

JULY “2025” HIGHLIGHTS

Wednesday July 2nd
4:00 Red, White & Booze!
Happy Hour with Amy Huston (TC)

Friday, July 4th *Independence Day*
Offices Closed No Transportation
BBQ Buffet 11:00 to 2:30
3:00 Patriotic Parade (LB)

Monday, July 7th
9:30 **Nick the Barber**
will be in the salon walk-ins welcome

Tuesday, July 8th
11:00 Hymn Sing with Helen (TC)
3:00 & 3:15 **Kitchen Tours**
Space limited Sign Up Req'd

Thursday, July 10th
3:00 **“Let’s Talk Books”** All Welcome! (TG)

Friday, July 11th
10:30 Visit with the Goldens (TG)
4:00 **Indoor Southern Style Picnic**
with **The Penny Creek Band**
Sign up by July 7th Space limited (TC)

Saturday, July 12
1:00 **Love Garden** will be here
to sell & repot Plants (TC)

Sunday, July 13th
3:00 Big Buck\$ Bingo (TC)

Wednesday, July 16th
12:00 to 5:00 One Blood Bus Loop
4:00 **Karaoke Happy Hour** with Stacie
from Arosa Care Management (TC)

Thursday, July 17th
6:15 Municipal **Free Band Concert**
Sign Up Req’d 7/14 “Undercover Blues”
With the 3-2-1 Jazz Orchestra



Saturday, July 19th
12:30 **Out to Bealls Beachside** Sign Up Req'd
3:00 Hymn sing with Cindy (TC)

Tuesday, July 22nd
11:00 **Out to Carrabba's Italian Grill**
Sign up by 7/17

Saturday, July 26th
3:00 **July Birthday with Celeste** on Piano
(TC) All Welcome!

Thursday, July 31st
2:00 Talk about **fraud & scams with Wolfgang Kermer** Police Detective (TC)

Important Meetings
Dining Meeting
Tuesday, July 1st 10:00 (TC)

Private Resident Board Meeting
Wednesday, July 2nd 10:00 (CH)

Garden Club Meeting
Thursday, July 10th 10:00

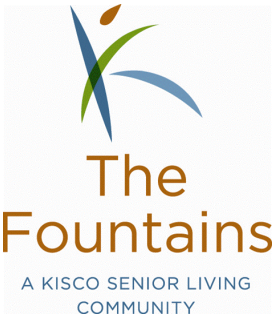
Parkinson's Support Group
Thursday, July 10th 10:00 (TD)
“Can we put the brakes on
Parkinson's disease”

Welcome Committee Meeting
Friday, July 11th 1:00 Members only (TD)

Residents Association Meeting
Thursday, July 17th 3:00 All Welcome (TC)

Parkinson's Support Group
Thursday, July 24th 10:00 (CH)

Sit Down with Sandy
Tuesday July 29th 10:30
All encouraged to attend (TC)



Meet The Board
July 2025

Hello everyone!

My name is Lorelei Carroll, I’m the secretary of the Residents Association for 2025-2026. We moved to The Fountains in September 2024. I’m still a newbie, but becoming more involved in life at The Fountains.



I was born and raised in Los Angeles and we moved to Melbourne Beach in the summer of 2000. I was very well versed on Earthquakes, so the 2004 hurricane season was quite an eye opening experience. I still enjoy playing golf occasionally, walking, and joining the wide variety of activities we have here.

Our Resident Association Meetings are the 3rd Thursday of each month and I encourage you to attend. It’s a great opportunity to meet others, hear what’s going on, ask questions, make comments and participate in making our community a place where we all want to be!

Lorelei Carroll, Secretary



Calling all readers! Connect with fellow bookworms in our new **"Let's Talk Books"** Discussion Group. We're creating a space for people who love to share and explore their favorite literary adventures. Please bring a list of your top 3 books to kickstart the conversation. Grab a coffee, maybe bring a book to swap, in The Gathering on **Thursday, July 10th at 3:00 PM.**

The Artisan Class

Wednesdays

In The Gathering Sign Up Req'd

July 2nd Decoupage

July 9th & 16th Sand/Bead Art

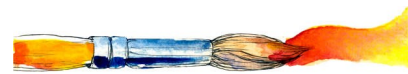
July 23rd Sea Glass Art

July 30th Make Up Day



9:30am

Watercolor Class with Jessie



Sundays 12:30 to 2:00pm

Open Art Studio, work on your own to paint or craft with friends



One Senior Place is here on Wednesdays from 9:30 am to 11:00 am in the Wellness Consultation Room (2nd Floor) to offer Blood Pressures checks and to provide resources both inside and outside The Fountains.

