



Manicures & Hand Massage with **PAIGE**

Every Friday from 11-12:30 PM
Starting July 11th

**limited spots available,
sign up outside the
wellness center**



Our Community Newsletter

Discover what's going on in our community.



Reminder to be courteous and cautious when watering your plants. Planters often overflow potentially onto your neighbor below you!

Trash Room Railings: Joe has all the supplies needed and has cut the railings to size. He even had some in the trash room ready for installation. Unfortunately, someone threw them down the trash chute and they got stuck! So, he had to cut/destroy them to unclog the chute. He will continue to work on this project as time allows between other immediate building/resident needs.

Please ensure all dishes, mugs, and silverware make it back to the kitchen if ever removed.

Please be mindful that our napkins are **washed** and **reused**. We will stock a box of tissues behind the podium if needed for other purposes.

If you notice your thermostat is reading hotter than you have your AC set to, please notify us right away so we can look at it and get it fixed as soon as possible if needed.

July Outings

- 7/1: Target @10:30am (Meet in lobby @10:15am)
- 7/8: Pizza Ranch @11am (Meet in Lobby @10:45am)
- 7/18: Cub Game @7pm (Meet in Lobby @6pm)
- 7/29: Costco @10:30am (Meet in Lobby by 10:15)
- *Must have your own membership*

*Kindly be advised that the following procedures apply to cancellations of outings:

- (1) All outings must be cancelled before 9:00 AM on the day before the event.
- (2) Cancellation of two or more outings means that the participant is on probation for two months.
- (3) During probation, the participant will not be allowed to participate on any future outings.

Thank you for your cooperation.*

July Movies:

- Wed. July 2nd 1999 October Sky PG 1hr. 48min. PRIME
- Sat. July 5th 2023 White Bird PG 2hr. PRIME
- Wed. July 9th 1993 Gypsy NR 2hr. 33min. CH
- Sat. July 12th 2015 Brooklyn PG13 1hr. 51min. CH
- Wed. July 16th 1956 Friendly Persuasion NR 2hr. 17min. PRIME
- Sat. July 19th 1965 For A Few Dollars More R 2hr. 12min. CH
- Wed. July 23rd 1963 The Great Escape NR 2hr. 52min. PRIME
- Sat. July 26th 2016 Hidden Figures PG 2hr. 7min. PRIME
- Wed. July 30th 1952 High Noon PG 1hr. 25min. PRIME





“It Was Hot in Philadelphia”

It was hot in Philadelphia in the summer of '76 - 1776 - that is. The Continental Congress was meeting, arguing, sweating. John Adams kept urging a vote for independence, others favored the status quo (“come weal or come woe, my status is quo”). The musical, “1776” has some fun lyrics about this: “It’s hot in Philadelphia! Someone ought to open up a window! No, no no! Too many flies! Sit down John! It’s 90 degrees! Have mercy John! I say vote yes! John, you’re a bore; we’ve heard this before, now sit down John!”

Despite the heat, the flies, the interminable chatter of John Adams – and the others – the Continental Congress did get around to voting for independence. Fifty-six representatives signed the document.

The date of July 4 has been etched in the minds of U.S. citizens ever since. It has had a remarkable history. Consider that on the 50th anniversary of that signing, July 4, 1826, both John Adams and Thomas Jefferson, our 2nd and 3rd presidents, died. Adams’ last words were, “Jefferson survives,” but it was not true, Jefferson had died that morning. Five years later, in late June, our 4th president, James Madison, was seriously ill. His friends considered what they might do to keep him alive until the 4th, but Madison would have none of their schemes. He died on the 28th of June, 1831.

President number five, however, James Monroe, accommodated all those who think dates matter. He died on the 60th anniversary of the signing of “Independency,” July 4, 1836. That ended the sequence of presidential deaths on the Fourth of July. However, there were other

How Many Words Can You Find?

