

July Anniversaries

ONE YEAR

DON AND LINDA AZBELL LYNN PRESLEY
VIRGINIA SINGLETARY

TWO YEARS

CONNIE ELLIOTT PHYLLIS FLETCHER
SAMMY GUTIERREZ KAY ROBINSON
VAUNA WARNER

THREE YEARS

JOHN BRADLEY
JANET DAVIES

FOUR YEARS

SARA COULSON

FIVE YEARS

ELIZABETH HACKMAN

EIGHT YEARS

JANE NEAVILLE

FOURTEEN YEARS

FRED BRUMBAUGH



July Birthdays

2– Marilyn Schubert

3– John Bradley

12– Tony Murphy

14– Delores White

20– Mark Gustafson

26– Cosette Crews

28– Judene Lederer

29– Anne Brandenburgh



Parkwood Retirement Community



A LIFE CARE SERVICES® COMMUNITY

2700 Parkview Lane
Bedford, TX 76022
Phone: 817-354-1044
Email: gustafsonmark@lcsnet.com



Let's give a warm Parkwood welcome to our
newest residents:

James Kuehn– #1214
Richard Hernandez– #1203
Ted & Betty Black– #1204

Join us in welcoming them during our
Newcomers' Social on Wednesday,

July 3rd @ 5:00 PM.



JULY 2025

PARKWOOD POST

Parkwood Retirement Community ° 2700 Parkview Ln. ° Bedford, TX ° 76022 ° (817) 354-1044

Parkwood Staff

Mark Gustafson
Executive Director

Kim King
Community Relations Director

DeMarco Bush
Business Office Manager

Brandi Barnett
Resident Services Director

Kay Thom
Kristine Eadie
Front Desk / Reception

Reginald Austin
Food Service Director

Monica Ruiz
Jesus Cisneros
Margaret Sesay
Mai Peterson
Vera Charlie
Martin Delgado
Cael Anderson
Kitchen Staff

Carlos Gardea
Maintenance Director

Wayne Knox
Paul Bell
Maintenance Staff

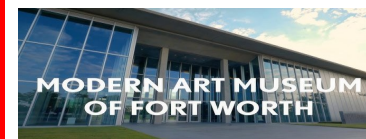
Mickey Roberts
Andrea Fortier
Patience Attoh
Sharonda Jackson
Housekeeping Staff

Cheryl Hayes
Stylist



Fabulous 1950's Themed Party with Colin Dexter, Thursday, July 10th @ 5pm

Remember a time when poodle skirts, leather jackets, and rock 'n' roll ruled the scene? Well, we're going to step into a time machine and land in a world of jitterbugging, soda fountains, and tunes that'll make you want to twist and shout! Step back in time with our themed party on Thursday, July 10th at 5pm. The incomparable Colin Dexter will be entertaining and we will have hamburgers, French fries, and milkshakes to round out the evening. It will be a blast from the past, where everyone's groovin' to the beat and showing off their slickest dance moves fifties style! So be sure to break out your bobby socks and saddle shoes and come on down and let the good times roll!



Modern Art Museum of Fort Worth & Lunch, Friday, July 11th @ 10am

The Modern Art Museum of Fort Worth, known simply as "The Modern," is a leading institution for contemporary art in Texas and one of the oldest art museums in the state. Established in 1892, The Modern has evolved into a premier destination for art enthusiasts. Its' collection of post-World War II art and unique architectural design create a wonderful experience. The Modern houses an impressive collection of modern and contemporary art featuring works from some of the most influential artists of the 20th and 21st centuries. The museum's permanent collection includes pieces by luminaries such as Jackson Pollock, Mark Rothko, Cindy Sherman, and Andy Warhol. The collection spans a variety of mediums, including painting, sculpture, photography, and video art, offering a comprehensive look at the diverse expressions of modern art. Whether you're an art lover or simply curious, The Modern offers a rich and engaging experience that will leave a lasting impression. Be sure to sign up at the Front Desk to enjoy this one-of-a-kind experience!!!

Northeast Mall and Lunch Friday July 25th at 10am

If you're looking for more choices and serious shopping satisfaction, look no further than North East Mall! We are going to shop til we drop. Stores at this location include Macy's, JC Penny's, Dillards, Torrid, and multiple other stores. Afterwards we will eat in the food court. This mall has everything you need and plenty of spaces to stop and rest. Sign up today!



