



From the desk of Regina Cole, Shores Program Director



This month we will be celebrating American Art Appreciation by conducting a variety of programs with the theme, "August is a work of art!" The Shores has a large group of gifted residents who have created beautiful works of art throughout their lifetime and we are excited for all to join them as they share their talents with us. Every Tuesday afternoon, our talented activity assistant, Donna Simard has put together a series of Expressive Design classes, to included the creation of Eye Dropper Daisies and Sandpaper Paintings. When you are visiting the Shores, please take a look at the a wall to view the lovely, colorful, beautiful pieces.

The Tokyo 2020 Summer Olympics are finally here and everyone has enjoyed watching the various sporting events on television. During the last week of July, we started our own "Shores Olympic Games," full of fun and serious competition! It has been so exciting and every afternoon, we all look forward to the next day's event! We will continue with more fun and exciting games through August, such as Shooting, Javelin, Archery, and Volleyball to name a few. We will award the winners and celebrate the conclusion of the games with a ceremony on Sunday, 8/8. We are also looking forward to our next monthly party titled, "Disco-A-Go-Go", on Wednesday, 8/25. Our past 2 parties have been full of dancing and fun was had by all. Feel free to help your loved one get into the spirit by picking out their best 70's attire. We will all put our dancing shoes on, and groove to "The Bump" and "The Hustle."

"Smell the sea, and feel the sky, Let your soul and spirit fly!" - Van Morrison

Resident Spotlight



Lynn Prebe was born in Long Beach, California on April 13th, 1943. Her mother and father raised her in Long Beach along with her older brother. Though her mother dreamed of being a hairdresser, she stayed at home and raised Lynn and her brother. Her father and uncle started an upholstery company called Carlson Upholstery in Bellflower California, which is still run by Lynn's cousin, Alan. Lynn went to community college and was very interested in law, Lynn's father knew a few lawyers and a judge and was able to get Lynn a job as a legal secretary, which she loved. She worked as a legal secretary for over 20 years. Lynn enjoys needlepoint and has dabbled in crochet. Her favorite piece is hanging in her room on a Christmas tree.

Lynn married Dennis Solvey in 1966 and gave birth to her daughter, Stephanie in 1967, which brought Dennis home from Vietnam on emergency because her father had died July 1967 and her daughter was

Continued on page 4 - - >

Memorable Moments...



Resident Spotlight (cont.)

born early August 1967. Lynn actually married 5 times, but shares that she met the love of her life Jim Prebe in the early 80s and they were the couple of the year! They got married in 1984 and purchased a yacht and condo in Huntington Harbour, California. These were beautiful times, full of love and 3 new stepchildren. Jim called Lynn "sweet thing" and named their boat, 50 bay liner after her. He would spend the rest of his life spoiling her, and he did up until he died of cancer in November 1993.

A year later, Lynn was full of joy when her grandson, Justin was born. She is so proud of him and states that he always makes her smile. Lynn was eventually introduced to another fine man and was set up on a blind date. They were an instant match and Lynn enjoyed her time with Stuart Trumble until he passed in May 2014. Lynn got back into the swing of things, became a member of the Huntington Harbour Yacht Club, the Sunset Beach Women's Club, practiced Yoga every Wednesday, and stayed busy every night with friends.

She is an avid traveler, traveling all around the world, and has very fond memories of traveling with her family. Lynn loves to watch sports and listening to music. She also enjoys sitting in the Shores patio, watching the blooming flowers, and feeling the cool breeze, under the warm sun. Lynn has such a fun sense of humor and enjoys a good laugh from time to time!