What is One Senior Place?

One Senior Place is a one-stop resource for all types of senior products and services. They provide information, referrals, education and direct access to senior-focused businesses.



Mobility Scooter and Powered Chair Tips

Safety in the Hallways & Elevators:

Remember, you are driving a motorized vehicle. You can do major damage to one of your neighbors or the building and be liable for those damages.

- Keep to a slow pace. Use the Turtle Pace, especially near elevators, corners & doorways.
- Be patient with your neighbors; they may not hear you or see you especially when backing up.
- You can purchase mirrors for under \$30. These will help you to backup out of the elevators.
- Communicate! Help others know you are there and where you would like to go.
- Try to ride in the center of the Hallways.

For Your Health:

Using a mobility scooter or motorized wheelchair for extensive periods of time can contribute to physical decline, with potential links to higher rates of diabetes and elevated blood pressure, as well as reduced stamina and muscle strength.

Exercise is crucial for maintaining the health of your heart, lungs, bones, muscles, and brain. If you're concerned about falling while walking, we invite you to visit the Fitness Spot. We offer a variety of classes and equipment, including the NuStep, which allows you to strengthen your muscles safely while seated.

When using The Fountains Transportation:

FOR ALL transport wheelchairs or scooters, you will be required to transfer to a seat—NO exceptions, as this is for your safety. If you have any questions about your wheelchair, please consult with the transportation staff, and we can assist you in looking it up.

Fill The Bus School Supplies Drive



We are collecting school supplies for Palm Bay Elementary. The Kids and Teachers need our help. In the month of July, we will have a Box in the lobby to collect supplies:

- **\$25 Walmart Gift Cards**
- Boxes of Tissues
- Boxes of Ziplocs (All Sizes)
- Plastic Pencil Boxes (small)
- Dry Erase Markers (fine tip)
- #2 Yellow Pencils (pre-sharpened)
- Wide-Ruled Composition Notebooks
- Elmer's Glue Sticks
- Earbuds/ Headphones
- Colored Pencils
- Folders with pockets (no prongs)



Indoor Southern Picnic & Bluegrass Music

Join us for an Indoor Southern Picnic Dinner on Friday, July 11th. Doors open at 3:30 pm. Entertainment featuring the Penny Creek Band! With a vibrant mix of Bluegrass, Americana, Classic Country, and original tunes, Penny Creek brings an unforgettable energy to their live performances.

As you enjoy their music, indulge in a delicious dinner that includes Fried Chicken, Corn on the Cob, Macaroni Salad, Biscuits, and Dessert (no substitutions). We'll also have beer, wine, lemonade, and soft drinks available.


Don't miss out—sign up by July 7th as space is limited!



Kitchen Tours with Jamie

Have you ever wondered what happens in the kitchen and how we serve over 290 residents and 140 associates while maintaining freshness and variety? Now's your chance to find out! Join us for a tour with Jamie, our Dining Director, on Tuesday, July 8th at 3:00 and 3:15 PM. Space is limited, so be sure to sign up with our concierge.