Memo from Mark

We hope your summer is off to a great start. Isn't it amazing that we are already halfway through the year 2025? As we enter the month of July, we have a lot to look forward to and some exciting things coming up!

Independence Day

The Fourth of July is a very special day that recognizes the price our founding fathers paid for each of us to have our freedom. It shines light upon the tenet "that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness." This is the foundation of the celebration of the Fourth of July. The privilege to remember the approval of our Declaration of Independence, which was brought about on July 4, 1776, should not be taken for granted. In making this document, our forefathers declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire. What a beautiful opportunity we have to celebrate the birth of our wonderful country!

Rent Payment

Friendly reminder that rent payments are due no later than the 10th of each month. It is your responsibility to make sure that your monthly rent is paid on time. Rent payments received after the 10th of the month are subject to late fees. You may pay by check, cash, money order, or cashier's check. Please contact either DeMarco or me if there are going to be any delays as soon as possible so we can work on a solution together. Thank you for your cooperation and prompt payments.

National Ice Cream Day

Summertime and ice cream go together like a horse and carriage! That is why we're not at all surprised that there's a national holiday – National Ice Cream Day on July 20th – dedicated to this creamy, frozen confection we all know and love. From ice cream trucks that make their way through neighborhood streets being chased by children to ice cream parlors and even drive through ice cream cones, this delicious treat is a favorite for many, especially during the hottest parts of the year. You can be sure we will have many frozen treats throughout the month!

Wild Animals

Several residents have stated that they have seen wild animals from time to time primarily in the wooded areas behind Buildings 1 & 3 and the Maintenance Shop. The reason for this is that, until recent years, large parts of Bedford featured large, wooded, vacant tracts of land. These areas were heavily populated with coyotes, bobcats, and raccoons, along with a variety of other small animals. These animals were able to live relatively undisturbed and were only occasionally seen by residents on the fringe of the wooded areas. As development began to encroach upon these native areas, the animals' territory was increasingly reduced. Of course, a natural result of that encroachment has been an increase in sightings of the animals in developed areas. With this in mind, the following precautions are recommended by Bedford Animal Control:

- ◆ Keep an eye on your dog when outside. A small dog left unattended is an easy target for a coyote. The best way to protect your dog is to go outside with it when you let it out. While a coyote might go after a dog, they tend to shy away from humans. If you come into contact with a coyote, it is suggested that you wave your arms, shout, and do anything you can to scare it away.
- ◆ Keep your dog on a leash when walking it outside. A dog running loose will attract a wandering bobcat or coyote. Keeping your dog on a leash when walking will help to ensure its' safety.

.....Continued on Page 3

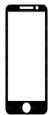
July Outings

- 1– Dinner at China Town 5pm
- 2– Palace Theater: ET 9:30am
- 5– Grapevine Cornet Band 1pm
- 8– Dinner at Mexican Inn 5pm
- 11– Fort Worth Museum of Modern Art and Lunch 10am
- 15– Dinner at Cracker Barrel 5pm
- 16– Palace Theater: Honey, I Shrunk The Kids 9:30am
- 21– The Painted Tree and Lunch 10am
- 22– Dinner at Pappadeaux 5pm
- 25– Northeast Mall and Lunch 10am



Let's Go To The Movies on July 2nd and July 16th at 9:30am

We have a couple opportunities this month to visit the Palace Theater in Grapevine. We will be headed to see two great movies. On July 2nd at 9:30am, we will be watching *E.T. the Extra-Terrestrial*, a 1982 American science fiction film, which tells the story of Elliott, a boy who befriends an extraterrestrial he names E.T. who has been stranded on Earth. Along with his friends and family, Elliott must find a way to help E.T. find his way home. Our second movie option is on July 16th at 9:30am, we will be watching *Honey, I Shrunk the Kids*, a 1989 American science fiction comedy film. a preoccupied inventor who just can't seem to get his electromagnetic shrinking machine to work. But when he accidentally shrinks his kids down to 1/4-inch tall and tosses them out in the trash, the real adventure begins. The kids face incredible dangers as they try to make their way home through the jungle of their own backyard. Hurricane sprinklers! Dive-bombing bees! A runaway lawn mower...and much, much more!



Do you need help with your cell phone or online grocery shopping?
Come see Brandi!



