

# Summer Virtual Events

*Lutheran Home has a July, August and September calendar filled with interesting, entertaining and informative virtual presentations. See the front side of this postcard for dates and times.*

*Don't miss out —*

## **Prehab Event**

**3rd Wednesday of the month | 10:00 a.m.**

**4th Wednesday of the month | 5:00 p.m.**

Are you having an elective surgery? Attending a Prehab presentation is a great opportunity to learn about what to expect during your rehabilitation stay at MyRehab on the Lutheran Home campus. When you attend a Prehab presentation we'll add your name to the advanced reservation list.

## **MyWellness Program**

**Online at [LutheranHome.org/wellness](https://LutheranHome.org/wellness)**

Manage and maintain optimal wellness at home with the MyWellness library of online videos featuring physical & brain fitness, nutrition, meditation and more. New videos posted each week!



Kindly reply to Brian Reynolds at (847) 368-7462 to register and receive Zoom login information.

**zoom**



## LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

*Lutheran Home is a Lutheran Life Community —  
Empowering vibrant, grace-filled living across all generations.*



## JULY 2020

### **P2 – Prepare and Prevail**

**Thursday, July 9 | 10:00 a.m.**

Join the experts at Lutheran Home for a frank discussion about memory care and what you need to know.

### **Retirement Reimagined**

**Tuesday, July 14 | 10:00 a.m.**

In a time where we continue to live longer and live healthier lives, it's time to reconsider what retirement and aging really means and how to break free from those stereotypes to live our best lives.

### **Memory Care Coalition Olympics**

**Friday, July 17 | 9:00 a.m. to 5:00 p.m.**

A free, educational event about memory care. Gather information, connect with others, hear from researchers and industry experts.

### **Romancing for Riches**

**Tuesday, July 21 | 10:00 a.m.**

Young predators look for seniors who are alone and have monetary resources, befriend and romance them, and then try to take over their accounts. Learn from attorney Kerry Peck how you can protect yourself!

### **Typhoid Mary**

**Thursday, July 30 | 10:00 a.m.**

Storyteller Leslie Goddard relives the story of the "killer cook" who changed what we know about viruses.

*Be sure to mark your calendar for any or all of these virtual presentations. Call (847) 368-7462 to sign-up and receive Zoom login information.*

## AUGUST 2020

### **Ray & Joan: The Man Who Made the McDonald's Fortune and the Woman Who Gave it All Away**

**Friday, August 7 | 10:00 a.m.**

Hear the fascinating story of the McDonald's fortune as told by professional storyteller, Jenny Riddle.

### **Virtual Tea Party**

**Thursday, August 13 | 1:00 p.m.**

Stuck at home? Enjoy a virtual tea party. Relax with a hot (or iced) cup of tea. Join Sonija and exchange your favorite dessert recipes.

### **O is for Ortho**

**Tuesday, August 18 | 6:00 p.m.**

Dr. Jeffrey Goldstein of Illinois Bone & Joint Institute will educate us on everything orthopedic as part of The A to Zs of Health and Wellness Series.

## SEPTEMBER 2020

### **The Benefits of Journaling**

**Wednesday, September 2 | 10:00 a.m.**

Journaling is a great way to keep track of your emotions and what's happening in your life. Learn how you can journal.

### **Maintaining Balance and Avoiding Falls** **Tuesday, September 8 | 11:00 a.m.**

Keeping your balance means keeping your strength. Learn how to build strength, improve balance and avoid falls.

### **How To Cope During Difficult Times**

**Monday, September 14 | 10:00 a.m.**

Simple, helpful hints on how to cope during trying times.

### **Name That Tune!**

**Thursday, September 24 | 11:00 a.m.**

Raise your hand during this virtual presentation to identify the correct name of the song being played. Prizes will be awarded!

**zoom**