



WELCOME TO OUR  
**MONTHLY NEWSLETTER**

America's 250th birthday this July marks a powerful moment to reflect on how far the nation has come since the signing of the Declaration of Independence in 1776



## *Mark your calendar*

7/02	12:00 4 <sup>th</sup> of July Lunch/ Celebration
7/20	3:00 Wellness Hour w/ Nurse Kelly= Foundation for Living
7/21	1:30 Voting Governor Primary
7/28	1:30 Make up Date for Voting

## *Resident Birthdays*

7/11	Harold Zawacki
7/14	Mary Friday
7/15	Phil Flick
7/21	Sharon Steinmetz
7/26	Vern Schroeder
7/26	Andrea Wanty

## *Resident Socials*

You are invited.

Join us every Wednesday for Happy Hour.  
Enjoy drinks, snacks, and live entertainment.

Wednesdays at 3:00 p.m. in the Great Room.

Week 1: Derek Lind

Week 2: Dale Dobbe

Week 3: Tom Mangert

Week 4: Stevie Keys



## *June Dairy Month 2026*

Residents celebrated June Dairy Month with a fun and flavorful tasting party. They enjoyed grilled cheese samples made with three different cheeses — Havarti, Swiss, and Pepper Jack. A variety of ice cream sandwiches were also served, including peanut butter, black cherry, mint chocolate chip, and the classic vanilla. To round out the treats, residents sipped on chocolate milk and chocolate almond milk.

Everyone had a great time toasting with their tasty ice cream sandwiches and sampling these delicious dairy-themed snacks as part of our celebration.



## *Drinks & Snacks*

“Linda was excited to pose for our picture with some of the tasty snacks everyone enjoyed during our celebration.”



## *All smiles after great treats!*

Good chats, great smiles, and tasty samples—these two made the most of our June Dairy Celebration.

### *Milk Mustache #1*

This is a wonderfully warm moment — and honestly, a perfect snapshot of what joyful aging can look like. A resident proudly rocking a milk mustache during our June dairy celebration says so much: confidence, playfulness, community, and the kind of laughter that makes an ordinary day feel special.



### *Milk Mustache #2*

Aging doesn't have to be solemn or serious. It can be bold, silly, expressive, and full of personality. Moments like this remind everyone — staff, residents, families — that joy doesn't have an expiration date.



## *Fathers Day Celebration!*

Today we honored the fathers in our community with a day filled with connection, conversation, and heartfelt moments. Many enjoyed sharing stories and camaraderie with fellow community members, while others spent cherished time with their children. Family photos were taken so everyone could hold onto a keepsake from this special day.



## *Yard Games*

Yard games were arranged to give members and their families a chance to relax, play, and enjoy time together.



## *Snacks*

WE TREATED OUR DADS TO AN AMAZING SPREAD OF SNACKS AND SIPS. THEY ENJOYED TWO KINDS OF POPCORN, PRETZELS WITH CHEESE, CUPCAKES, AND A BEAUTIFUL CHARCUTERIE BOARD STACKED WITH FAVORITES. TO TOP IT ALL OFF, WE SERVED OLD FASHIONEDS AND ROOT BEER TO WASH DOWN ALL THE TASTY BITES.



## *Resident Spotlight*



Chris is one of our most avid readers here at Park Vista. You can often find her browsing our cozy book shelf, discovering new stories to dive into. She also enjoys relaxing in her apartment with her Kindle, where she always has a good book ready to go. Chris brings a bright spirit to our community — always ready to laugh, share a moment, and have a fun time with those around her.



## *Staff Feature*

Robert is one of our newest dietary aide/cook, and he's already bringing amazing energy to our community. With his big smile, generous spirit, and genuine respect for our residents, he brightens every dining experience.

Robert has also proven himself to be a true team player, supporting fellow staff members and stepping in wherever he's needed. His willingness to learn, grow, and contribute makes him a wonderful addition to our community.

We're grateful to have him on our team.

## *Tip of The Month*

### Make the Most of the Sunshine

Summer mornings are made for being outside, and a few small habits make them even better. Head out earlier in the day when the air is cooler, keep a glass of water close by, and don't underestimate the comfort of a shady spot and a wide-brimmed hat.

The sun is good for the spirit. A little planning means more porch conversations, more garden time, and more of the season everyone waits all year for.



## *fun facts*

### **This Month: It's America's 250<sup>th</sup> Birthday!**

It's a celebration of the country's enduring ideals—freedom, resilience, and the ongoing pursuit of a more perfect union. Across the nation, communities will honor the milestone with ceremonies, storytelling, and a renewed sense of what it means to be part of America's continuing story.



WELCOME TO OUR

# Fun Facts of July

July is the heart of summer, packed with sunshine, celebrations, and little moments worth remembering. Here are a few fun facts to brighten your month.

01

## Independence Day

July 4th marks the signing of the Declaration of Independence in 1776, celebrating America's freedom.

02

## National Ice Cream Month

Every July, the U.S. celebrates National Ice Cream Month, a sweet tribute to a summer favorite.

03

## Longest Day of the Year

The summer solstice falls in late June, but July keeps the long, golden evenings going.

04

## National Hamburger Month

July is National Hamburger Month, the perfect excuse to fire up the grill.

05

## Birthstone: Ruby

The July birthstone is the ruby, a deep red gem symbolizing love and vitality.

06

## National Pizza Month

July is also National Pizza Month, making it a delicious double celebration.

So grab a cold drink, step outside, and enjoy every sunny moment this July has to offer.



*SEE YOU NEXT MONTH!*

**Contact Us**

950 Highway QQ • Waupaca, WI 54981 • (715) 256-0100 • [parkvistaliving.org](http://parkvistaliving.org)

**A Note from Our Team**

We are grateful for the trust you place in us.  
Please reach out anytime with questions or feedback.

**Follow Us on Facebook**

See community moments and updates online.