July Entertainment Lineup



Ben Meyers
July 3rd



Colin Dexter
July 10th



Walker & Adams
July 17th



Shanna Divine
July 24th



Andy Goin
July 31st

HAPPENING THIS MONTH

CRAFTING -



July 14th at 2pm and July 17th at 10am

On July 14th at 2pm and 17th at 10am, we have an exciting creative opportunity. We are designing our own sun visor hats. With this great Texas heat, protecting our eyes from the sun is very important. Sun visors provide eye protection, have a cooling effect from the heat, and are a unique fashion statement. Using tie dye paints we will design our very own unique sun visor hat.

On July 28th at 2pm we are doing creative painting. Being creative and making art is a great way to feel better mentally, whether you are good at art or not. We have everything from ceramic gnomes, canvases, and rocks for you to bring your creativity to life with. Art stimulates your brain and improves cognitive ability.



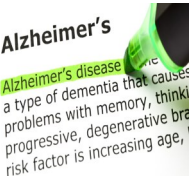
Our friend Simki Sanyal will be back on Saturday, July 26th. As you know, Simki is a very talented individual who has a broad range of craft ideas and skills. She will join us on Saturday, July 26th at 2:30pm to lead a card-making class. Each participant will leave with at least one greeting card and, if time permits, you might have time to make a 2nd card! Learn how to make something exceptional for your friends and / or loved ones through this class. Card-making can be therapeutic for those who are participating and meaningful and enjoyable to those who receive them. This beginner-friendly class is guaranteed to be fun and a fantastic way to express your creativity! Seats are limited to 12, so be sure to sign up at the front desk to reserve your spot!



We provide all of the supplies for the crafts. Just bring yourself and imagination! Be sure to sign up at the front desk for this craft opportunity. Space is limited to 12 people per day.

10 Warning Signs of Alzheimer’s Seminar July 22nd at 3pm

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Come learn about the warning signs with Mitzi from the Alzheimer’s Association, and know when to schedule an appointment with your doctor. This seminar will be upstairs in the clubhouse on July 22nd at 3pm.



Moon Landing Documentary July 17th at 3pm

On July 20, 1969, the historic Apollo 11 mission landed the first men on the moon. On Thursday, July 17th at 3pm, in honor of the historic moon landing anniversary, we will show a documentary about one of mankind's greatest accomplishments, capturing the significance of the nation’s space program, from JFK’s promise to put a man on the moon to the famous television broadcast of Neil Armstrong’s first steps. Join us for what is sure to be an informative and nostalgic time!

Grapevine Cornet Band July 5th at 1pm

Join the Grapevine Cornet Band for a Patriotic concert celebrating Independence Day. The music selection includes mid-1800s to the early 1900s and some of America's most patriotic songs. It's the type of music that makes you proud to be an American. Tickets are \$6 each and are due at the time of sign-up. Saturday, July 5th is going to be a great time.



A Memo From Mark (cont.)

While we understand that wild animals are sometimes cute and might seem hungry, feeding most wild animals is not a good idea:

- ✓ Human foods aren't nutritious enough for animals and may cause them serious health problems.
- ✓ When wild animals gather for food handouts, it can cause crowding and competition. These unnatural conditions increase the chances of fighting and injury among animals. It can also increase the spread of diseases, some of which may be transmitted to pets and humans.
- ✓ Don’t feed wild animals or leave food out for your pet. This will cause them to come back to your area and to become accustomed to humans. Feeding can make potentially dangerous animals become too comfortable in residential areas. Once animals learn they can panhandle for food, they can become a nuisance - or even worse, a safety risk. This is particularly true in the evenings and early mornings when the animals tend to be most active.
- ✓ Don’t leave pet food outdoors. Feed your cats, dogs and other animals the amount of food they will eat and remove/store the rest. Pet food left outdoors can become a source of food for wild animals and create a potential for an unwanted encounter.
- ✓ Leaving food of any kind out also attracts bugs.

We thank you for your cooperation!

Summertime in Texas


















































As the weather gets warmer, we want to remind residents to stay safe while enjoying outside activities. Too much heat can be very risky for anyone, but especially for older adults and those with certain health conditions. Being hot for too long can result in heat stroke, heat exhaustion, or dehydration.