JULY 2025		THE FOUNTAINS CALENDAR OF EVENTS				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4th of July Parade Celebrate the 4th of July in style! Join our parade by gathering at the Deck between 2:00 and 2:30 PM. You're welcome to walk, decorate your walker, wheelchair, or scooter, and even dress up your furry friends! The parade will begin at 2:30 PM for spectators in the Lobby. Let's make this Independence Day a fashionable celebration!	9:00 Active Fitness (FS) 1 9:30 Tech Tuesday: Open Q&A (TG) 10:00 Dining Meeting (TC) 10:30 Water Aerobics 11:00 Sit & Fit (TG) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 Axe Throwing (TC) 1:30 Wal-Mart 2:00 Yoga & Meditation (FS) 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 2 9:00 Blood Pressures One Senior Place (WC) 10:00 Private Resident Board Meeting (CH) 10:00 & 1:00 Artisan Class "Decoupage" (TG) 11:00 Sit and Fit (FS) 1:30 Wal-Mart Marketplace 2:00 Tai Chi & Nidra Yoga (FS) 2:00 Contract Rummy (TD) 3:00 The Rosary (CH) 4:00 Red, White & Booze! Happy Hour with Amy Huston (TC) 7:00 Virtual Bowling (TC)	Recess at Work for 3 Associates All Day (TC) 9:00 Active Stretch (FS) 10:00 Train Dominoes (TG) 10:30 Water Aerobics 11:00 Seated Stretch (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Melbourne Mall 1:30 Prayer Group (CH) 1:30 Walgreens and CVS 7:00 Lift It Up with Music (TD)	 Offices Closed No Transportation Independence Day BBQ Buffet 11:00 to 2:00 2:30 Patriotic Parade (LB) 8:00 Movie (CH 1-1) "Crimson Tide" R 1h 56m	9:30 Watercolor Class 5 with Jessie (TG) 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "Nonnas" PG 1h 54 m (TD) 2:30 Texas Hold'em (TG)
8:00 Out to Church 6 11:00 Catholic Service (TC) 12:30 Bridge (TD) 12:30 Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service (CH) 3:00 Quarter Bingo (TC) 7:00 Movie (CH 1-1) "Superman" PG 2h 9 m	9:00 Active Balance (FS) 7 9:30 Barber Nick walk-ins welcome 10:00 Knitting Club (TD) 10:00 The Story of Jesus by Dr. Larry (TC) 10:00 Man Chat (TG) 11:00 Sit & Fit Balance (FS) 1:00 Cornhole (TC) 1:30 Publix 2:00 Exercise for Arthritis (FS) 2:00 Modern Seaplanes: Return of a Legend (TD) 2:00 Exercise for Arthritis (FS) 2:30 Texas Hold'em (TG) 3:00 Quarter Bingo (TC) 6:30 Hand & Foot Game (TG) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 8 9:00 Library & Post Office 9:30 Tech Tuesday: Open Q&A (TG) 10:30 Water Aerobics 11:00 Hymn Sing (TC) 11:00 Sit & Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 Axe Throwing (TC) 1:30 Wal-Mart 2:00 Yoga & Meditation (FS) 2:00—4:00 Dining Closed 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 3:00 & 3:15 Kitchen Tours Space limited Sign Up Req'd NO Virtual Bowling (TC) 6:30 Private Event (TC)	9:00 Active Fitness (FS) 9 9:00 to 11:00 Blood Pressures One Senior Place (WC) 10:00 Private Bible Study (CH) 10:00 & 1:00 Artisan Class "Sand/Bead Art" Pt 1 (TG) Sign Up Req'd 11:00 Sit and Fit (FS) 1:30 Wal-Mart Marketplace 2:00 Tai Chi & Nidra Yoga (FS) 2:00 Contract Rummy (TD) 3:00 The Rosary (CH) 4:00 Happy Hour (TC) 6:30 Virtual Bowling (TC) 7:00 The Fountains Book Club (CH)	9:00 Active Stretch (FS) 10 10:00 Garden Club Meeting in The Garden 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group "Can we put the brakes on Parkinson's disease" (TD) 10:30 Water Aerobics 11:00 Seated Stretch (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Kohls & Target 1:30 Walgreens and CVS 2:00 Private DR Mtg. (TC) 2:00—4:00 Dining Room Closed 3:00 "Let's Talk Books" All Welcome! (TG) 7:00 Lift It Up with Music (TD)	9:00 Active Fitness (FS) 11 10:00 Cornhole (TC) 10:00 Democrat Chat (CH) 10:30 Visit with the Goldens (TG)  11:00 8 Ball Members Only (GR) 12:00 Rummikub (TG) 1:00 No Travel 1:30 Publix 2:00 Private Event (TD) 2:30 Texas Hold'em (TG) 3:00 No Bingo or Blackjack 4:00 Indoor Southern Picnic with The Penny Creek Band Sign up by July 7th Space limited (TC) 5:30 Contract Rummy (**TG) 6:30 Virtual Bowling (TC) 7:00 The Bible Mini-Series (TD) 8:00 Movie (CH 1-1) "A Monster Calls" 2022 R 1h 49m	9:30 Watercolor Class 12 with Jessie (TG) 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "The Intern" PG-13 1h 58 (TD) 1:00 Love Garden will be here to sell & repot Plants (TC)  2:30 Texas Hold'em (TG)
