge.

Michael was nominated for Employee of the Month by the Health Center Administrator, Erin Montegut. "He has been such a great addition to Water's Edge.



He not only does his job, but he is also very attentive to detail and follow-up, making sure an issue is resolved and giving feedback when there is a delay," says Erin.

From a young age, Mike was taking things apart and putting them back together.

This talent began with his skateboard and later progressed to motorcycles. When he is not at work, Mike is now busy being a father or can often be found tinkering with something around the house. He also enjoys all varieties of music, Mexican food, collecting sports trading cards and spending time with his family.

**Congratulations
Romain & Mike
July 2026**

Employees of the Month!

Sandhill Cove Resident Meetings

Food & Beverage Comm. - July 2 @ 1:00pm, Pavilion
Cup of Joe w/ Perrigo - July 8 @ 2:00pm, Pavilion
Marketing Comm. - July 9 @ 3:00pm, Pavilion
Life Enrichment Comm. - July 10 @ 2:00pm, Cmnty Cnct
Landscape Comm. - July 13 @ 2:00pm, Pavilion
HMS Comm. - July 16 @ 1:00pm, Pavilion
Health Care Comm. - July 20 @ 2:00pm, Pavilion

Finance Comm. - July 24 @ 1:00pm, Pavilion
Residents' Council - July 24 @ 2:30pm, Pavilion
Library Comm. - no meetings until September
Design Comm. - no meetings until September
Closed meetings:
Foundation B.O.D. - no meetings until September
Scholarship Comm. - no meetings until November

Lowell Kafer

Resident Spotlight



Lowell Kafer had the honor of being named the “Hometown Hero” on June 5 during the St. Lucie Mets’ “Vets at the Mets” event. DDS4Vets, a 501(c)(3) nonprofit organization dedicated to serving veterans, active military, and first responders, partners with the Mets for Friday home games and helped organize the event. Lowell was delighted to represent fellow veterans and throw out the first pitch.

Lowell was drafted into the Army during the Korean War, where he was recruited to play baseball to boost troop morale. After his military service, he began a career at Northern Michigan University, where he eventually became dean of students and later



served as vice president. In 1960, he married Sara, who accompanied him throughout his life’s journey. In later years, Lowell devoted his time to prison ministry and contributed to the construction of Africa University.

Lowell and Sara have proudly called Sandhill Cove home since 2020. Known for his uplifting spirit and willingness to support others, Lowell is often called upon by friends and neighbors to offer prayers, encouragement, and positivity. His kindness and dedication to the community make a lasting impact on those around him. We are honored to recognize Lowell Kafer as a true Sandhill Cove Hero!

**DDS4Vets offers a well-established veteran service dog program and collaborates with a variety of organizations to provide a wide range of support services. Through these partnerships, the organization helps create job and business opportunities, offers counseling services, and delivers comprehensive assistance to our nation’s heroes.

Happy Birthday!

Marsha Cetta	July 01
Carl Blume	July 02
Selma Verse	July 02
Walter Deemer	July 03
Larry Gray	July 04
Mary Jane Evans	July 05
Grace DeCesare	July 06
Diane Graczyk	July 06
Ann Coffin	July 09
Bill Miller	July 09
Bill Bohlke	July 12
Jody Comas	July 12
Sal Pirrotta	July 14
Carolyn Benninger	July 15
Jean Hayes	July 16
Margaret Gray	July 18
Anne Holmberg	July 18
Lorraine Leonard	July 19
Jon Hillen	July 20
Fran Andre	July 22
Ethel Christin	July 22
Patricia Nye	July 22
Maralyn Hitzel	July 23
Phyllis Olsen	July 24
Ernie Peixotto	July 24
Tom Coleman	July 25
Jean Eldridge	July 25
Nancy Murphy	July 26
Lee Morrison	July 30
Linda Brockob	July 31

Birthday Luncheon

July Birthdays: Please let us know if you are able to attend the Birthday Luncheon at 12:00pm on **Thursday, July 9** in the Waterfront Dining Room. Please sign up in the Activity Book.

