

Shining Star



raised in Mobile, and recently moved to Texas. Louis loves Soul food and he wants to go to Jamaica. Louis is a family man and he enjoys helping others, that's why he choose to work here. Louis likes to watch thriller & drama movies, and he likes to listen to everything! Louis likes thrift shopping and go to yard sales. Thank you for all that you do for us at night!

Louis Terrell
Overnight Concierge

Louis was born in Germany and moved to Mobile Alabama as a young child. He was

AUGUST BIRTHDAYS

Vern C. 8/7

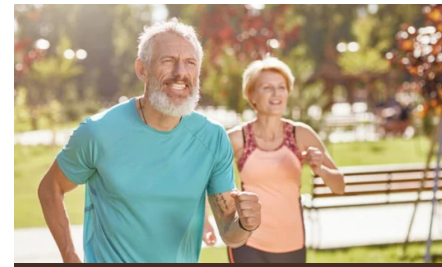
Imy M. 8/13

Stephanie A. 8/14

Myra R. 8/21

Bob B. 8/24

Tommy S. 8/30



What's Going On In

August

2022



This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to you Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony. A \$50 gift card will be awarded to the Wellness Month Champion!

- 8/1 Wellness Month Kickoff Smoothies 10:30am
- 8/1 Chair Yoga 2:30pm
- 8/10 Madison Johnson 1:30pm AR
- 8/11 Tai Chi 3pm AR
- 8/13 Unison 3pm AR
- 8/15 Stacey Evans 1:30pm AR
- 8/15 Chair Yoga 2:30 TH
- 8/16 Cookie Crumble Tasting 3pm AR
- 8/17 Jim & Hillary 3pm AR
- 8/19 Kona Ice Snow Cone Truck for FREE Front Porch 3pm
- 8/20 Edna Strayer 3pm AR
- 8/22 Otis & The Grey Tops 3pm AR
- 8/23 Spa Day, Massages, Nails & Facials 3pm AR
- 8/24 Walker, Wheelchair & Cane Wash & Adjustments 1:30 AR
- 8/25 Tai Chi 3pm AR
- 8/26 Sensory Spa 3pm AR
- 8/28 Fred Fuller 6:30pm AR
- 8/31 Al Hutton, Hippie Party & Wellness Party Prizes 1:30pm

Team Members

Executive Director.....Misty Parker
 Business Office Manager.....Jannie McDonald
 Community Development Director.....
Susan Kinney
 Executive Chef..... Fabian Weeder
 Life Enrichment Director.....Renae Grigsby
 Maintenance DirectorBob Ryden
 Lead Concierge.....E'Lana Vaughan
 Concierge Team.....Debra, Gloria,
 Dominic, Louis, Abee & Louis
 Bus Driver.....Paula Robinson

Important Phone Numbers

Office.....512-331-7195
 Transportation.....512-545-0329
 Maintenance Requests.....512-331-7195
 Clairmont Beauty & Barber Salon
 By Appointment Only



Meal Times

First Come First Serve

Breakfast.....8:00am–9:15am
 Lunch.....11:30pm–12:15pm & 12:30pm–1:15pm
 Dinner.....4:30pm–5:15pm & 5:30pm–6:15pm
 All Day Dining 10:00am–11:30am & 2:00pm–4:30pm

Meal Delivery Cutoff Times

Breakfast 7:00am Lunch 10:30pm
 Dinner 3:30pm

Movie Showings

Everyday | 2:00pm & 7:00pm | Theater

Recurring Activities

Monday – Saturday | Exercise | 9:15
 Monday – Friday | Stroll Club | 9:15pm & 6:15pm
 Mondays | Rosary | 6:15
 Sunday, Tuesday, Friday | Bingo | 1:30

