

Happy Birthday to US

Your Flag and My Flag

By Wilbur B. Nesbit

Your flag and my flag,
and how it flies today,
in your land and my land,
and half a world away!
Rose-red and blood-red,
the stripes forever gleam.
Snow-white and soul shite,
the good forefathers' dream.
Sky-blue and true blue,
with stars to gleam aright.
The glories guide of the day,
a shelter through the night.

“We must be willing to pay a price for freedom, for no price that is ever asked for it is half the cost of doing without it.”

H. L. Mencken

“Victory cannot be bought with any amount of money, however large; victory is achieved by the blood of soldiers, the sweat of working men and women, and the sacrifices of all people.”

Franklin Roosevelt

“No arms will conquer, no battles will be won, unless we make the heart of the struggle loyalty to the values for which Jesus stood.”

Rev. Otis Rice

“The success of our republic depends on the fact that we do not suppress, but listen with tolerance to those who express an opposing idea.”

Forrest J. Hall

Celebrating July Birthdays

Delores Mixer	Terrace	1
John Shelendich	Terrace	2
Helen Jagger	Terrace	3
Martha Norton	Mews	4
Sam Mairs	Mews	6
Jean Hart	Arbor	7
Robert Zinn	Hearth	7
Lois Rosentreter	Mews	10
Ed Harrell	Commons	14
Arland Hultgren	Mews	17
Janey Moses	Mews	17
Philip Zink	Mews	17
William Richner	Hearth	18
Dan Skoog	Mews	20
Myrna Kolesar	Mews	22
Joan Ruppel	Mews	25
Shirley Olson	Terrace	27
Ann Arnold	Crossway	28
Jim Nistler	Mews	28
Naomi Nielsen	Commons	28

WAVERLY GARDENS



How is a Will or Trust Right for You?

For most of us, having a plan to care for ourselves or our loved ones is important to consider carefully. This is one way to share what you value most in life. Answering “yes” to statements like these may be a way for you to begin to shape some of your future plans.

- You want the opportunity to guide decisions about the future ownership of your possessions and the legacy you want for others.
- You want to ensure that your loved ones are taken care of while also providing continued support to your favorite charities.
- You want the flexibility in the future to change your mind about the plans that you put in place.

A will or trust are two of the most important legal documents you’ll ever create. But let’s set the legal reasons aside for a moment. These documents are a reflection of your life. They reveal who and what matters most to you. Legally, these documents state how you want your assets distributed after you’re gone.

A well-planned will or trust ensures that your loved ones are taken care of in the manner you specify. For those so inclined, making future gifts in your will or trust to a treasured charity is another way to express that you care. This could include your church, alma mater or your PHS community. Your estate planning attorney can help you to structure efficient and meaningful plans.

Already Have a Will or Trust?

Make sure it’s up to date. Life changes such as births, deaths, change in marital status, change in health, change in personal estate value or a move to or from another state should trigger a review of your will or trust. Updating these documents is unique to your situation, so please be in touch with your estate planning attorney.

You Can Further Our Mission

Every gift begins with an important question: How can I make a meaningful difference? Please contact Presbyterian Homes Foundation at 651-631-6408 or visit preshomes.org and click on “Make a Gift” for more information about how you can make a difference at your community.

Thank you!

WAVERLY GARDENS

DAILY ACTIVITIES

MONDAY

Time	Event	Residents	Location
7:30 AM - 4:30 PM	Open Gym by appointment	Terrace & Mews	Fitness Center
9:00 AM	Live Yoga Class	Terrace & Mews	Fitness Center
10:00 AM	Chair Exercises	All residents	Channel 991
10:00 AM	Live Balance & Strength Class	Terrace & Mews	Auditorium or Rose Garden
11:00 AM	Chair Exercises	Commons, CC, Hearth	Fitness Center
1:00 PM	Chair Yoga	All residents	Channel 991
2:00 PM	Every Monday: Virtual BINGO	All residents	Call *4062
2:00 PM	Every Monday: Live BINGO	Commons, CC, Hearth	Club Room
3:30 PM	At the Movies	All residents	Channel 991
6:00 PM	Live Open Knitting with Linda Liebel	All residents	Bistro Area
6:00 PM	2nd Monday: Edward Jones seminar	All residents	Club Room