Jewelry-Making Craft

Get creative at our Jewelry-Making Craft on **Wednesday, July 1, Wednesday, July 15, and Wednesday, July 29** from 11:00am to 12:00pm in the Art Studio. No experience or sign up needed. Bring your creativity!

Pavilion Presents

Experience a special Patriotic Pavilion Presents on **Wednesday, July 1** at 2:00pm in the Pavilion as we kick off our celebration of 250 Years of America. For this special edition, we will explore topics related to American history, innovation, leadership, and the people and events that have shaped our nation. Sign up in the Activity Book recommended, but not required.

Stars, Stripes & Cinema Week

Celebrate America with patriotic movie nights in the Community Connections Room! Grab some popcorn, bring a friend, and enjoy an exciting lineup of films honoring America, courage, and spirit.

Movie Schedule:

- Wednesday, July 1 @ 6:30pm - Independence Day
- Thursday, July 2 @ 7:00pm - Glory
- Friday, July 3 @ 7:00pm - The Crossing

Spintopia Game Time!

Spin the wheel and test your word-solving skills in the Community Connections Room for Spintopia, a fun, fast-paced game that's just like Wheel of Fortune! We'll play on **Thursday, July 2 and Thursday, July 16** at 2:00pm. Sign up in the Activity Book.

Patriotic Karaoke Party

Celebrate America on **Thursday, July 2** from 3:30pm to 5:30pm in the Clubhouse Atrium with a fun-filled Patriotic Karaoke Party! Sing your favorite patriotic tunes, classic hits, or crowd favorites. Grab some refreshments, perform, cheer on your friends, and celebrate together in a festive red, white, and blue atmosphere. Sign up in the Activity Book so we can get a head count, but all are welcome to attend.

Trip to the Movies

Let's go to the movies on **Friday, July 3** for the 12:50pm showing of Young Washington at Regal Cinemas at Treasure Coast Square Mall. This inspiring film explores the early life and experiences of a young George Washington, offering a glimpse into the events that helped shape one of America's most influential leaders. Tickets are \$12.25 and will be billed to residents' accounts. The bus departs the Clubhouse at 12:00pm. Sign up in the Activity Book.

July 4th Cookout & Fireworks

Join us on **Saturday, July 4** from 12:00pm to 4:00pm in the Waterfront Dining Room and Patio as we celebrate America's 250th Birthday with an Independence Day Cookout! Reservations can be made at the Hostess Desk. Inside the Clubhouse, enjoy classic backyard games including corn toss, ping pong, Jenga, and cards. Outdoor activities will include putting, horseshoes, croquet, and shuffleboard. Looking to cool off? Beat the summer heat with a swim in the pool, complete with patriotic floats and pool volleyball. Be sure to wear your red, white, and blue!

Want to watch the Stuart Fireworks from the best seat in the area? Gather in the Clubhouse Lounge, Waterfront Dining Room, and Patio starting at 8:00pm and enjoy hors d'oeuvres, drinks, and great company. The fireworks are scheduled to begin at 9:00pm. Sign up in the Activity Book so we can get a head count, but all are welcome to attend.

Mystery Lunch

Where we're going, no one knows!! Jump on the bus **Monday, July 6** for a flavorful Mystery Lunch. The bus departs from the Clubhouse at 12:00pm. Sign up in the Activity Book. Don't miss out on this delicious mystery!

Aging with Grace & Wisdom

Join us on **Monday, July 6** at 2:00pm in the Community Connections Room for Aging with Grace & Wisdom, led by Laura Morgan, Grief Counselor. This thoughtful, guided group offers residents an opportunity to explore how change and loss can shape growth, resilience, and deeper understanding. No prior experience or sharing is required. Participants are welcome to listen, reflect, and engage at whatever level feels most comfortable.