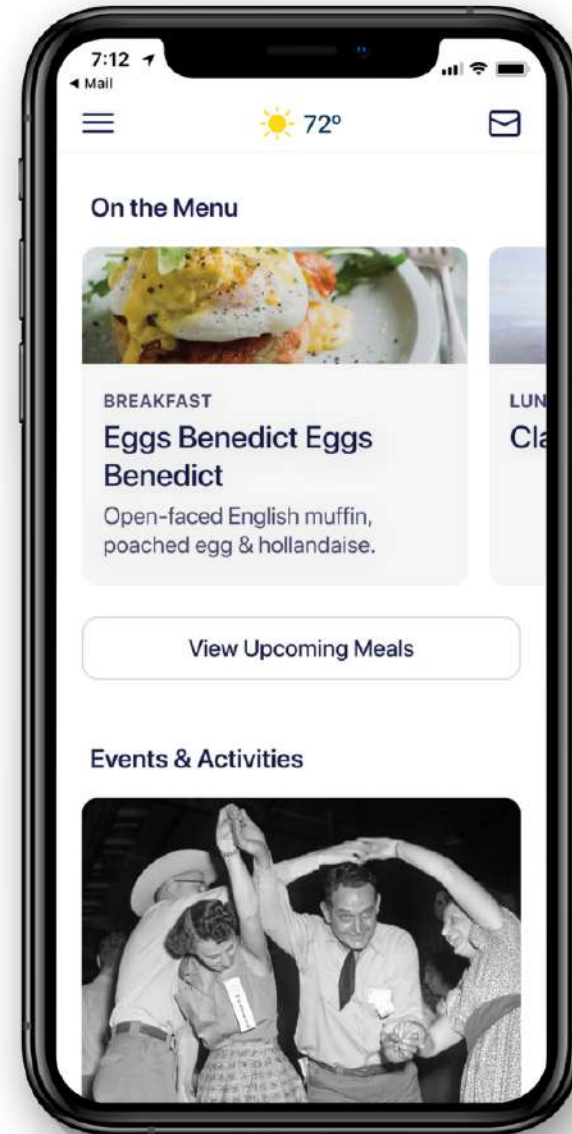
Using the letters in the game box, how many words can you create with 3 or more letters?

A	E	D	F
L	Y	E	S
O	N	G	V
B	T	D	S

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

Download the new mobile app for Chaska Heights

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in Chaska, MN



significant happenings associated with the date. Stephen Foster, who wrote many patriotic songs, as well as pieces supporting the presidential candidacies of both James Buchanan and Abraham Lincoln (from opposite parties, but sometimes you just have to make a buck!), was born July 4, 1826, and our 30th president, John Calvin Coolidge, was born July 4, 1872.

Finally, during the Civil War, the decisive Battle of Gettysburg took place July 2 and 3, with thousands from both sides wounded and dying. The victory went to the North but on the next day, the 4th of July, 1863, there wasn't much celebrating as poachers and robbers arrived to steal what they could from the bodies still lying on the battlefield: rings, wallets, belts, notebooks, it was all fair-game. A 4th unlike any other 4th. Four-score and seven years had passed since that famous hot day in Philadelphia and we were still attempting to discover if we were a "united" states.

Phil Froiland

Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/KCMBT>

Enter code KCMBT after opening the Quiltt app for the first time.