WHERE IS IT? First Floor The Commons TC The Deck (Card Room) TD Library Lobby LB Veranda & Oasis Dining Room		Second Floor Bistro Dining Room BT The Nook (Coffee) TN Fitness Spot FS Brain Gym (Computers) & Reference Library BG		Game Room "Billiards & Table Shuffleboard GR Wellness Consultation WC The Gathering TG Third Floor Chapel CH (South Side)		  Life Enrichment Concierge Available Monday to Friday from 10:00 AM to 2:00 PM in the lobby. Please register for all personal tech support, events, and outings highlighted in green or marked as "sign up required." Independent Living (IL) residents should also register for their medical and beauty appointments. Assisted Living (AL) residents are reminded to continue signing up for medical appointments in the care office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Out to Church 13 10:00 Space Coast Church worship & music All Welcome! (TG) 11:00 Catholic Service (TC) 12:30 Bridge (TD) 12:30 Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Big Buck\$ Bingo (TC) 7:00 Movie (CH 1-1) "The Way We Were" PG 1h 58m 	9:00 Active <i>Balance</i> (FS) 10:00 Knitting Club (TD) 10:00 The Story of Jesus by Dr. Larry (CH) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Publix 2:00 History of American Vehicles (TD) 2:00 Exercise for Arthritis (FS) 2:30 Texas Hold'em (TG) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 15 9:30 Tech Tuesday: Open Q&A (TG) 10:30 Water Aerobics 11:00 Sit & Fit (TG) 12:00 Friendly Bridge Sign Up Req'd (TD) TBA Out to the Movies "Superman" 2025 Sign Up Req'd 1:00 Axe Throwing (TC) 1:30 Wal-Mart 2:00 Yoga & Meditation (FS) 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 16 9:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 Private Bible Study (CH) 10:00 & 1:00 Artisan Class "Sand/Bead Art" Pt 2 (TG) 11:00 Sit and Fit (FS) 11:00 Private Event 12:00 to 5:00 One Blood Bus Loop 1:30 Wal-Mart Marketplace 2:00 Contract Rummy (TD) 3:00 The Rosary (CH) 4:00 Karaoke Happy Hour with Stacie from Arosa Care Management (TC) 6:30 Virtual Bowling (TC)	9:00 Active <i>Stretch</i> (FS) 17 10:00 Train Dominoes (TG) 10:30 Water Aerobics 11:00 Seated <i>Stretch</i> (FS) 11:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:30 Walgreens and CVS 3:00 Residents Association Meeting (TC)  6:15 Municipal Free Band Concert Sign Up Req'd 7/14 7:00 Lift It Up with Music (TD)	9:00 Active Fitness (FS) 18 10:00 Cornhole (TC) 10:00 Democrat Chat (CH) 11:00 Sit and Fit (FS) 11:00 8 Ball Members Only (GR) 12:00 Rummikub (TG) 1:00 Travel "Sahara Desert Land of Extremes" 1 h. (TC) 1:00 Welcome Committee Members only (TD) 1:30 Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 5:30 Contract Rummy (TD) 6:30 The Bible Mini-Series (TD) 6:30 Virtual Bowling (TC) 8:00 Movie "Armageddon" PG-13 2h 33m (CH 1-1)	9:30 Watercolor Class with Jessie (TG) 19 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 12:30 Out to Bealls Beachside Sign Up Req'd 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "Rudy" PG-13 1h 53m (TD) 2:30 Texas Hold'em (TG) 3:00 Hymn sing with Cindy (TC) 