Zibrio Balance Club

Learn more about your stability and overall wellness on **Tuesday, July 7** from 11:30am to 12:00pm in the Pavilion, immediately following Balance Class, at Zibrio Balance Club. Let's see where we stand on balance, track our progress, and explore ways we can continue to improve. Whether you're just getting started or have been working on your balance for some time, this club is for you.

Lecture: America's First Independence Day Celebration

Learn more about the first known official Independence Day celebration in America on **Tuesday, July 7** at 2:00pm in the Community Connections Room with a one-hour online lecture presented by historian Christopher Hendricks. As the Revolutionary War drew to a close, North Carolina's General Assembly declared July 4, 1783, a day of thanksgiving for peace and independence. Space is limited; sign up in the Activity Book.

Bingo for Brain Fitness

Stimulate your memory and refine your mental agility on **Wednesday, July 8** from 12:30pm to 1:30pm in the Card Rooms with BINGO for Brain Fitness. Join the fun before attending Cup of Joe with Perrigo at 2:00pm.

Craft Class

Brighten up your home on **Thursday, July 9** from 1:30pm to 2:30pm in the Art Room as resident instructor Barbara Uttormark guides participants in a Suncatcher Workshop. Sign-up is required in the Wellness Activity Book located next to the gym.

Friday Night Movies

-July 10 - The Music Man @ 6:30pm
Community Connections Rm. Sign up in Activity Book

-July 17 - Crocodile Dundee @ 7:00pm
Community Connections Rm. Sign up in Activity Book

-July 24 - Remember the Titans @ 7:00pm
Community Connections Rm. Sign up in Activity Book

-July 31 - The Terminal @ 7:00pm
Community Connections Rm. Sign up in Activity Book

Shopping at the Garden's Mall

Look for the latest fashion, a special gift, or just stroll the shops at the Garden's Mall on **Monday, July 13**. Bus departs the Clubhouse at 9:30am. Lunch is on your own. Sign up in the Activity Book.

Lecture: George Washington & the Road Independence

On **Wednesday, July 15** at 2:00pm in the Coral Reef Room, author and historian Dr. Edward Lengel's on line lecture will explore how George Washington's hopes for America's future led him to embrace leadership in the struggle for independence. As we celebrate the 250th Anniversary of the United States of America, this lecture offers a unique opportunity to examine the Revolutionary War through the lens of Washington's courage and commitment to the nation's founding ideals. Space is limited; sign up in the Activity Book to reserve your spot.

TRIVIA Night!

TRIVIA! in the Pavilion on **Wednesday, July 15** at 6:30pm. Team members should check your name off in the Activity Book if you are participating. Teams are limited to 10 members. Trivia Buffet in the Waterfront Dining Room begins at 5:00pm.

Ceramics Painting

Join us on **Thursday, July 16** from 12:00pm to 1:00pm in the Art Studio for Ceramics Painting. This month's featured piece is a Birdhouse, perfect for adding a touch of charm to your home or garden. All supplies are provided; just bring your creativity! Sign up in the Activity Book.

Age Well Lecture Series: Psychology of Kindness

How can small acts of kindness and positive thinking shape a happier, more fulfilling life? Dr. Catherine Sanderson, a leading expert in positive psychology, presents simple, evidence-based strategies for fostering positivity, strengthening resilience, and increasing happiness at the online Age Well Lecture Series: Psychology of Kindness on **Thursday, July 16** at 2:00pm in the Coral Reef Room. Space is limited; sign up in the Activity Book.

Fleetwood Mac Tribute Band

Let True Rumours, the ultimate Fleetwood Mac tribute band, transport you back in time on a rock-and-roll journey on **Saturday, July 18** at the Lyric Theatre. True Rumours faithfully recreates the unforgettable harmonies, enchanting stage presence, and signature sound that made Fleetwood Mac one of the most iconic bands of all time. Cost: \$45 per person, billed to your resident account. The bus departs the Clubhouse at 6:30pm. Sign up in the Activity Book.