ACTIVITIES CALENDAR - AUGUST 2021

SUNDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 A Nondenominational Service:
"Let the Sun Shine In"
1:30 Table Games
1:30 Discussion: StoryTalk
2:30 Summer Vacation Disasters
2:30 Comparative Listings
3:30 Twenty Questions
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

1

MONDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Musical Bingo
11:00 Lounge Activities
1:30 Olympic Competition: Shooting
2:30 George Lawton - Singer
3:30 Remembering Learning How to Swim
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

2

TUESDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise/Reminiscing
10:30 Scenic Drive
11:00 Short Story: "Perfect Day"
11:00 Lounge Activities
1:30 Olympic Competition: Javelin
2:30 You Be the Judge
2:30 Choices in a Jar
3:30 Remembering Famous Faces:
Audrey Hepburn
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

3

WEDNESDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Read My List
11:00 Lounge Activities
1:30 Olympic Competition: Archery
2:30 Little Book of Answers
2:30 Sea Shanty Sing-along
3:30 "Mystery History"
3:30 Lifetime Games
5:30 An Evening at the Movies

4

THURSDAY

9:00 News and Views
9:45 Walking Club
10:00 Zumba Chair Exercise
10:30 Crazy Daze/Reminiscing
11:00 Finish the Phrase
11:00 Doodle Art
1:30 Table Games
1:30 Exercise with Jennifer
2:30 Olympic Competition: Gymnastics
3:30 Current Events
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

5

FRIDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Categories Word Games
11:00 "Chicken Soup for the Soul" Stories
1:30 Olympic Competition: Volleyball
2:30 The Benefits of Curiosity
2:30 Clue Trivia
3:30 Countries & Cultures
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

6

SATURDAY

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Jeopardy Game
11:00 Lounge Activities
1:30 The Common Factor
1:30 Table Games
2:30 High Tea with Le Grand
3:30 Animal Kingdom
3:30 Motion Fitness
5:30 An Evening at the Movies

7

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Three-Category Pictionary
11:00 A Nondenominational Service:
"A Lamp to My Feet"
1:30 Closing Ceremony for the
Shores Olympic Games
2:30 Person, Vegetable or Bird?
2:30 Doodle Art
3:30 Shake Loose a Memory
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

8

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Bingo
11:00 Lounge Activities
1:30 Discussion: The Ungame
1:30 Table Games
2:30 Roy Southland - Karaoke
3:30 Discussing & Reminiscing:
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

9

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
10:30 Scenic Drive
11:00 Mothballs in the Attic
11:00 Lounge Activities
1:30 Fascinating Facts
1:30 Table Games
2:30 Expressive Design: Paper Flowers
2:30 Word Games
3:30 Remembering Famous Faces:
Jackie Kennedy
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

10

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Scattergories
11:00 Lounge Activities
1:30 Table Games
1:30 Culinary Creations: Vanilla Banana Cups
2:30 Felson Palad - Singer
3:30 "Mystery History"
3:30 Lifetime Games
5:30 An Evening at the Movies

11

9:00 News and Views
9:45 Walking Club
10:00 Zumba Chair Exercise
10:30 Crazy Daze/Reminiscing
11:00 Who Is "Horatio Hornblower"?
11:00 Lounge Activities
1:30 Exercise with Jennifer
1:30 Table Games
2:30 Mark Carter - Singer
3:30 Current Events
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

12

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Bowling
11:00 Lounge Activities
1:30 Songs Inspired by the Sea
1:30 Table Games
2:30 Jennifer Hart - Singer
3:30 Countries & Cultures
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

13

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Ever Wonder Why?
11:00 Lounge Activities
1:30 Down Memory Lane
1:30 Table Games
2:30 Social on the Rooftop
3:30 Animal Kingdom
3:30 Motion Fitness
5:30 An Evening at the Movies

14

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Musical Quiz
11:00 A Nondenominational Service:
"Reflections on Reaping What You Sow"
1:30 Table Games
1:30 Discussion: Famous Lighthouses
2:30 James Rader - Singer
3:30 What's Next?
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

15

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Musical Bingo
11:00 Lounge Activities
1:30 Discussion: Sharpen Your Senses
1:30 Table Games
2:30 George Lawton - Singer
3:30 Discussion: Pastimes
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

16

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
10:30 Scenic Drive
11:00 "You Be the Detective"
11:00 Lounge Activities
1:30 Fond Memories with Henry
1:30 Table Games
2:30 Expressive Design: Eyedropper Daisies
2:30 Say It With Music
3:30 Remembering Famous Faces:
Erma Bombeck
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