Upcoming Events- Mark your Calendar


- Education W/Paige 7/2 @1pm Community Room
- HYMN Sing W/Chaplain Carol 7/2 @ 3pm Community Room
- 4th of July BBQ 7/3 @ 3pm Parking Lot B
- Education W/Paige week 2 7/9 @1pm Community Room
- Artful Appetites W/Avery 7/10 @2pm 212 Pub
- Manicures & Hand Massages 7/11 @11am Wellness Center (please come at your designated time)
- Veteran's Luncheon 7/11 @12pm Crosstown Dining Room
- Gratitude Time W/Erin 7/14 @1pm Community Room
- Guy Talk Lead by Clint 7/16 @1pm Stoughton Pub (Topic: Hobbies)
- Education W/Paige Week 3 7/16 @1pm Community Room
- Afternoon Tea 7/17 @2pm Crosstown Dining Room
- Manicures & Hand Massages 7/18 @11am Wellness Center (please come at your designated time)
- Resident Council 7/21 @1pm Community Room
- Education W/Paige 7/23 week 4 @1pm Community Room
- Coffee W/ Officer Martine 7/24 @10:30am Crosstown Dining Room
- Manicures & Hand Massages 7/25 @11am Wellness Center (please come at your designated time)
- Gratitude Time W/Erin 7/28 @1pm Community Room
- Entertainment W/Mary Hall 7/28 @3pm Community Room (NO JEOPARDY)
- Education W/Paige 7/30 week 5 @1pm Community Room (*Final Exam*)
- Sharing Table 7/31 @9am Crosstown Dining room

EDUCATION WITH PAIGE

WEDNESDAYS | JULY 2ND- JULY 30TH | 1-2 PM

5 WEEK SERIES

FINAL EXAM JULY 30TH

An illustration of several books. One book is open in the foreground, showing two pages with text and small images. Behind it are several closed books of varying thicknesses. A pen lies horizontally in front of the open book. The style is a simple line drawing with some cross-hatching for shading.

Spiritual Life Offerings:

ONE OF THE HIGHLIGHTS OF THE SUMMER SEASON IS THE PREVALENCE OF MUSIC! OUR COMMUNITIES BURST WITH OPPORTUNITIES TO HEAR LIVE MUSIC, AND THE SUMMER BRINGS GATHERINGS AND OCCASIONS WITH MUSIC AT THE CENTER. EVERY JULY, I LOVE HEARING A LIVE RENDITION OF “STARS AND STRIPES FOREVER” BY JOHN PHILIP SOUSA. THE PICCOLO SOLO TOWARD THE END ALWAYS STIRS MY SPIRIT AND TRANSPORTS ME TO SUMMERS AS A CHILD SITTING ON THE GRASS LISTENING TO AN ORCHESTRA BEFORE THE FIREWORKS DISPLAY. THIS MUSIC MAKES ME FEEL FULL AND ALIVE AND FREE. WHAT ARE THE SONGS OF SUMMER THAT BRING YOU JOY, MAKE YOU FEEL ALIVE, OR STIR IN YOUR SOUL? WHY DO THEY CARRY SPECIAL MEANING FOR YOU? WHAT MEMORIES DO THEY PULL FORWARD? WHAT VALUES OR CORE BELIEFS DO THESE SONGS REMIND YOU OF WHENEVER YOU HEAR THEM?

Events:

7/2 Rosary & Communion W/Deacon John @11AM
7/2 Hymn Sing W/Chaplain Carol @3PM
7/7 Grief Connection W/Chaplain Carol @3PM
7/9 Rosary & Communion W/Deacon Bill & Mona @11AM
7/9 Bible Study W/Chaplain Carol @3PM
7/14 Show & Share W/Chaplain Carol @2PM
7/16 Rosary & Communion W/ Father Tony @11AM
7/16 Bible Study W/Chaplain Carol @3PM
7/21 Service Of Remembrance @10AM
7/21 Refreshments @11AM
7/23 Rosary & Communion W/ Deacon Bill & Mona @11AM
7/30 Rosary & Communion W/Deacon Bill & Mona @11AM
7/30 Bible Study W/Chaplain Carol @3PM

**Join us at the
Chaska Cubs Game**
Sponsored by Chaska Heights!



***Join us in cheering
the Cubs as they play
Burnsville. Seniors 65
and older get into the
game free!***

Friday, July 18th

**Busing will be provided (Limited to 12 spots
including 2 wheelchairs)**

Game Begins at 7:00 pm.

*July Specialty
cocktail:*

THE BOMB POP



Delicious combination of The fruity, citrusy mix of grenadine, citron vodka, and blue curaçao!

Cheers!