Qigong Demo & Activity

Learn about the benefits of Qigong, including improved balance, flexibility, coordination, and relaxation on **Wednesday, July 22** at 1:00pm in the Pavilion. Led by Angela Morales and Jon Hillen, residents will have the opportunity to watch a demonstration and participate in simple movements suitable for a variety of ability levels. All are welcome to attend.

Age Well Lecture Series: Preventing Falls

Falls are one of the leading causes of injury among older adults, but many can be prevented with the right knowledge and preparation. Join us for the online Age Well lecture on **Thursday, July 23** at 2:00pm in Community Connections as geriatrician Dr. Nakeisha Rodgers discusses common fall risks, the medical and financial impact of falls, and practical strategies to help fall-proof your home. Space is limited; sign up in the Activity Book.

		Sunday	Monday	Tuesday
				
		HAPPY 250 TH BIRTHDAY AMERICA		
J U L Y		5 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	6 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 12:00pm *Mystery Lunch???, Clubhouse 1:00pm Mixed Bridge, Card Room A 2:00pm Aging with Grace, Community Connections	7 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am *Publix Transportation 11:00am Balance Class, Pavilion 11:30am Zibrio Balance Club, Pavilion 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation 2:00pm *Online Lecture: America's 1st Independence Day, Community Connections
		12 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	13 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am *Shopping at the Garden's Mall 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A 2:00pm Landscape Committee, Pavilion	14 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Card Rms 10:00am Tai Chi Class, Card Rms 11:00am Balance Class, Card Rms 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Seated Strength/ Core, Community Connections 1:00pm Rummikub, Game Rm 1:30pm *Walgreens Transportation
		19 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	20 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A 2:00pm Health Care Committee, Pavilion	21 8:30am Croquet 9:00am Circuit Class, Pavilion 9:00am *Publix Transportation 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation
		26 Ping Pong "open play", Community Connections 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church	27 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A	28 8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 11:00am *Wind Chime Craft, Art Room 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Walgreens Transportation 5:00pm *Dine Around: Val's Brazilian Steakhouse, PSL