TUESDAY

8:00 AM - 10:30 AM	Open Swim by appointment	Terrace & Mews	Pool (*4060)
8:15 AM - 3:45 PM	Open Gym by appointment	Commons, CC, Hearth	Fitness Center
9:00 AM	Live Tai Chi	Terrace & Mews	Fitness Center
9:00 AM	Chair Exercises	All residents	Channel 991
9:15 AM	Pool Aerobics	Terrace & Mews	Pool
10:00 AM	Live Catholic Communion Service	Terrace & Mews	Chapel
10:00 AM	Catholic Service	All Residents	Channel 991
10:30 AM	Scheduled Stops	Commons, CC, Hearth	Front Desk
11:00 AM	Variety of Entertainers	All residents	Channel 991
11:00 AM	Live Chair Exercises	Commons, CC, Hearth	Fitness Center
1:15 PM	Hymn Sing with Pastor Kyle	All residents	Channel 991
1:15-2:15 PM	Open Swim by appointment	Terrace & Mews	Pool (*4060)
1:30 PM	Live "500" Card Game	Commons, CC, Hearth	Activity Room
2:00 PM	Scheduled Stops	Terrace & Mews	Front Desk
2:15 PM	Aquatic Stretch	Terrace & Mews	Pool
2:30 PM	Live Line Dance	Terrace & Mews	Fitness Center or Rose Garden
2:30 PM	Let's Travel	All residents	Channel 991
2:30 PM	At the Movies LIVE	Commons, CC, Hearth	Theater

WEDNESDAY

7:30 AM - 4:30 PM	Open Gym by appointment	Terrace & Mews	Fitness Center
9:00 AM	Live Yoga Class	Terrace & Mews	Fitness Center
10:00 AM	Chair Exercises	All residents	Channel 991
10:00 AM	Live Balance & Strength Class	Terrace & Mews	Auditorium or Rose Garden
11:00 AM	Live Chair Exercises	Commons, CC, Hearth	Fitness Center

WAVERLY GARDENS

DAILY ACTIVITIES CONTINUED...

WEDNESDAY (continued)

11:00 AM	Virtual Tours	All residents	Channel 991
1:00 PM	Chair Yoga	All residents	Channel 991
1:00 PM	LIVE Dominoes/Table Games/Bridge	Commons, CC, Hearth	Comm. Act. Rm.
2:00 PM	LIVE Chapel Worship Service (25)	Terrace & Mews	Chapel (*4014)
2:00 PM	Chapel Worship Service	All residents	Channel 991
3:30 PM	LIVE Chapel Worship Service (25)	Commons, CC, Hearth	Chapel (*4014)

THURSDAY

8:00 AM - 11:00 AM	Open Swim by appointment	Terrace & Mews	Pool (*4060)
8:15 AM - 3:45 PM	Open Gym by appointment	Commons, CC, Hearth	Fitness Center
9:00 AM	Live Tai Chi	Terrace & Mews	Fitness Center
9:15 AM	Pool Aerobics	Terrace & Mews	Pool (*4060)
10:00 AM	Chair Exercises	All residents	Channel 991
11:00 AM	Live Chair Exercises	Commons, CC, Hearth	Fitness Center
12:45 PM	Entertainment	All residents	Channel 991
1:15-2:15 PM	Open Swim by appointment	Terrace & Mews	Pool (*4060)
2:15 PM	Aquatic Stretch	Terrace & Mews	Pool (*4060)
2:30 PM	Live Line Dance	Terrace & Mews	Fitness Center or Rose Garden
3:30 PM	At the Movies VIRTUAL	All Residents	Channel 991
3:30 PM	At The Movies LIVE	Terrace & Mews	Theater

