

July 2026

Foreword

This will be your last newsletter before our new students, Abbegale and Tamara, move in! With that being said, we have another month of intergenerational programming with our little buddies from Vincentian Child Discovery Center, yay!

July Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle

July 1 & 15 & 29 - Intergenerational Summer Series

July 3 - Offices Closed - No Transportation

July 4 - Offices Closed - No Saturday Shuttle & No Transportation to Mass

July 21 - Presentation: Historic Destinations at Legacy

July 22 - Billing Questions with Ben

July 24 - Music at Cadence Clubhouse (evening)

Coming Soon in August: Cooking for One Class

Villa

July 6 - Resident Association Meeting

July 15 - Resident Birthday Luncheon

July 22 - Happy Hour / Entertainment

July 24 - Lunch Outing to Redfin Blues

July 27 - Classic Movie: Murphy's Romance

Terrace Place

July 7 - Resident Association Meeting

July 10 - Happy Hour

July 16 - Special Meal

July 28 - Book Club Outing

July 31 - Lunch Outing to Redfin Blues

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REFLECTING BACK ON JUNE



FOR MORE IMAGES FROM THIS PAST MONTH, VISIT "VINCENTIAN VILLA" OR "TERRACE PLACE" ON FACEBOOK

IMPORTANT INFORMATION

For your convenience, a single number has been created to reach your provided services. The number is **412.536.8700**. Please follow the prompts below.

Press “1” for Emergency Maintenance

Press “2” for Transportation

Press “3” for Housekeeping

Press “4” for Terrace Place Office

Press “5” for Villa Office

Press “6” for Melia

Press “7” for Kenna

Press “8” for Unconventional Kitchen

In the case of a medical emergency, push the button on your pendant or call 9-1-1.

Bill Pay

To pay bills online, go to Vincentian.us and choose Make a Payment in the top right hand corner. Select your location. Log in using the online ID found on your billing statement. For any questions related to your billing statement or how to pay, contact Ben Flory at 412-660-1564.

Transportation

Please note that while Sandie schedules initial transportation, you must call your driver when you are ready to return.

Meal Ordering

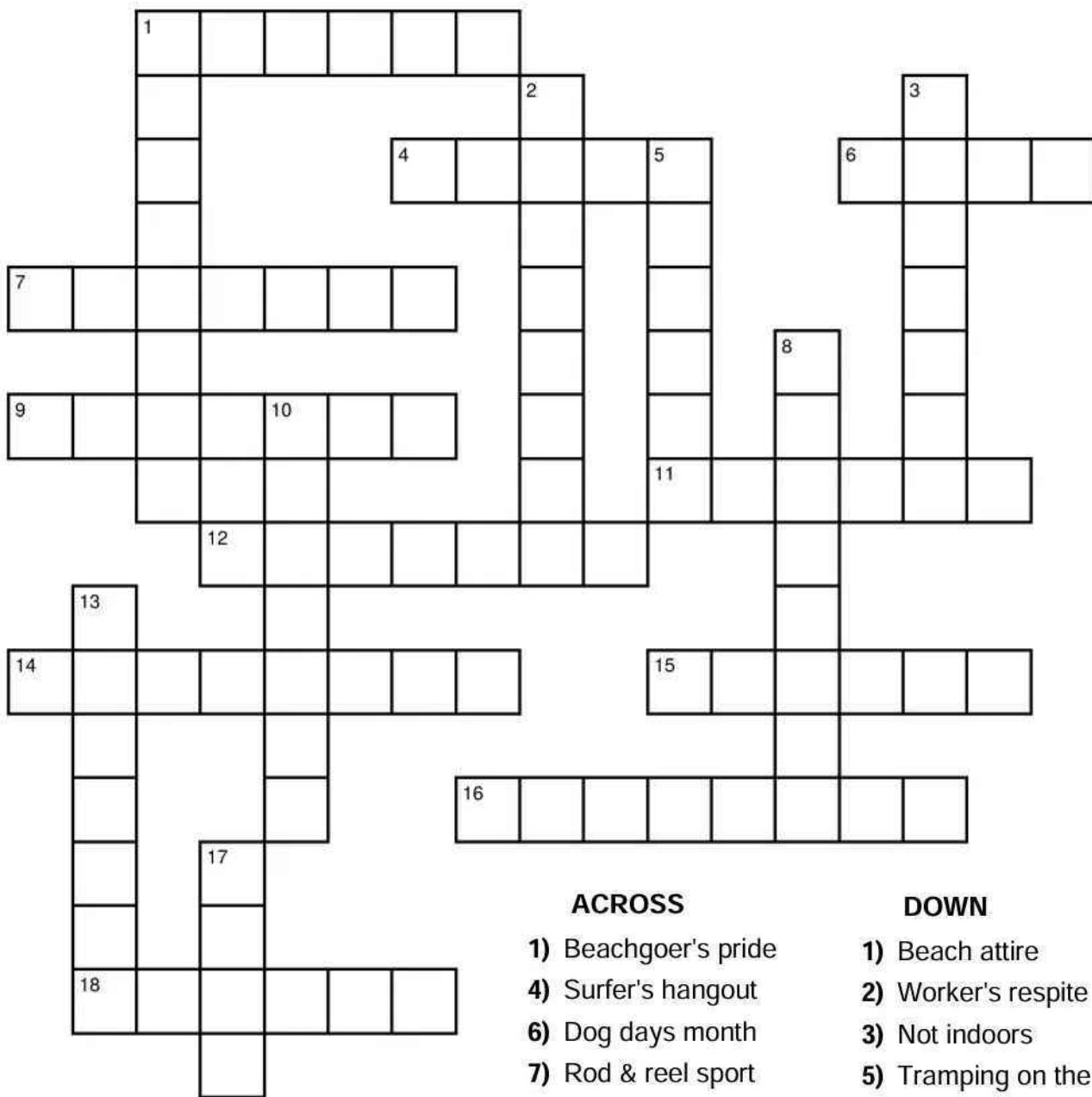
Meals can be ordered online at order.toasttab.com/online/unconventional-kitchen or by downloading the app Local By Toast on your phone or tablet.