Wednesday	Thursday	Friday	Saturday
1 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Card Rooms 11:00am Jewelry Making Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm *Patriotic Pavilion Presents, Pavilion 6:30pm *Movie: Independence Day, Community Connections	2 8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Food & Beverage Cmtee, Pavilion 1:00pm Seated Strength/ Core, Card Rm A 2:00pm *Spintopia Game! Cmmnty Cnct 3:30pm-5:30pm *Patriotic Karaoke Happy Hour, Clubhouse Atrium 7:00pm *Movie: Glory, Commnty Cnct	3 12:00pm *Trip to the Movies: Young Washington, TC Mall 1:00pm Hand & Foot, Card Rms 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie: The Crossing, Community Connections	4 Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting & Shuffleboard 12:00pm-4:00pm *America's 250th Birthday Cookout Celebration, Waterfront Dining Rm & Patio 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport 8:00pm Fireworks Watch Party, Clubhouse Atrium & WF Patio 
8 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Card Rooms 12:30pm *Bingo for Brain Fitness, CardRms 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm Cup of Joe with Perrigo, Pavilion	9 8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 12:00pm *B-Day Lunch, WF Dining Room 1:00pm Rummikub, Game Room 1:00pm Caregiver Support, Conf Rm 1:00pm Seated Strength/ Core, Pavilion 1:30pm *Suncatcher Craft, Art Rm 3:00pm Marketing Cmtee, Pavilion	10 8:45am Plank Zone, Card Rms 9:00am Movin' & Groovin', Card Rms 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Card Rms 11:00am Gentle Stretch/Core, Card Rms 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 2:00pm Life Enrichment, CommCnct 4:00pm Pina Coladas!! Clubhse Atrium 6:30pm Partnership Bridge, Card Rms 6:30pm *Friday Night Movie, Community Connections Nat'l Piña Colada Day	11 Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport
15 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Jewelry Making Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm *Online Lecture: George Washington, Coral Reef Room 5:00pm *Trivia Buffet, Waterfront Din Rm 6:30pm *Trivia, Pavilion	16 8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 12:00pm *Ceramic Painting Craft, Art Rm 1:00pm Rummikub, Game Room 1:00pm HMS Committee, Pavilion 1:00pm Seated Strength/ Core, Card Rm A 2:00pm *Spintopia Game! Cmmnty Cnct 2:00pm *Age Well Lecture: Psychology of Kindness, Coral Reef Room	17 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 11:30am-1:00pm Peach Ice Cream!! Clubhouse Atrium 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections Nat'l Peach Ice Cream Day	18 Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport 7:00pm *True Rumours- A Fleetwood Mac Tribute, Lyric Theatre
22 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Balance Class, Pavilion 10:00am Aqua Blast Class, Pool 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 12:00pm *Lunch & Learn, Water's Edge 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 1:00pm Qigong Demonstration & Activity, Pavilion	23 8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 2:00pm *Age Well Lecture: Preventing Falls, Community Connections 4:00pm *Dinner & Movie - The Book Thief, Pavilion	24 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Hand & Foot, Card Rms 1:00pm Finance Committee, Pavilion 2:30pm Residents' Council, Pavilion 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	25 Ping Pong "open play", Community Connections 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport 4:00pm Cheese & Wine Happy Hour, Clubhouse Atrium Nat'l Wine & Cheese Day
29 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am Putting 10:00am Balance Class, Pavilion 10:00am Aqua Blast Class, Pool 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Jewelry Making Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 3:00pm-4:00pm Meet & Greet Water's Edge Leadership Team, Water's Edge 4:00pm Chicken Wing Contest, Vote for the Winner, Clubhouse Atrium Nat'l Chicken Wing Day	30 8:30am Croquet 9:00am Cardio Drumming, Pavilion 9:30am Live Well Lecture: Connection & Movement, Community Connections 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Seated Strength/ Core, Pavilion 5:30pm *Wine Pairing Dinner, The Cove	31 8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Hand & Foot, Card Rms 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections	Events in Deep Red bold with an asterisk(*) require Reservations Committee Meetings are in Blue bold italics Exercise Classes are in Purple bold an asterisk(*) require Reservations Important Channel 63 Airings are in Green bold Special Events are in Black bold

Dinner & Movie Night

On **Thursday, July 23** our Dinner & Movie Night will feature "The Book Thief" in the Pavilion. The movie will begin at 4:00pm, with a buffet-dinner served immediately following. This moving war drama follows a young girl living in Nazi Germany who discovers the power of words and storytelling. Reservations are required and can be made at the Hostess Desk.

Dine-Around

On **Tuesday, July 28**, the Dine-Around heads to Val's Brazilian Grill in Port St. Lucie for a delicious evening of Brazilian hospitality, high-quality ingredients, and unforgettable meals. The bus departs the Clubhouse at 5:00pm. Sign up in the Activity Book.

Let's Go Bowling!

Join us on **Wednesday, July 29** for an afternoon of fun at Lucky Strike Bowling in Jupiter! The bus departs the Clubhouse at 11:00am. The cost is \$22 per person (billed to your resident account) which includes two hours of bowling and shoe rental. Bring or wear comfortable socks. Lucky Strike also offers a variety of delicious food and drink options, so bring your appetite along with your competitive spirit! Sign up in the Activity Book.

Chicken Wing Challenge

We are celebrating National Chicken Wing Day, **Wednesday, July 29**, with a delicious culinary competition starting at 4:00pm in the Clubhouse Lounge! Our talented chefs will prepare their signature chicken wing recipe, and it's up to you to decide the winner.

Live Well Lecture Series: Connection & Movement

Join us on **Thursday, July 30** from 9:30am to 10:30am in the Community Connections Room for this month's LiveWell Lecture Series. The topic for July is Connection & Movement, exploring the important role that staying active and socially connected plays in maintaining overall health and well-being. Enjoy this informative presentation and discover new ways to enhance your wellness through movement and meaningful connections.