As we get further into the Texas summer season, it is important to watch out for signs of heat exhaustion/stroke and take measures to prevent these illnesses. Adults over the age of 65 are particularly vulnerable to heat-related illnesses because they adjust to heat more slowly than other individuals. Although heat exhaustion is not as serious as heat stroke, it is not something to be taken lightly. Without proper intervention, heat exhaustion can lead to heat stroke, which can damage the brain and other vital organs and even cause death. Heat stroke is a condition marked by fever and often by unconsciousness, caused by failure of the body’s temperature-regulating mechanism when exposed to excessively high temperatures.

Dehydration can sneak up on anyone, especially older adults. So, it is important to make sure that you remain hydrated. To stay hydrated, try to sip water even when you don’t feel thirsty. Other drinks like juice, milk, and sports drinks can also contribute to preventing dehydration, but water is the most effective deterrent.

Remember, the hottest time of the day occurs around 3 p.m. We know that you may enjoy being outdoors, but it is important that you try to avoid extreme temperatures. Take your walk in the early morning or directly after dinner time. When outside, avoid the sun as much as possible, wear hats and sunglasses, and use sunscreen to help prevent sunburn. Wear lightweight, light-colored, loose-fitting clothing in natural fabrics, like cotton. Light colors reflect away some of the sun’s rays, while darker colors absorb the heat.