FRIDAY

7:30 AM - 4:30 PM	Open Gym by appointment	Terrace & Mews	Fitness Center
9:00 AM	Live Yoga Class	Terrace & Mews	Fitness Center
10:00 AM	Chair Exercises	All residents	Channel 991
10:00 AM	Live Balance & Strength Class	Terrace & Mews	Auditorium or Rose Garden
10:30 AM	Scheduled Stops	Terrace & Mews	Front Desk
11:00 AM	Live Chair Exercises	Commons, CC, Hearth	Fitness Center
1:00 PM	Chair Yoga	All residents	Channel 991
1:15 - 3:30 pm	Open Swim by appointment	Commons, CC, Hearth	Pool (*4060)
2:00 PM	Great Courses: Variety of Lectures	All residents	Channel 991
3:30 PM	At the Movies	All residents	Channel 991

SATURDAY

10:00 AM	Chair Exercises	All residents	Channel 991
3:30 PM	At the Movies	All residents	Channel 991

SUNDAY

3:30 PM	Chapel Service	All residents	Channel 991
6:00 PM	Catholic Mass (EWTN)	All residents	Channel 291

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Land of the Free

By Pastor Kyle Otto

So often we hear the phrase, *freedom isn't free*. But what is freedom, and who are the ones that pay its cost? Several years ago, I took the time to research my ancestry, and discovered a legacy of military service through the generations of my family, from both World Wars of the 20th century, back to the Revolutionary War and the founding of our nation. I have been inspired by what my family and so many families of brave Americans have given in offering their lives and personal freedom to serve so that I and others may live free. It is for this reason I am proud to serve my country and its soldiers once again as a chaplain in the U.S. Army National Guard. The freedoms we enjoy were bought with sacrifice of blood, opportunity, and separation from home and loved ones. We thank God as a nation for that gift.

The book of Revelation speaks of the great sacrifice of blood that Jesus gave in laying down his own life for our freedom: “with your blood you purchased for God persons from every tribe and language and people and nation.” (Rev. 5:9) The freedom Christ has given us was purchased with blood, like the liberty we have as Americans. But how shall we spend our freedom? Shall we exchange the blood of the brave for something less worthy? Shall we live our lives as we choose, without regard to the cost, or do we, as children of liberty, share in its price? The apostle Paul wrote, “You, my brothers and sisters, were called to be free. But do not use your freedom as an excuse to do anything you want; rather, use it as an opportunity to serve one another humbly in love.” (Gal. 5:13) As Christians as well as citizens of this great country, we are each responsible for the gift we have been given.

As heirs to the birthright of freedom won for us, we are called to use our freedoms well. We are free to choose wisely and humbly to serve one another as is best for our fellow man and woman, regardless of race, gender, or creed. This is what makes our God-given America great, and how we may honor those who have bled for it and those who live in it, in the same measure that we would honor Christ. Our Savior gave us freedom with a purpose, as did our forefathers, mothers, and comrades. Let us never forget who bought for us our freedom, and consider this Independence Day as we honor the birth of the “Land of the Free”: what am I free to do to bear the cost with them and for the next generation? What does my God and country require of me?

Have a blessed and free Independence Day.



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Our Star Spangled Banner

On September 3, 1814, following the burning of Washington and the raid on Alexandria, Francis Scott Key and John Stuart Skinner set sail from Baltimore aboard the ship HMS *Minden*, flying a flag of truce on a mission approved by President James Madison. Their objective was to secure the exchange of prisoners. Key and Skinner boarded the British flagship HMS *Tonnant* on September 7 and spoke with Major General Robert Ross and Vice Admiral Alexander Cochrane over dinner while the two officers discussed war plans. Because Key and Skinner had heard details of the plans for the attack on Baltimore, they were held captive until after the battle.

During the rainy night of September 7, 1814, after being held captive on a British ship during the Battle of Baltimore, Francis Scott Key witnessed the bombardment and observed that the fort's smaller "storm flag" continued to fly. But once the shell and Congreve rocket barrage had stopped, he would not know how the battle had turned out until dawn. By then, the storm flag had been lowered and the larger flag had been raised. Key was inspired by the American victory and the sight of the large American flag flying triumphantly above the fort. Aboard the British ship the next day, Key wrote a poem on the back of a letter he had kept in his pocket. Much of the idea of the poem, including the flag imagery and some of the wording, is derived from an earlier song by Key, also set to the tune of The Anacreontic Song

On September 20, both the *Baltimore Patriot* and *The American* printed the song. It quickly became popular, with seventeen newspapers from Georgia to New Hampshire printing it. Soon after, Thomas Carr of the Carr Music Store in Baltimore published the words and music together under the title "The Star-Spangled Banner." By the early 20th century, there were various versions of the song in popular use. Seeking a singular, standard version, President Woodrow Wilson tasked the U.S. Bureau of Education with providing an official version.

