Day Trip to Blue Willow Inn  
in historical Social Circle  
Friday, July 29th  
$25.00 per person  
Includes buffet and transportation.  
Bus leaves at 10:00 am

Ice Cream Social  
Tuesday, July 26th at 3:00pm  
Please sign up at the Front Desk  
under Parties  
Sponsored by the “Young at Heart” group from FBCD

Celebrating the 4th in Decatur  
The Pied Piper Parade begins at 6:00 pm and starts at  
First Baptist Church Decatur. “Concert on the Square” begins at 7:00 pm  
featuring the Callanwalde Concert Band followed by a Fireworks Display

Craft Workshop  
Paint it!  
Decorate it!  
Take it home!  
All are welcome to attend.  
Wednesday, July 27th  
Join us in the  
Activity Room at 1:00 pm  
Please sign up at the  
Front Desk under “Specials”

Clairmont Oaks is looking for talent to perform in our  
“Variety Show” on  
Saturday, August 27th  
We need singers, dancers, magicians, clowns, comedy and more!  
Please sign up at the Front Desk under  
“Specials” and a member of the Activity Committee will contact you.

Clairmont Oaks Contact Information  
404-378-8887  www.ClairmontOaks.org  info@clairmontoaks.org
**July Birthdays**

- Birthstone: Ruby
- Flower: Larkspur or Water Lily

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>1st</td>
<td>Willie Mae Marshall</td>
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<td>Della Butcher</td>
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<td>Joella Williams</td>
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<td>8th</td>
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<td>Beverly Owen</td>
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<td>Geraldine Davis</td>
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<td>Dorothy Holstun</td>
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<td>Joyce Rodell</td>
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<td>Betty Girasole</td>
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<tr>
<td>31st</td>
<td>Lorraine Thompson</td>
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**THE BOOK NOOK**

Thank you to all who participated in our game of Name the Author and Book Title. We had some very good detectives among us who were able to correctly name the book and author. The book was “Evening Class” by Maeve Binchy. After a drawing of the winning entries, the winner of our contest was Shirley Talley.

We will play this game again, and I hope to have even more participants next time.

Through the generosity of residents and family members, we have new books that have been donated to our library. Beginning in July, a list of the latest books will be posted on the library door, and the books will be prominently displayed in the library on the table by the window for you to peruse and checkout if one of the story lines grabs you.

The librarians are always looking for ways to promote the use of the library. If you have any suggestions as to how we can accomplish this, please put your idea (s) in the Suggestion Box located on the Front Desk in the lobby.

Again, congratulations to Shirley.
Enjoy your meal from Piccadilly.

Pat Paris

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Come Join the Supper Out Committee. Our next Meeting Monday, July 13th at 1:00 pm
Would you like to visit the Center for the Visually Impaired merchandise store in downtown Atlanta? They sell a variety of adaptive equipment for people with vision loss to help them maintain their independence. **When:** Monday, August 22, 2016

Reminder about the Toco Hills Shuttle Service

You can ride the Toco Hills Shuttle for **FREE** on **Mondays & Wednesdays** to go shopping.

You can also ride the Toco Hills Shuttle Service for **FREE** on **Tuesdays & Thursdays** to go to the Central Dekalb Senior Center and take classes. **Pick up schedules in G-2!**

Do you have **Diabetes**? Do you have **Medicare**? Would you like to control your Diabetes? Learn more about this **FREE, FUN, HANDS-ON 6 WEEK WORKSHOP** starting **Friday August 5th at 2:00 pm—Fellowship Hall**

**Space is limited! Sign up in G-2. Classes will be held in the Month of August on Tuesdays & Thursdays.**

Jessica Wilson from the Emory Mentor Program will be here to talk about the upcoming year on **Friday July 29th at 2:00 pm - Fellowship Hall** To recruit interested residents willing to participate.

This program participants mentor young medical professionals to be sensitive to the needs of older adults in accessing medical care.

In most cases this is the most time these students spend with active older adults. This is your chance to help future generations!
Welcome New Resident
Juanita Birt    804

Movies will begin at 7:00pm

Monday, July 11th
“Race”
Rated PG-13 Drama
Stephan James /Jeremy Irons

Monday, July 25th
“Eye in the Sky”
Rated R Suspense
Helen Mirren/Aaron Paul

PLEASE
Sign up to check
DOOR TAGS
This an important life saving resident volunteer program.
New residents welcome!

Administrator’s Corner

I am excited to welcome the new Coloring Group as an addition to our Resident inspired and run activities.

I have always known of the Power of Art to stimulate the senses. Recently, I’ve become more aware of the studies at Emory and other medical institutions which focus on the therapeutic qualities of art which can help relieve stress and evoke a sense of calm while being a source of enjoyment. Adult coloring stirs creative thinking and allows us to turn off the day-to-day and focus on the moment with extraordinary results.

Adult Coloring (coloring between the lines) has become a phenomenon throughout the aging continuum. Newcomers to coloring are not required to be artistically gifted. Consider coloring in the same way as one may find enjoyment in listening to great music while never having to learn to play a musical instrument!

The Coloring Group meets at 4:00 PM on Mondays. If you are looking for relaxation and discovering your own creativity, give it a try!

I am pleased to showcase the works of the Coloring Group on exhibit in the Clairmont Oaks Gallery of Fine Art throughout the month of July.

Your suggestions are appreciated!

Do you have a skill, hobby, travel adventure, life adventure or passion you would like to share with the Clairmont Oaks Community?
Please contact Jennifer

7th Floor Luncheon - Tuesday, July 12th
Birthday Luncheon—Friday, July 15th