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><p>OPEN MONDAY THROUGH FRIDAY 12NOON UNTIL 1PM CLUBHOUSE 2ND FLOOR</p></div>		<div><div><div>9:00 Walmart</div><div>9:30 Chair Yoga</div><div>2:00 Table Games</div><div>2:00 Trivia</div><div>5:00 Dining Out: China Town</div></div><div>1</div><div></div></div>	<div><div><div>9:30 Stretch Exercise</div><div>9:30 Movie Outing: Featuring: ET</div><div>10:00 Fellowship w/Friends</div><div>10:30 Bible Study</div><div>2:00 Table Games</div><div>4:00 Happy Hour</div></div><div>2</div><div><p>MARILYN SCHUBERT</p></div></div>	<div><div><div>9:00 Kroger</div><div>9:30 Exercise Video of Choice</div><div>2:00 Table Games</div><div>5:00 Thursday Night LIVE! Music by: Ben Meyers Newcomer's Social</div></div><div>3</div><div><p>Wear your Red, White, and Blue for a great colorful night! John Bradley</p></div></div>	<div><div>4</div></div>	<div><div><div>9:30 Bridge</div><div>2:00 Table Games</div><div>1:00 Music Outing: Grapevine Cornet Band– Red, White, and Brass</div></div><div>5</div><div></div></div>
<div><div>10:00 Catholic Service</div><div>10:00 Church Service</div></div> <div>6</div>	<div><div><div>9:30 Exercise</div><div>2:00 Table Games</div><div>2:00 Group Game: Canasta</div><div>4:00 Bingo</div></div><div>7</div><div></div></div>	<div><div><div>9:00 Walmart</div><div>9:30 Chair Yoga</div><div>11:00 Vendor: AVON</div><div>2:00 Table Games</div><div>2:00 Trivia</div><div>3:30 National Freezer Pop Day Social</div><div>5:00 Dining Out: Mexican Inn</div></div><div>8</div><div></div></div>	<div><div><div>9:30 Stretch Exercise</div><div>10:00 Fellowship w/Friends</div><div>10:30 Bible Study</div><div>2:00 Table Games</div><div>4:00 Happy Hour</div></div><div>9</div><div></div></div>	<div><div><div>9:00 Neighborhood Walmart</div><div>9:30 Exercise Video of Choice</div><div>2:00 Table Games</div><div>5:00 Thursday Night LIVE! Music by: Colin Dexter 50's Party Style</div></div><div>10</div><div></div></div>	<div><div><div>9:30 A Stronger You with PWHC Therapists</div><div>10:00 Day Outing: Fort Worth Modern Art Museum and Lunch</div><div>2:00 Table Games</div><div>3:00 Bean Bag Baseball</div><div>4:30 Dominoes</div></div><div>11</div><div></div></div>	<div><div><div>9:30 Bridge</div><div>2:00 Table Games</div></div><div>12</div><div>TONY MURPHY</div></div>
<div><div>10:00 Catholic Service</div><div>10:00 Church Service</div></div> <div>13</div>	<div><div><div>9:30 Exercise</div><div>2:00 Table Games</div><div>2:00 Craft Class 1: DIY Sun Visors</div><div>4:00 Bingo</div></div><div>14</div><div><p>DELORES WHITE</p></div></div>	<div><div><div>9:00 Walmart</div><div>9:30 Chair Yoga</div><div>2:00 Table Games</div><div>2:00 Trivia</div><div>5:00 Dining Out: Cracker Barrel</div></div><div>15</div><div></div></div>	<div><div><div>9:30 Stretch Exercise</div><div>9:30 Movie Outing: Featuring : Honey I Shrunk The Kids</div><div>10:00 Fellowship w/Friends</div><div>10:30 Bible Study</div><div>2:00 Table Games</div><div>4:00 Happy Hour– National Hot Dog Day</div></div><div>16</div><div></div></div>	<div><div><div>9:00 Albertsons/ Dollar Store</div><div>9:30 Exercise Video of Choice</div><div>10:00 Craft Class 2: DIY Sun Visors</div><div>2:00 Table Games</div><div>3:00 Moon Landing Documentary</div><div>5:00 Thursday Night LIVE! Music by: Walker & Adams</div></div><div>17</div><div></div></div>	<div><div><div>9:30 Strength Exercise</div><div>2:00 Table Games</div><div>3:00 Bean Bag Baseball</div><div>4:30 Dominoes</div></div><div>18</div><div></div></div>	<div><div><div>9:30 Bridge</div><div>2:00 Table Games</div><div>3:00 Ice Cream Social</div></div><div>19</div><div></div></div>
<div><div>10:00 Catholic Service</div><div>10:00 Church Service</div></div> <div>20</div> <div>MARK GUSTAFSON</div>	<div><div><div>9:30 Exercise</div><div>10:00 Day Outing: The Painted Tree and Lunch</div><div>2:00 Table Games</div><div>2:00 Group Game: Yahtzee</div><div>4:00 Bingo</div></div><div>21</div><div></div></div>	<div><div><div>9:00 Walmart</div><div>9:30 Chair Yoga</div><div>2:00 Table Games</div><div>2:00 Trivia</div><div>3:00 Seminar: 10 Warning Signs of Alzheimer's</div><div>5:00 Dining Out: Pappadeaux</div></div><div>22</div><div></div></div>	<div><div><div>9:30 Stretch Exercise</div><div>10:00 Fellowship w/Friends</div><div>10:30 Bible Study</div><div>2:00 Table Games</div><div>4:00 Happy Hour</div></div><div>23</div><div></div></div>	<div><div><div>9:30 Exercise Video of Choice</div><div>10:30 Technology Help— UPSTAIRS</div><div>2:00 Walmart</div><div>2:00 Table Games</div><div>5:00 Thursday Night LIVE! Music by: Shanna Divine</div></div><div>24</div><div></div></div>	<div><div><div>9:30 A Stronger You with PWHC Therapists</div><div>10:00 Day Outing: Northeast Mall and Lunch</div><div>2:00 Table Games</div><div>3:00 Bean Bag Baseball</div><div>4:30 Dominoes</div></div><div>25</div><div></div></div>	<div><div><div>9:30 Bridge</div><div>2:00 Table Games</div><div>2:30 Crafts With Simki</div></div><div>26</div><div><p>COSETTE CREWS</p></div></div>
<div><div>10:00 Catholic Service</div><div>10:00 Church Service</div></div> <div>27</div>	<div><div><div>9:30 Exercise</div><div>2:00 Table Games</div><div>2:00 Craft Class: On Your Own Painting</div><div>4:00 Bingo</div></div><div>28</div><div><p>JUDENE LEDERER</p></div></div>	<div><div><div>9:00 Walmart</div><div>9:30 Chair Yoga</div><div>2:00 Table Games</div><div>2:00 Trivia With Mark</div><div>4:00 Bunco</div></div><div>29</div><div><p>Anne Brandenburg</p></div></div>	<div><div><div>9:30 Stretch Exercise</div><div>10:00 Fellowship w/Friends</div><div>10:30 Bible Study</div><div>2:00 Table Games</div><div>3:30 Super Bingo</div></div><div>30</div><div></div></div>	<div><div><div>9:30 Exercise Video of Choice</div><div>2:00 Table Games</div><div>5:00 Thursday Night LIVE! Music by: Andy Goin July Birthday Party</div></div><div>31</div><div></div></div>	