## VOL. 2 · ISSUE 8 AUGUST 2023



SENIOR LIVING

# Sail with Us

## **CONTENT**

Page 1- Welcome Page
Page 2- The Anchor Community
Page 3- The Anna Community
Page 4- The Herrin Community
Page 5- The Marion North Community
Page 6- The Marion South Community

Page 7- The Murphysboro Community



Page 8- Staff of the Month





## Join The Anchor and Celebrate

August 1st National Play Ball DayAugust 3rd National Watermelon DayAugust 4th National Water Balloon DayAugust 6th National Rootbeer Float DayAugust 10th National Lazy DayAugust 12th National Bowling DayAugust 17th National Thrift Shop DayAugust 21st National Senior Citizens DayAugust 25th National Banana Split Day

OUTINGS and ENTERTAINMENT August 4th Water Balloon Toss 1PM August 8th Bonnie Concert 1PM August 11th Afternoon Cruise to DQ 1PM August 17th Joy Singers 10AM August 18th Lunch out- Cracker Barrel August 24th Back to School Book Fair 1PM August 25th Ice Cream Social 1PM August 30th Pater Kim 10AM

#### RESIDENT OF THE MONTH

Charles Autrey

Hometown: Nixburg, Alabama

Charles grew up in Alabama and loves to fish and hunt. He worked as an assembly line operator. Charles used to enjoy singing and his favorite artist is Otis Redding. Charles still feels the impact of the the assassination of Dr. Martin Luther King and its history. Charles feels his greatest accomplishment is his children and is proud to be a father. The Anchor is proud to have Charles call The Voyage his home.



Melba Gerry Duke Phyllis C

### BOBBY'S EXERCISE CLASS

EVERY MONDAY, WEDNESDAY, AND FRIDAY 9:30AM





THE ANCHOR COMMUNITY



## **AUGUST HAPPENINGS AT ANNA**

August 2nd National Ice Cream Sandwich August 3rd National Watermelon Day August 4th National Chocolate Chip Cookie Day August 8th National Fried Chicken and Waffles Day August 28th National Cherry Turnover Day August 31st National Trail Mix Day

## ENTERTAINMENT

August 7th 10:30AM Cracker Barrel Lunch Trip

August 8th 1:00PM Gary Roach Music

August 9th 1:00PM Barbara Crawford Music

August 10th 5:30PM Karaoke Joe

August 21st 11:00AM Pizza Hut Lunch Trip

August 21st 2:00PM David Isom Music

### RESIDENT OF THE MONTH

Leota Loveless

Hometown: Anna, Il

Leota has called The Voyage home for the past 8 years. A life long resident of Anna, Leota played softball and soccer growing up. During her working years, she spent time as a waitress and cooked for Headstart. Leota now enjoys crocheting, making gifts for Christmas and special occasions, and spending time with friends and her wonderful family. Leota considers her greatest accomplishment has been living her life for the Lord and helping others.

The Voyage is honored to have Leota at The Anna Community.



HAPPY TO BIRTHDAY

<u>BINGO</u> TUESDAYS, FRIDAYS AND SATURDAYS 2PM

KAY LINDA NORMA ANNA

### CHURCH SERVICES

SUNDAYS 9AM ON CHANNEL 6 BIBLE STUDY 9:15AM





ANNA COMMUNITY



# HERRIN HAPPENINGS

MONDAY Sittercise 9:00AM <u>TUESDAY</u> Balloon Bash 9:00AM <u>WEDNESDAY</u> Bible Study 1:30PM <u>THURSDAY</u> Book Club 2:00PM <u>SATURDAY</u> BINGO 5:30pm <u>SUNDAY</u> Victory Baptist Church

## **Resident of the Month**

Norma Eaton

Hometown: Herrin, IL

Norma was born in Herrin, IL. When her husband got out of the service, they were married and moved to Chicago where she lived for 37 years. Norma worked as a general manager for several major car companies. She and her husband built 3 Southern Baptist churches in the greater Chicago area. After her husband retired, they moved back to the Herrin area where she worked as a secretary for the airport until she retired. Norma's interests are genealogy, scrapbooking and coloring.



MABLE Joyce









## MAKING NEWS AT MARION NORTH

August 3rd 1PM Individual Blind Program August 4th 10AM Resident Council Meeting August 7th 11:30AM Hogg Brothers August 10th 10AM Presentation with Dr. Shaffer August 29th 10AM The Joy Singers August 31st 2PM Resident Birthday Party

### SILVER SNEAKERS

Mondays-Thursdays 9AM Saturdays 8AM



#### <u>BINGO</u>

EVERY MONDAY AND WEDNESDAY

2PM

SERVICE WITH WADE

EVERY SUNDAY AT 9AM



ZADA Carolyn Alicia Nancy



Belinda New

Hometown: Marion, IL

Belinda has lived at The Voyage Marion location for 2 1/2 years and enjoys playing with her dog Lucy and doing puzzles. Belinda has experienced many events in history such as Kennedy being shot, a snow storm in 1977 and a hurricane. Belinda is proud to say she was a CNA and a mental health professional. She enjoyed taking care of others. The Voyage is happy Belinda calls The Marion campus her home.