8:00 Out to Church 20 11:00 Catholic Service (TC) 12:30 Bridge (TD) 12:30 Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service (CH) 3:00 Quarter Bingo (TC) 7:00 Movie (CH 1-1) "City of Angels" PG 13 1h 54 m	9:00 Active <i>Balance</i> (FS) 21 10:00 Knitting Club (TD) 10:00 The Story of Jesus by Dr. Larry (CH) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Publix 2:00 The Need For Speed (TD) 2:00 Exercise for Arthritis (FS) 2:30 Texas Hold'em (TG) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 22 9:30 NO Tech Tuesday 10:30 Water Aerobics 11:00 Sit & Fit (TG) 11:00 Out to Carrabba's Italian Grill Sign up by 7/17 12:00 Friendly Bridge Sign Up Req'd (TD) 1:30 Wal-Mart 1:00 Axe Throwing (TC) 2:00 Yoga & Meditation (FS) 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 23 9:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 & 1:00 Artisan Class "Sea Glass Art " (TG) 10:00 Private Bible Study (CH) 11:00 Sit and Fit (FS) 1:30 Wal-Mart Marketplace 2:00 Contract Rummy (TD) 3:00 The Rosary (CH) 4:00 Happy Hour with Ash (TC) 6:30 Virtual Bowling (TC)	9:00 Active <i>Stretch</i> (FS) 24 10:00 Train Dominoes (TG) 11:00 Seated <i>Stretch</i> (FS) 10:30 Water Aerobics 10:00 Parkinson's Support Group (CH) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Bealls Outlet 1:30 Walgreens & CVS 7:00 Lift It Up with Music (TD)	9:00 Active Fitness (FS) 25 10:00 Cornhole (TC) 10:00 Democrat Chat (CH) 11:00 8 Ball Members Only (GR) 11:00 Sit and Fit (FS) 12:00 Rummikub (TG) 1:00 Travel "This is Congo-Soul of Africa" 53 m (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 5:30 Contract Rummy (TD) 6:30 Virtual Bowling (TC) 7:00 The Bible Mini-Series (TD) 8:00 Movie "My Dog Skip" PG-1h 35m (CH 1-1)	9:30 Watercolor Class with Jessie (TG) 26 10:00 Saturday Shuttle Service 10:30 Water Aerobics 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 2:30 Texas Hold'em (TG) 3:00 July Birthday with Celeste on Piano (TC) All Welcome! 
8:00 Out to Church 27 11:00 Catholic Service (TC) 12:30 Bridge (TD) 12:30 Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service (CH) 3:00 Quarter Bingo (TC) 7:00 Movie (CH 1-1) "Out of Towners" PG-13 90 M	9:00 Active <i>Balance</i> (FS) 28 10:00 Knitting Club (TD) 10:00 The Story of Jesus by Dr. Larry (CH) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Publix 2:00 Submarines Titans: Breaking Records in the Deep (TD) 2:00 Exercise for Arthritis (FS) 2:30 Texas Hold'em (TG) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 29 9:30 Tech Tuesday: Open Q&A (TG) 10:30 Water Aerobics 10:30 Sit Down With Sandy (TC) 11:00 Sit & Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 Axe Throwing (TC) 1:30 Wal-Mart 2:00 Yoga & Meditation (FS) 2:30 Texas Hold'em (TG) No Bingo Today 3:30 Associate Event (TC) 6:30 Virtual Bowling (TC)	9:00 Active Fitness (FS) 30 9:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 & 1:00 Artisan Class "Make up day" (TG) 10:00 Private Bible Study (CH) 11:00 Sit and Fit (FS) 1:30 Wal-Mart Marketplace 2:00 Contract Rummy (TD) 3:00 The Rosary (CH) 4:00 Happy Hour (TC) 6:30 Virtual Bowling (TC)	9:00 Active <i>Stretch</i> (FS) 31 10:00 Train Dominoes (TG) 11:00 Seated <i>Stretch</i> (FS) 10:30 Water Aerobics 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:30 Walgreens & CVS 2:00 Talk on Fraud & Scams with Wolfgang Kermer Police Detective (TC) 7:00 Lift It Up with Music (TD)	<div>  <div> <p>On Thursday, July 31st at 2:00 PM, Wolfgang Kermer, a Police Detective from Melbourne, will be here to educate you on how to identify fraud and scams. He will cover important topics such as being cautious of unsolicited communications, unrealistic offers, requests for personal information, pressure to make quick decisions, and unusual payment methods. Additionally, he will highlight warning signs that employ emotional manipulation or intimidation tactics.</p> </div> </div>	