Unconventional Kitchen

If you have an issue with a meal, you can contact the kitchen until 1:00pm at **412-348-0188**. Any messages after that will be returned the next day.

BRAIN GAME

SUMMER THEMED CROSSWORD



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living July Luncheon

MENU



Luau

Roast Pig
Teriyaki Pineapple Chicken
Macaroni Salad
Hawaiian Buns
Fruit Salad

Please RSVP by ****Wednesday, July 8 at Noon**** if you wish to attend, as we need to provide a final headcount to the Unconventional Kitchen. Kindly note, there will be no takeout options available, and late sign-ups will not be accepted. To double check that you are signed up, you may call Kenna before the deadline. As a courtesy to your neighbors, we hope you will attend if you are signed up! Thank you.

WELLNESS CENTER

Every Step Counts

When we think about staying healthy, we often imagine intense workouts or long hours at the gym. The truth is, one of the most powerful forms of exercise is something many of us can do every day—walking. Research consistently shows that regular walking can lower the risk of heart disease, stroke, type 2 diabetes, and high blood pressure while improving balance, mobility, and overall independence. In fact, studies have found that even modest amounts of walking can make a meaningful difference. Adults who take approximately 7,000–8,000 steps per day have a lower risk of premature death compared to those who are less active, and the greatest health gains often come from simply moving more than you did yesterday.

Walking benefits the brain as much as the body. Physical activity increases blood flow to the brain and has been linked to improved memory, concentration, and mood. Research also suggests that regular walking may help reduce symptoms of anxiety and depression while lowering the risk of cognitive decline as we age. Better yet, walking with others adds another layer of wellness. Whether you're catching up with a neighbor, joining a walking group, or taking a grandchild to the park, combining movement with meaningful social connection can reduce feelings of loneliness and make healthy habits easier to maintain.

If walking feels challenging because of pain, arthritis, or reduced endurance, remember that every step still matters. Start with just 5–10 minutes at a comfortable pace and gradually add a minute or two each week as you feel able. Consider walking indoors when the weather is poor, using supportive footwear, or choosing smooth, level surfaces to reduce strain on your joints. If you use a cane or walker, continue using it—it can improve your confidence and help you walk safely for longer. Listen to your body, rest when needed, and speak with your healthcare provider if pain is persistent or worsening. Progress doesn't have to be fast to be meaningful. Consistency is what helps build strength, maintain independence, and support your overall well-being.