Transportation Schedule

Monday

HEB/Walmart.....9:00am & 1:30pm

Tuesday & Thursday

Medical Appointments.....8:45am

South of Clairmont: Loop 1 Mopac

Tuesdays & Thursdays

Medical Appointments.....1:30pm

North of Clairmont: Cedar Park/ Round Rock

Wednesday

Outings.....Times Vary

Friday

HEB.....9:00am

Mondays & Friday

Walmart.....1:30pm to 3:00pm

Mondays & Fridays

Walgreens, Banks, Post Office, Nail Salons.....10:30am



AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 <p>THE CLAIRMONT RETIREMENT COMMUNITY</p> <p>12463 Los Indio's Trail Austin Texas 78729 512-331-7195</p>	<p>9:00 & 6:15 Stroll Club 1 9:15 Exercise AR 10:30 Wellness Month Smoothie W/ Muffins Kick Off AR 11:00 Sunshine News L 1:30 Band Exercise Class AR 2:30 Chair Yoga W Nadine TH 3:00 Happy Hour AR 6:15 Rosary TH</p>	<p>9:15 Exercise AR 2 9:00 & 6:15 Stroll Club 10:00 Balance Class AR 1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 Volleyball 6:30 Bible Study AR 7:00 Walking Challenge Begins</p>	<p>9:00 & 6:15 Stroll Club 3 9:15 Exercise AR 10:00 Balance Class AR 10:15 Garden Club TH 1:30 Coloring Competition AR 2:00 Movie TH 3:00 Water Melon Social AR  3:30 Scrabble AR 6:15 Share your Pet Therapy LR</p>	<p>9:15 Exercise AR 4 10:00 Balance Class AR 10:45 Resident Meeting W/ Misty 1:00 Play Bridge AR 2:00 Fly Kites FP 2:00/7:00 Movie TH 2:30 Skip-Bo With Marge L 3:00 Trail Mix Bar AR 6:15 Night Stroll 6:30 Coloring AR</p>	<p>9:00 & 6:15 Stroll Club 5 9:15 Exercise AR 10:00 Balance Class AR 10:30 Meditation TH 1:30 Bingo AR  2:00 & 7:00 Movie TH 3:00 Wine & Cheese Tasting AR 6:15 Night Stroll 6:30 Games & Coloring AR</p>	<p>9:00 & 6:15 Stroll Club 6 9:15 Exercise AR 10:00 Dominos AR 1:30 Puzzle AR 2:00 Movie TH 2:00 Dog Pet Therapy LR 3:00 Board Games AR 6:15 Shuffle Board ER 7:00 Movie TH</p>
<p>9:15 Church Services AR 7 9:15 Morning Stroll 11:00 Communion 1:30 Bingo AR 2:00 Movie TH 3:00 Creative Coloring 5:45 Evening Stroll 7:00 Movie TH</p>	<p>9:00 & 6:15 Stroll Club 8 9:15 Exercise AR 10:00 Balance Class 11:00 Sunshine News L 1:30 Fruit Salad Bar Accent AR 2:30 Tile Painting AR 6:15 Rosary TH 6:30 Share Your Pet Therapy LR</p>	<p>Wear Purple 9 9:15 Exercise AR 9:00 & 5:45 Stroll Club 10:30 Ambassador Meeting TH 1:30 Bingo AR 2:00 & 7:00 Netflix 3:00 Snow Cones AR 3:30 Football Meet on Porch 6:30 Bible Study AR</p>	<p>9:00 & 6:15 Stroll Club 10 9:15 Exercise AR 10:00 Balance Class AR 10:30 Scrabble AR  11:00 Kerby Lane Café 1:30 Madison Johnson AR 2:00 & 7:00 Movie TH 3:00 Audiology Health Talk Accent 6:15 Share your Pet Therapy LR</p>	<p>9:15 Exercise AR 11 10:00 Balance Class AR 10:30 Silverado Donuts & Talk 1:00 Play Bridge AR 2:00/7:00 Movie TH 2:00 Health Fair AR 3:00 Skip-Bo 3:00 Tai Chi TH 6:15 Night Stroll 6:30 Coloring AR</p>	<p>9:00 & 6:15 Stroll Club 12 9:15 Exercise AR 10:00 Balance Class AR 10:15 Chef Meeting & Smoothie  1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 Snake Petting AR 6:30 Night Stroll 6:30 Game of Pool AR</p>	<p>9:00 Morning Stroll 13 9:15 Exercise AR 10:00 Dominos AR 2:00 Dog Pet Therapy L 3:00 Unison AR 5:45 Evening Stroll 6:15 Shuffle Board ER 7:00 Movie TH</p>