## THE SIMPLE LIFE AT MARION SOUTH

August 3rd 2:00PM The Older Individual Blind Program August 4th 10:30AM Resident Council Meeting August 7th 12:15PM The Hogg Brothers

August 17th 10:20AM Food Service Meeting

August 24th 2:00PM Resident Birthday Party

August 29th 10:00AM (North Building) The Joy Singers



<u>Monday</u> 2PM Bingo 7PMMovie

<u>Tuesday</u> **10AM Moving Together** 2PM Floor Games 5:30PM Board Games <u>Wednesday</u> **9AM** Puzzles

1PM Card Games

7PM Movie and Popcorn

HAPPY BIRTHDAY

JACK EMMA

<u>Thursday</u> **10AM Moving Together** 1PM Resident's Choice

<u>Friday</u> 2PM Bingo and Snacks

<u>Saturday</u> 9AM Service with Wade 7PM Movie and Popcorn

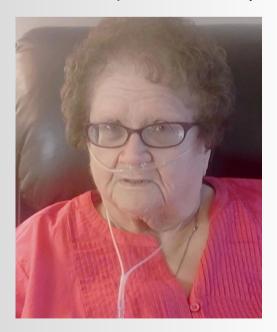
> <u>Sunday</u> **9AM** Puzzles 2PM Walk and Talk

## **RESIDENT OF THE MONTH** SHARON GARRETT

HOMETOWN: HERRIN, IL Sharon likes to read and sleep in her spare time. Sharon was a secretary at Herrin High School and was a bookkeeper for Williamson County Regional Vocational System.

Sharon is very proud to say she lived through the Tornado of 1982. She also raised good kids and a grandson she is so proud of.

The Voyage is happy to have Sharon as a part of our family,







## MARVELOUS MURPHYSBORO ENTERTAINMENT

August 2nd Ice Cream Sandwich Day August 4th 1PM (E) Don't Burst My Bubble August 6th National Sisters Day August 7th 1PM (W) Brain Freeze Craniums August 11th 1PM (E) Brain Freeze Craniums August 21st 1PM (E) Music with Kenny Carr August 28th 12:30PM (W) S'mores party

#### <u>BINGO</u>

T<u>UESDAYS, THURSDAYS AND SATURDAY</u>S EAST BUILDING 1PM <u>WEDNESDAYS</u> WEST BUILDING 1PM EAST BUILDING 5:30PM

#### Resident of The Month

Helen McKenzie Hometown: Murphysboro, IL

Helen has lived in Murphysboro her whole life. She was married for 50 years before her husband passed away . Helen has a son, a daughter, 2 granddaughters and 2 great-grand daughters on the way. Norma was a house wife until her children grew up, then she took care of her parents and sister while cleaning houses for others. Norma loves to plant flowers, work in the yard and sit on her porch swing. Norma is known for cooking the best dumplings in the area. The Voyage is proud to have Norma in our Murphysboro community.



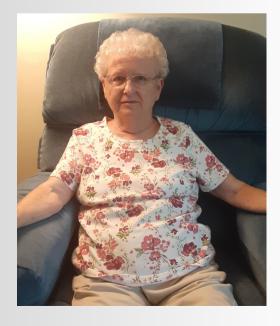
VICKI

BETTIE

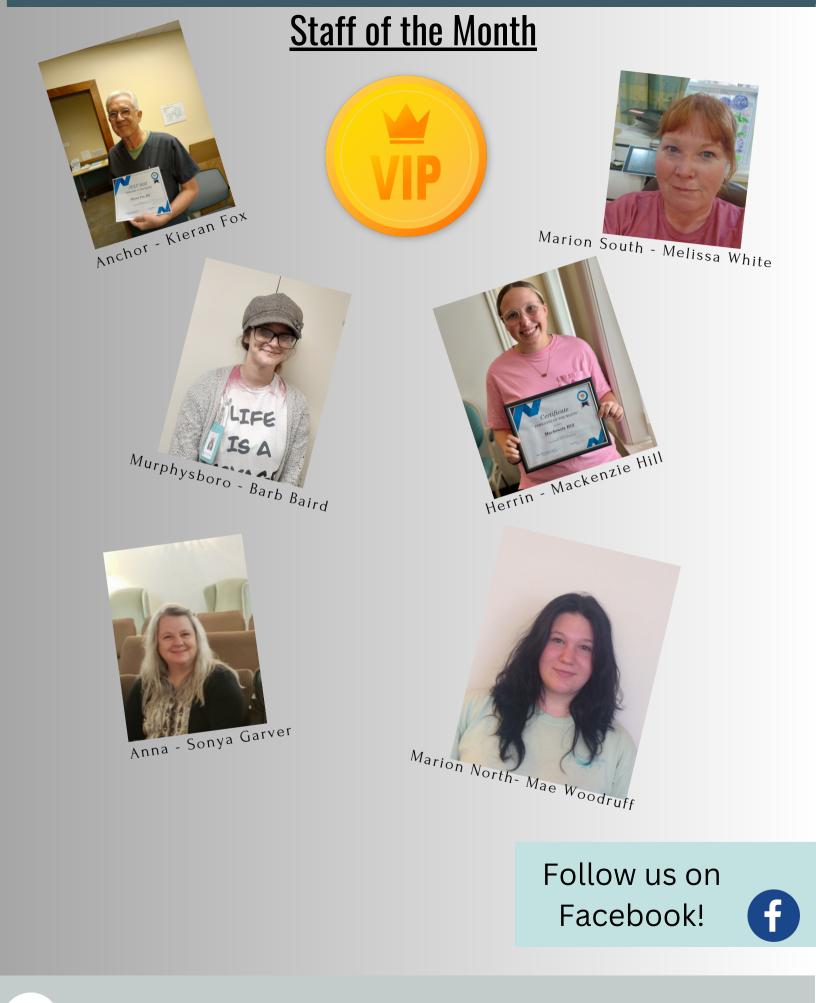
#### Foot Doctor

August 28th (E) August 29th (W)









PAGE 08