17

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Sound Bingo
11:00 Lounge Activities
1:30 "I Hear Memories"
1:30 Culinary Creations: Creamy Butter Cookies
2:30 Ryan Christopher - Singer
3:30 "Mystery History"
3:30 Lifetime Games
5:30 An Evening at the Movies

18

9:00 News and Views
9:45 Walking Club
10:00 Zumba Chair Exercise
10:30 Crazy Daze/Reminiscing
11:00 Rememory Game
11:00 Lounge Activities
1:30 Exercise with Jennifer
1:30 Table Games
2:30 Keith Comer - Singer
3:30 Current Events
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

19

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Finishing Lines
11:00 Lounge Activities
1:30 Can You Picture This?
1:30 Table Games
2:30 Mike Chamberlin - Singer
3:30 Countries & Cultures
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

20

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Ten-Minute Tales
11:00 Lounge Activities
1:30 Table Games
1:30 Category Game
2:30 High Tea with April Walsh
3:30 Animal Kingdom
3:30 Motion Fitness
5:30 An Evening at the Movies

21

9:00 News and Views
9:45 Walking Club
10:00 Felson Palad - Gospel Songs
11:00 Total Body Exercise
11:30 Crazy Daze/Reminiscing
1:30 Table Games
1:30 Discussion: Health Talk
2:30 Story Reading: "Sea Glass on the Shore"
2:30 Humor for the Young at Heart
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

22

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Bingo
11:00 Lounge Activities
1:30 The Syllable Game
1:30 Table Games
2:30 Roy Southland - Karaoke
3:30 Random Trivia
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

23

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise/Reminiscing
10:30 Scenic Drive
11:00 Doodle Art
11:00 Lounge Activities
1:30 Table Games
1:30 Word Games
2:30 Expressive Design: Sandpaper Painting
2:30 Discussion: What If? In a Jar
3:30 Remembering Famous Faces:
Alfred Hitchcock
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

24

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Travelogue: Dreams Come True in
Donegal, Ireland"
11:00 Lounge Activities
1:15 Helping Hands for Party Set-Up
2:30 Monthly Party: "Disco-A-Go-Go"
3:30 Short Story Reading:
"Chicken Soup for the Soul"
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

25

9:00 News and Views
9:45 Walking Club
10:00 Zumba Chair Exercise
10:30 Crazy Daze/Reminiscing
11:00 Jeopardy Trivia
11:00 Lounge Activities
1:30 Table Games
1:30 Exercise with Jennifer
2:30 Ron Johnson - Singer
3:30 Current Events
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

26

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Reverse Charades
11:00 Lounge Activities
1:30 Trivia For Seniors
1:30 Table Games
2:30 Name 10
2:30 "Make 'Em Smile!"
3:30 Countries & Cultures
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

27

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Exploring Landmark of the World
11:00 Lounge Activities
1:30 Penny Ante
1:30 Table Games
2:30 Social on the Rooftop
3:30 Animal Kingdom
3:30 Motion Fitness
5:30 An Evening at the Movies

28

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 A Nondenominational Service:
"What Does the Bible Say About Play?"
11:00 Travelogue: "Westward Ho!"
1:30 Table Games
1:30 Discussion: StoryTalk
2:30 It's Joke Time!
2:30 Exploring Dream Destinations
3:30 Twenty Questions
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

29

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise
10:30 Crazy Daze/Reminiscing
11:00 Musical Bingo
11:00 Lounge Activities
1:30 Table Games
1:30 Story Reading: "Finders Keepers"
2:30 Roy Southland - Karaoke
3:30 "Invention or Imagination?"
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

30

9:00 News and Views
9:45 Walking Club
10:00 Total Body Exercise/Reminiscing
10:30 Scenic Drive
11:00 Short Story Reading
11:00 Lounge Activities
1:30 Table Games
1:30 Ten-Minute Tales
2:30 Expressive Design: Water Color
2:30 "Chicken Soup for the Soul" Stories
3:30 Remembering Famous Faces:
Grace Kelly
3:30 "It's Never 2 Late"
5:30 An Evening at the Movies

31

LEGEND

- Be Challenged
- Be Inspired
- Be Adventurous
- Be Connected
- Be Social
- Be Well
- Be Family