<p>9:15 Church Services AR 14 9:15 Morning Stroll 11:00 Communion 1:30 Bingo AR 2:00 Movie TH 3:00 Creative Coloring 5:45 Evening Stroll 7:00 Movie TH</p>	<p>9:00 & 6:15 Stroll Club 15 9:15 Exercise AR 10:30 Donuts & Coffee AR 11:00 Sunshine News L 1:30 Stacey Evans AR 2:00 & 7:00 Movie 2:30 Chair Yoga w/ Nadine TH 6:15 Rosary TH 6:30 Share Your Pet Therapy</p>	<p>Wear Purple 16 9:15 Exercise AR 9:00 & 6:15 Stroll Club 10:00 Balance Class 10:30 Resident Activity Meeting 1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 Crumble Cookie Tasting W/ Renae AR 6:30 Bible Study AR</p>	<p>National Thrift Shop Day 17  9:00 & 6:15 Stroll Club 9:15 Exercise AR 10:00 Balance Class AR 10:30 Coloring AR 11:00 Mexican Food 2:00 & 7:00 Movie TH 2:45 Ice Cream Social AR 3:00 Jim & Hillary AR 6:15 Share your Pet Therapy LR</p>	<p>9:00 Morning Stroll 18 9:15 Exercise AR 10:00 Balance Class AR 10:30 Coloring Contest AR 1:00 Play Bridge AR 2:00 Beer, Darts, Pool AR 3:00 UT Reunion AR 3:00 Skip-Bo AR 2:00/7:00 Movie TH 6:15 Night Stroll</p>	<p>Olympic Games 9- 2 19  At The Continental 9:15 Exercise AR 10:00 Balance Class AR 10:30 Catholic Mass 1:30 Bingo & Popcorn AR 2:00 & 7:00 Movie TH 3:00 Kona Ice Truck Out Front 6:15 Share Your Pet Therapy LR</p>	<p>9:00 Morning Stroll 20 9:15 Exercise AR 10:00 Dominos AR 2:00 Movie TH 2:00 Dog Pet Therapy L 3:00 Edna Stayer Piano AR 4:00 Coloring 6:15 Evening Stroll 7:00 Movie TH</p>
<p>Senior Citizen Day 21 9:15 Church Services AR 9:15 Morning Stroll 11:00 Communion 1:30 Bingo AR 2:00 Movie TH 3:00 Creative Coloring 5:45 Evening Stroll 7:00 Movie TH</p>	<p>9:00 & 6:15 Stroll Club 22 9:15 Exercise AR 10:30 Muffins & Chitchat 11:00 Sunshine News TH 1:30 Rehydrate AR 2:00 & 7:00 Movie 3:00 Otis & The Grey Tops AR 6:15 Rosary</p>	<p>9:15 Exercise AR 23 9:00 & 6:15 Stroll Club 10:00 Balance Class 10:30 Ambassador Meeting TH 1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 SPA Day Nails, & Massages & Wine 6:15 Night Stroll 6:30 Bible Study A</p>	<p>9:00 & 6:15 Stroll Club 24 9:15 Exercise AR 10:00 Balance Class AR 10:15 Book Club TH 11:00 Asian Food 1:30 Walker Wash AR 2:00 & 7:00 Movie TH 3:00 Deliver Cookies to Fire Dept. 3:30 Phone/ Computer Help AR 6:15 Share your Pet Therapy LR</p>	<p>9:00 Morning Stroll 25 9:15 Exercise AR 10:00 Balance Class AR 1:00 Play Bridge AR 2:00 Board Games AR 2:30 Essential Oil Benefits AR 3:00 Skip-Bo AR 3:00 Tai Chi AR 2:00/7:00 Movie TH 6:15 Night Stroll</p>	<p>National Doggie Day 26 9:00 & 5:45 Stroll Club 9:15 Exercise AR 10:00 Marker Coloring AR 10:30 Chef Meeting AR  1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 Sensory Spa AR 6:15 Share Your Pet Therapy LV</p>	<p>9:00 Morning Stroll 27  9:15 Exercise AR 10:00 Dominos AR 1:30 Games AR 2:00 Movie TH 2:00 Dog Pet Therapy L 5:45 Evening Stroll 6:15 Shuffle Board ER 7:00 Movie TH</p>
<p>9:15 Church Services 28 9:15 Morning Stroll 11:00 Communion 1:30 Bingo AR 2:00 Movie TH 3:00 Creative Coloring 6:30 Fred Fuller AR 7:00 Movie TH</p>	<p>9:00 & 6:15 Stroll Club 29 9:15 Exercise AR 10:30 Muffins & Chitchat 11:00 Sunshine News TH  1:30 Show And Tell AR 2:00 2:00 & 7:00 Movie 3:00 Birthday Bash Accent AR 6:15 Rosary</p>	<p>9:15 Exercise AR 30 9:00 & 6:15 Stroll Club 10:00 Balance Class 10:15 Mimosas and Bagels AR 1:30 Bingo AR 2:00 & 7:00 Movie TH 3:00 Painting AR  6:15 Night Stroll 6:30 Bible Study A</p>	<p>9:00 & 6:15 Stroll Club 31 9:15 Exercise AR 10:00 Balance Class AR 10:30 Scrabble AR 10:30 Dollar Store  1:30 Al Hutton & Hippie Party Wellness Month Party/ Prizes AR 6:15 Share your Pet Therapy LR 6:30 Game of Pool AR</p>	<p style="text-align: center;">Room Key AR -Activity Room ER -Exercise Room LR- Living Room/Lobby T/TH- Theatre Wednesdays: Name Tags Fridays: Red Shirt Day</p>	<p style="text-align: center;">Life Enrichment Director: Renae Grigsby Like us on Facebook: Facebook.com/TheClairmont</p> <p style="text-align: center;"> Find us on facebook.</p>	<p style="text-align: right;">AUGUST 2022</p> <p style="text-align: center;"> SUNSHINE'S 10TH ANNUAL</p> <p style="text-align: center;">get fit get informed get restored give back</p>