Sharing Table



Bring gently used items you no longer need and browse the table for treasures left by other residents. Items can be dropped off and picked up anytime between 9 AM and 4 PM. Please note: no large furniture, walkers, wheelchairs, or hazardous materials. Let's share, reuse, and help each other declutter! Leftover items will be donated to Goodwill at the end of the day.

July 31st

**Beginning at 9am &
Ending at 4pm**

Crosstown Dining Room





2025

Tuesdays & Thursdays

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/14	1/16	1/17
Week 1	1/21	1/23	1/24
Week 2	1/28	1/30	1/31
Week 3	2/4	2/6	2/7
Week 4	2/11	2/13	2/14
Week 5	2/18	2/20	2/21
Week 6	2/25	2/27	2/28
Week 7	3/4	3/6	3/7
Final 4	3/11	3/13	3/14
World Championship	3/18	3/20	NO RBS

RBS = Really Big Show

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2025

Tuesdays

Week	Competition	RBS
Scrimmage Week	4/15	4/18
Week 1	4/22	4/25
Week 2	4/29	5/2
Week 3	5/6	5/9
Week 4	5/13	5/16
Week 5	5/20	5/23
Week 6	5/27	5/30
Week 7	6/3	6/6
Final 4	6/10	No RBS
World Championship	6/12	No RBS

RBS = Really Big Show

Resident Updates



- MARGARET HERD
- DONNA KOEHLER



Grip Games

Team Meeting July 7th @1pm Community Room

(All are welcomed)

Scrimmage week july 15th

RBS Every Friday From 1pm-2pm

Purpose

2025 Spark
Performance
League

Belonging



2025

Tuesdays

Week	Date	RBS
Scrimmage Week	7/15	7/18
Week 1	7/22	7/25
Week 2	7/29	8/1
Week 3	8/5	8/8
Week 4	8/12	8/15
Week 5	8/19	8/22
Week 6	8/26	8/29
Week 7	9/2	9/5
Final 4	9/9	No RBS
World Championship	9/12	No RBS

RBS = Really Big Show



2025

Tuesdays and Wednesdays

Week	Deep Dive	Competition	RBS
Scrimmage Week	10/7	10/8	10/10
Week 1	10/14	10/15	10/17
Week 2	10/21	10/22	10/24
Week 3	10/28	10/29	10/31
Week 4	11/4	11/5	11/7
Week 5	11/11	11/12	11/14
Week 6	11/18	11/19	11/21
Week 7	12/2	12/3	12/5
Final 4	No Deep Dive	12/9	No RBS
World Championship	No Deep Dive	12/11	No RBS


RBS = Really Big Show

HAPPY BIRTHDAY

- 7/2 Amparo Code
- 7/5 Jeanne Green
- 7/5 Diane Beuch
- 7/5 Alice Gower
- 7/5 Janice Lundquist
- 7/6 Eugene Rowen
- 7/8 Virginia Hanes
- 7/10 Shirley Tesch
- 7/10 Dorothy Lund
- 7/12 Frank Reese
- 7/12 Jon Wyttenhove
- 7/14 Sharon Tiran
- 7/24 Grace Jacobs
- 7/24 James Kincannon
- 7/29 Elaine Grapentine
- 7/29 Joan Nevin
- 7/31 Nolan Craig



