



July 25, 2026

Cathy Hula, President of the Social Activities Committee, welcomed everyone to coffee.

- **Pledge of Allegiance:** **Fred Carter** led the Pledge of Allegiance, which was followed by a moment of silence.
- **Coffee Committee:** Pam Walker, Bob Goguen, Charlie Gilmette, Bruce and Patty Coursey prepared coffee today. Thank you!
- **July Birthdays:** Randy Johnson (78), and Dick Gaffney (94)
- **July Anniversaries:** Rich & Cathy Hula (13 years), and Bob Goguen & Charlie Gilmette (30 years).
- **Reminder** that there will not be Saturday Coffee in the month of August.
- **Food Pantry:** Scheduled for August 20th at the Hacienda – Free Produce.
- **Chair Volley Ball:** Continues on Mondays and Thursdays.
- **School Supplies Donations: Renee Smith** – We will be collecting school supplies for the Bardmoor Elementary School. Items will be delivered in the second week of September.
- **HOA: Norm Runkles** –
 - The next board meeting is on Thursday, August 20th. Those that cannot attend may participate in a Teams meeting. Contact the HOA via email or Sydney directly for more information.
 - The Largo Police Department logged 29 calls during the month of June.
- **Cares Network: Julia West** – A reminder that the network is available to do wellness checks for residents. Wellness checks may also be conducted by the Largo Police Department by calling (727) 587-6730.
- **Did You Know?: Carolyn Johnson (presenting for Dave Casady) -**
 1. Mount Everest has about 200 bodies left on it, acting as trail markers.
 2. A 2006 Institute of Medicine report estimated that doctor's unclear handwriting led to thousands of deaths primarily through medication errors, wrong dosages and misread prescriptions, and over a million injuries annually before digital entry took over.
 3. There is enough iron in an adult human body to make a nail 3 – 4 inches long. (Remember to eat your iron fortified Flintstone vitamins).
 4. Ice skating rinks always go counterclockwise for the majority of the population that are righthanded and need to hang on to the rail.
 5. Bulls can run faster uphill than downhill. (that is a good nugget of info to remember if you're in Pamplona).
 6. The extraocular muscles that control your eye movement, are considered the most active muscle's in the human body.
 7. Every single part of the watermelon is edible including the rind and seeds. Parts of Asia Stir-fry or pickle the rinds. There are over 1,200 different varieties of watermelon grown around the world.
 8. Hugging someone you love for more than 20 seconds triggers a massive release of Oxytocin in your brain, which physically lowers your heart rate, reduces stress, and builds a deep biological bond of trust (and it just feels wonderful).
 9. Just standing in direct sunlight for 10 minutes forces your brain to create Serotonin. This powerful neurotransmitter instantly stabilizes your mood and makes you feel naturally happier.

10. Crab blood is naturally blue because it contains copper, while humans have red blood because it contains iron.

➤ **Find the Hidden Objects: Carolyn Johnson –**

- We played a game where the audience was provided with a picture and a list of seven objects to locate within the picture within a two-minute time span. No one found all seven; five was the highest score. Participants received microwave popcorn packets. We will continue this game in September.

➤ **Sunshine Report: Karen Ray –**

- Al Leithner passed away this week.
- Margaret Johnson is home recovering from a break to her ankle.
- Karen shared some jokes with us.

➤ **Men's Club: Dennis Juda:** There were 3 \$10 50/50 winners today.

There were 21 in attendance this morning and baked goods for sale.

Summary of Upcoming 2026 Events

For Regular Occurring Events, please consult the Monthly Bulletin

Date / Time	Time	Location	Event	Sponsor	Notes
Saturday, July 18, 2026	2:00pm	Francis Wilson Playhouse	Memory Lane Play		302 Seminole St., Clearwater
Sunday, July 19, 2026	5:00pm	Hacienda	Chapel Picnic	Chapel	Tickets are \$7.00 per person
Friday, July 24, 2026	6:00pm	Hacienda	Game Night		
Saturday, August 1, 2026	2:00pm	Catherine Hickman Theatre	Memory Lane Play		5501 27 th Ave. S, Gulfport
Thursday August 20, 2026	10:00am	Hacienda	Senior Food Pantry		Free Produce
Thursday September 17, 2026	10:00am	Hacienda	Senior Food Pantry		Free Produce
Thursday October 10, 2026	TBA	Suncoast Theater	Pretty Woman	HOA	Matinee performance
Saturday, October 17, 2026	5:00pm	Hacienda	Welcome Back Dinner/Dance	Women's Club/Dance	\$15.00 per ticket
Saturday, October 24, 2026	7 – 10pm	Hacienda	Halloween Dance	Dance	\$10.00 per ticket
Sunday, November 8, 2026	TBA	Hacienda	Fall Bazaar	Women's Club	
Saturday, November 14, 2026	7 – 10pm	Hacienda	Fall Dance	Dance	\$10.00 per ticket
Saturday, November 21, 2026	TBA	Hacienda	Fall Clothing Swap	Women's Club	
Thursday December 3, 2026	TBA	Suncoast Theater	Christmas Carol	HOA	Matinee performance
Saturday, December 19, 2026	7 – 10pm	Hacienda	Holiday Dance	Dance	\$10.00 per ticket



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*****Saturdays 2:00-3:30pm*****

7/11 The Palladium (253 5th Ave N, St Pete)

7/18 Francis Wilson Playhouse (302 Seminole St, Clwtr)

8/1 Catherine Hickman Theatre (5501 27th Ave S, Gulfport)

Questions? Call 727-
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