

ADMINISTRATIVE:

Reminder! There is a General Session Board Meeting on July 15th at 10:00 AM

We welcome **all owners** to attend our General Session Board Meeting in the **KEY CLUB**. The Board Meeting has a set agenda and allows for a Homeowner Forum. Homeowners are provided a limited amount of time (3 minutes per owner) to address Association related questions and comments. Please note: The Board is barred by statute from discussing items that are not included on the posted Agenda. Anyone wishing to speak is expected to fill out a speaker form before the meeting starts. Forms will be available at the meeting. We hope to see you there!

ACTIVITIES:

Hello all! Only entertainer performances and special events will require a sign up. Please go to the Front Desk a week BEFORE the event for the sign-up sheet.

The movie showing for **Saturday (7/10)** at **7PM** is *French Exit* and the movie showing for **Wednesday (7/14)** at **7PM** is *Where'd You Go, Bernadette*. **Sunday (7/11)** Mick & Dianne Barton will be returning to the Towers. The performance starts at **7PM** in Lortscher Hall. Please sign up at the Front Desk. The July Happy Hour will be held on **July 14th**, at **2:30PM** on the Crystal Patio. Drinks will be sold for \$3.

If you received another salmon/pink slip for the Birthday Dinner Family contact, please fill it out and return it to the Front Desk by Monday. In addition, if you would like more information on the Resident Talent Display, Ping Pong Tournament, or the Emergency Preparedness presentation, please return those slips to the Front Desk.

CALLING ALL FLOOR CAPTAINS: If you are interested in becoming, or continuing your role as a Floor Captain, please Contact **Taylor Fox** at **949-434-5618** or write so on that **PINK Emergency Preparedness** slip. It is important we have 1 Floor Captain per floor in case of an emergency.

Congratulations to our Bingo jackpot winners Idell Holbert, Norma Koskoff and, Maureen Mamula from this week's Bingo game, and to Lily Falk for winning our Bonus Bingo last week.

DINING SERVICES:

Mindful Scoop from Dining

Common nutrition myth is that those trying to lose weight should avoid carbohydrates. What's the truth— should you avoid all carbohydrates or just certain ones? Some basic nutrition knowledge can help you determine fact from fiction when reading about the latest diet fad.

What is a carbohydrate: Carbohydrates are the body's preferred source of fuel and provide a variety of vitamins, minerals and fiber. Carbohydrates are a food source that break down into glucose. Your body can use it immediately for energy or store it in your liver, muscles and other cells. Carbohydrates may protect against cardiovascular diseases, obesity, and diabetes.

Why are we moving to reservations?

Reservations help control the flow of service, allowing your server to take your order promptly and efficiently. Each server will have no more than 2 tables every 15 minutes with a maximum of 6 tables in their section. This procedure also enables the kitchen to prepare your order proficiently.

There will be one community table in the California Dining Room, available from 5:30 pm to 6:00 pm. No reservation will be required. Seating will be limited to 8 on a first come basis.

FACILITIES

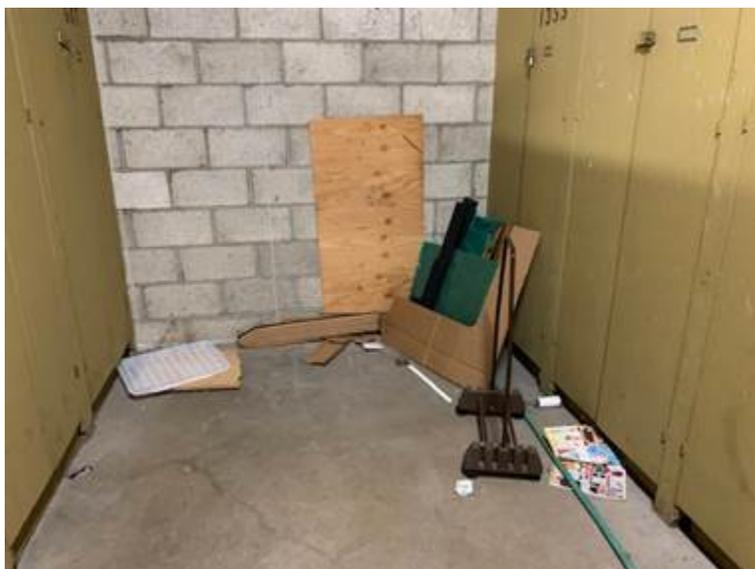
Reminders:

- All caregivers, visitors and vendors are to sign in at the Front Desk.
- Caregivers / employees are **NOT permitted** to park in the 4-hour guest parking. There is overflow parking at the lower lot.
- Return shopping carts to the tunnel.

Update:

Please **DO NOT** leave items such as trash, wood, paint, boxes etc. on the floor in the resident storage. All items seen in photos will be disposed of in one week if not removed. Thank you in advance for your cooperation.

Have a great weekend! – Renee 😊



MAINTENANCE:

Join us in congratulating our team on their work anniversaries this month. We are thankful for their long and committed service.

David M. - 4 years

Maury - 24 years

Jaime - 20 years

Beginning next week Maintenance and contracted vendor All-star Plumbing will begin on the next project. They will be replacing the A/C riser lines on the 63 series.

Wishing all a wonderful weekend, on behalf of the Sodexo and PMP staff, *Lisa*

KUDO CORNER

Thank you, Luis Ramos, Towers' Facilities Aide, for being a Rockstar. He always has a positive attitude with residents and the team and goes always out of his way to support varies departments. We are lucky to have him on the team.