- Gloria Boynton
- Thomas Kotsonas

<div> <div>July 2025 - AL / IL Calendar</div>  </div>							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		10:00 Daily Wellness Class [C... 10:30 Outing~Target 2:00 Dominoes Mexican Train [CD... 3:00 BYOB Happy Hour- 212 Pub [... 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [C... 11:00 Rosary & Communion W/De... 1:00 Education W/Paige [CR] 3:00 HYMN SING W/ Chaplain Caro... 5:30 Evening Movie~ October Sky...	10:00 Daily Wellness Class [C... 1:00 Stitch & Chat W Diane 3:00 4th of July BBQ/Entertainm... 6:00 Quarter Bingo [CR]	Independence Day	10:30 Art Club [JR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ White Bird ...	
1:00 Left, Right, Center Gam... 2:00 Scattergories [CD] 3:00 Coffee Social & Treats [CD...	10:00 Daily Wellness Class [C... 2:00 Grief Connections W/ Ch... 3:00 Jeopardy [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [C... 10:30 Lunch Outing ~ Pizza Ra... 2:00 Dominoes Mexican Train [CD... 3:00 BYOB Happy Hour- 212 Pub [... 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [C... 11:00 Rosary & Communion W/De... 1:00 Education W/Paige [CR] 3:00 Bible Study W/ Chaplain Ca... 5:30 Evening Movie~ Gypsy [CR]	10:00 Daily Wellness Class [C... 1:00 Stitch & Chat W Diane 2:00 Artful Appetites W/ Avery 2:00 Lifelong Learning Virtual ... 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [C... 11:00 Manicure's & Hand Massa... 12:00 Veteran Luncheon [CD] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	1:00 Cribbage [SP] 2:00 Matinee Movie~ Brooklyn...	
1:00 Left, Right, Center Gam... 2:00 Scattergories [CD] 3:00 Coffee Social & Treats [CD...	10:00 Daily Wellness Class [C... 1:00 CH Writers Club [JR] 1:00 Gratitude Time W/Erin [CR... 2:00 Show & Share W/ Chaplain C... 3:00 Jeopardy [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [C... 1:00 Grip Games [WC] 2:00 Dominoes Mexican Train [CD... 3:00 BYOB Happy Hour- 212 Pub [... 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [C... 11:00 Rosary & Communion W/Fa... 1:00 Guy Talk [SP] 1:00 Education W/Paige [CR] 3:00 Bible Study W/ Chaplain Ca... 5:30 Evening Movie~ Friendly Pe...	10:00 Daily Wellness Class [C... 1:00 Stitch & Chat W Diane 2:00 Afternoon Tea [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [C... 11:00 Manicure's & Hand Massa... 1:00 Really Big Show [CR] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD] 6:00 Outing~Cub Game	1:00 Cribbage [SP] 2:00 Matinee Movie~ For a Fe...	
1:00 Left, Right, Center Gam... 2:00 Scattergories [CD] 3:00 Coffee Social & Treats [CD...	10:00 Service of Remembrance ... 11:00 Refreshments [CD] 1:00 Resident Council [CR] 3:00 Jeopardy [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [C... 1:00 Grip Games [WC] 2:00 Dominoes Mexican Train [CD... 3:00 BYOB Happy Hour- 212 Pub [... 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [C... 11:00 Rosary & Communion W/De... 1:00 Education W/Paige [CR] 3:00 Bible Study W/ Chaplain Ca... 5:30 Evening Movie~ The Great E...	10:00 Daily Wellness Class [C... 10:30 Coffee W/ Officer Marti... 1:00 Stitch & Chat W Diane 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [C... 11:00 Manicure's & Hand Massa... 1:00 Really Big Show [CR] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	1:00 Cribbage [SP] 2:00 Matinee Movie~ Hidden F...	
1:00 Left, Right, Center Gam... 2:00 Scattergories [CD] 3:00 Coffee Social & Treats [CD...	10:00 Daily Wellness Class [C... 1:00 Gratitude Time W/Erin ... 3:00 Entertainment~Mary Hall [C... 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [C... 10:30 Outing~ Costco 1:00 Grip Games [WC] 2:00 Dominoes Mexican Train [CD... 3:00 BYOB Happy Hour- 212 Pub [... 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [C... 11:00 Rosary & Communion W/De... 1:00 Education W/Paige [CR] 3:00 Bible Study W/ Chaplain Ca... 5:30 Evening Movie~ High Noon [...	9:00 Sharing Table [CD] 10:00 Daily Wellness Class [C... 1:00 Stitch & Chat W Diane 6:00 Quarter Bingo [CR]			