Wine Pairing Dinner

The Culinary Team invites you to a special five-course wine pairing dinner in The Cove on **Thursday, July 30** at 5:30pm. Limited space available; reservations at the Hostess Desk required. Don't miss this flavorful dining experience!



Give ping pong a try!

We now have two tables available for residents to enjoy. Join us every Saturday and Sunday, all day long, in the Community Connections

Room for friendly games and plenty of fun. Whether you're a seasoned player or have never picked up a paddle before, all skill levels are welcome. Paddles and balls are provided. Looking for a partner or more information? Please contact resident Bill Hamilton.



*Welcome to
Sandhill Cove!*

Susan Vosters GN 2204
Larry Gray & Barbara Seaton GS 201
Carol Nelson GN 2211

H A P P Y
Anniversary

George & Helen Breault 07/07

Wellness Activities

Plank Zone

Monday, Wednesday, Friday: 8:45am-9:00am
Pavilion

Movin' & Groovin'

Monday, Wednesday, Friday: 9:00am-9:45am
Pavilion

Aqua Blast

Monday, Wednesday, Friday: 10:00am-10:45am
Pool

Gentle Stretch & Core

Monday, Wednesday, Friday: 11:00am-11:45am
Pavilion

Circuit Class

Tuesday: 9:00am-9:30am
Pavilion

Tai Chi for Balance & Arthritis

Tuesday, Thursday: 10:00am-10:45am
Pavilion

Balance Class

Tuesday, Thursday: 11:00am-11:30am
Monday, Wednesday, Friday: 10:00am-10:30am
Pavilion

Corn Toss

Tuesday: 9:30am-10:45am
Card Room A

Seated Strength & Core

Tuesday/ Thursday: 1:00pm-1:30pm
Pavilion or Card Rms

Cardio Drumming

Thursday: 9:00am-9:30am
Pavilion

Open Gym

Thursday: 12:00pm-1:00pm
Waterfront Wellness Center

Line Dancing

Friday: 11:00am-12:00pm
Clubhouse Atrium

Life Enrichment Activities

Mixed Monday's Bridge

Monday | 1:00pm | Card Room A

Duplicate Bridge

Tuesday | 12:45pm | Card Room |
Chair: Dee Rice | Sign up in advance with partner.
Singles call the chairman. Entry fee is \$2.00

SHC Croquet Club

Tuesday & Thursday 8:30am | Saturday 8:00am

RummiKub

Tuesday & Thursday | 1:00pm | Game Room

Mahjong

Wednesday & Saturday | 1:00pm
Card Room B | Gail Morrell

Ladies Bible Study

on hiatus for the summer

Hand & Foot Card Game

Friday | 1:00pm | Shirley Kelley | Card Rooms

Partnership Bridge

Friday | 6:30pm | Card Room
Co-Chairs: Flo & Linc McGurk
Organized partnership game with "Chicago" scoring.
Sign up in advance with a partner. Entry fee \$2.00

Ping Pong

Saturday & Sunday | Open Play all day
Community Connections Room | Bill Hamilton

Billiards

Saturday & Sunday | Open Play all day | Game Room

Putting

Wednesday & Saturday | 9:30am
All Levels | Jon Robb

Shuffleboard

Saturday | 9:30am | Open Play

Water Quality Program

Fla. Oceanographic | Flo McGurk & Judy Johansen

 **Resident Spotlight:** Do you have an interesting story, unique experience, or special memory you'd like to share with your friends and neighbors at Sandhill Cove? We'd love to feature you in our Resident Spotlight! Submit your story to Audram@sandhillcove.com or contact Audra at 772.223.6117. We look forward to hearing from you and celebrating the amazing people who make our community so special.



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2027

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**** CONTACT US TO BE PLACED ON THE EARLY WAITLIST!!**

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*Applications for
committees can be
obtained at
Guest Services.*

Cup of Joe with Perrigo

Join us in the Pavilion on **Wednesday, July 8** at 2:00pm for the monthly meeting with the Executive Director. The full agenda will be listed in your weekly newsletter, on the Resident Portal and on Channel 63. All are welcome to attend!



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