On November 3, 1929, Robert Ripley drew a panel in his syndicated cartoon, *Ripley's Believe it or Not!*, saying "Believe It or Not, America has no national anthem". In 1931, John Philip Sousa published his opinion in favor, stating that "it is the spirit of the music that inspires" as much as it is Key's "soul-stirring" words. By a law signed on March 3, 1931 by President Herbert Hoover, "The Star-Spangled Banner" was adopted as the national anthem of the United States of America.

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Wellness: How much physical activity should I be doing?

Physical activity is important to incorporate into your daily routine. This is usually easier said than done. This is your reminder to keep moving! And as always, it is a good idea to talk to your doctor before you start any exercise routine.

Exercise has many benefits. It can help prevent health problems that seem to come with age. It also helps your muscles grow stronger, so you can keep doing your daily activities.

How much exercise should you be doing?

Keep in mind that any physical activity is better than doing nothing. According to the CDC, 150 minutes of exercise a week is recommended. To break that down, doing 30 minutes of exercise a day, 5 times a week, will get you to 150 minutes a week. By combining aerobic activity (walking, golfing, biking, etc.) with muscle strengthening activity, you will gain even more health benefits.

Happy Exercising!
Hanna, Fitness Instructor

Announcements

CHAPEL SERVICE - JULY 7

Wednesday's chapel service on July 7th is being held by White Bear Lake United Methodist Church at 2 PM. It will also be broadcasted on channel 991.

All are welcome!

BRIDGE

Resumes in the Club Room on Thursday, July 8th at 1:00 PM.

“Fun Bridge with Some Teaching”
if interested, sign up at the Reception Desk or call Myrna Camp (X6638) with questions.

Upcoming Event:
08/11 10:00 AM **Twins versus White Sox**
- IL (sign up at Reception Desk)



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5919 Centerville Road
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Postmaster: address correction requested

651-765-4000

www.waverlygardensphs.org



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing and health care.

EQUAL HOUSING OPPORTUNITY
ALL FAITHS WELCOME

Building up, reaching out: New project updates

Senior Housing Partners (SHP), the project development arm of PHS, is advancing our vision to “provide more choices and opportunities for more older adults to live well.” Here are project updates for new communities in the making:

Prairie Gate, Council Bluffs, IA: Prairie Gate opened in March 2020. The 17.5 acre campus offers senior living, assisted living and memory care apartments, and a care center. **PrairieGate.org**.

Lexington Landing, Saint Paul, MN: Lexington Landing welcomed residents in December 2020 and was named a “2020 Top Project” by Finance & Commerce business publication. Owned by J. A. Wedum Foundation and managed by PHS, Lexington Landing offers senior living, assisted living and memory care apartments, all with amenities and community programs. **LexingtonLanding.org**.

Mount Carmel Bluffs, Dubuque, IA: A shared ministry with the Sisters of Charity of the Blessed Virgin Mary, Mount Carmel Bluffs overlooks the scenic Mississippi River. In February 2021, residents moved into enriched living apartments, memory care

and care center suites. A second phase will provide senior apartments and repurpose the Motherhouse to offer town center amenities.

MountCarmelBluffs.org.

Flagstone, Eden Prairie, MN: Construction continues on a full continuum of senior housing and care anticipated to open in fall 2021. Current Castle Ridge residents will move to the new location and the old building will be demolished to make way for other retail and housing. **FlagstonePHS.org**.

Future Community at Highland Bridge, St. Paul, MN: This new senior community in Highland Bridge, a master-plan development on the former Ford Motor Company location, will offer a variety of housing options and care services for older adults, all near retail, parks and paths along the Mississippi River.

Senior Housing Partners provides consulting and project development services to other non-profit senior housing organizations across the nation. Visit **SeniorHousingPartners.com**. In the future, we will share progress on redevelopment projects at existing PHS communities.