



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2  \$ Angel Face Ice Cream Van 2:30 PM	3  Book Mobile 9:45 AM Ballroom Lot	4  4th of July Banana Splits 1 PM Ballroom No Golf Happy Hour this week. Happy 4th of July.	5
6  Summer Chapel 8:45 AM Catalina Room Casual Dress	7  Coffee & Donuts 8:45 AM Serve 9:00 AM Announcements Ballroom	8	9  Preferred Care at Home Seminar 9 AM Santa Rita Room	10  Afternoon Movie 1 PM Catalina Room	11  \$ Brats Happy Hour Golf Pro Shop 5-7 PM	12  The Crossing Open House 10AM-2PM
13  Summer Chapel 8:45 AM Catalina Room Casual Dress	14  Northwest Medical Doc Talk 9 AM Santa Rita Room	15  Oak Street Health Water Delivery. Breakfast Open House at the Crossing 9-10 AM	16  \$Loaded Nachos 12 PM Ballroom	17	18  \$ Burger Happy Hour Golf Pro Shop 5-7 PM	19
20  Summer Chapel 8:45 AM Catalina Room Casual Dress	21  Coffee & Donuts 8:45 AM Serve 9:00 AM Announcements Ballroom	22	23  \$ Angel Face Ice Cream Van 2:30 PM	24  \$ Holy Smokin Butts Lunch Bunch 11:30 AM	25  \$ Hot Dogs Happy Hour Golf Pro Shop 5-7 PM	26
27  Summer Chapel 8:45 AM Catalina Room	28  Breakfast Open House at the Crossing 9-10 AM	29  \$Root Beer Floats 1 PM Ballroom	30  Synergy Home Care Seminar 10 AM Santa Rita Room	31		

Kick off the weekend in style every Friday night from 5 to 7 PM at the golf course with our lively Happy Hour! Join friends and neighbors for a fun, social evening filled with delicious food specials from Nadine's kitchen to purchase, refreshing drink discounts, and stunning sunset views over the greens. Whether you're fresh off the course or just ready to unwind, our patio is the perfect place to relax, laugh, and enjoy the good life. We bring the fun, you bring the company! You don't have to be a golfer to enjoy this weekly event, but if you are, sign up for our 2 person scramble from 5 to 7 PM. Don't miss the best part of the week. See you on Fridays!

JULY ACTIVITIES 2025



Coffee & Donuts

July 7 Sponsor: Oak Street Health

July 21: Sierra Del Sol Senior Living

Time: Donuts served at 8:45 AM

Announcements at 9 AM

Location: Ballroom



Let's All Go to the Movies New In Town

July 10 1:00 PM Catalina Room

Join us as we watch *New In Town*. A high-powered consultant in love with her upscale Miami, Florida lifestyle is sent to New Ulm, Minnesota to oversee the restructuring of a blue collar manufacturing plant. After enduring a frosty reception from the locals, icy roads and freezing weather, she warms up to the small town's charm, and eventually finds herself being accepted by the community. When she's ordered to close down the plant and put the entire community out of work, she's forced to reconsider her goals and priorities, and finds a way to save the town. Bring along your popcorn and snacks!



4th of July Banana Splits Party

July 4 1:00 PM Ballroom

We're Bananas About Banana Splits!

Come along for your free banana split to celebrate the 4th of July with us. There will be all your favorite toppings in your very own banana boat. There's nothing better than ice cream on a hot summer day!

Get your free tickets in the Activity Office.



**NORTHWEST
HEALTHCARE**

Northwest Specialty Care "Doc Talk" with Dr. Grooms, Orthopedic Surgeon

July 14 9 AM Santa Rita Room

Join Northwest Specialty Care in their summer series of Doc Talks. This month we welcome Dr. Grooms. He is a fellowship-trained orthopedic sports medicine surgeon specializing in open, arthroscopic and reconstructive procedures for the shoulder, hip and knee. Some of his practice focuses are joint replacement; nonsurgical care of conditions such as tendonitis, arthritis and other pain conditions; minimally-invasive ankle, shoulder and knee surgeries. Please come along to this free and very informative event.

Activity Office Summer Hours

9 AM - 12 PM

Registration Summer Hours

Mon-Fri: 8 AM - 5 PM

Sat-Sun: 8 AM - 4 PM

JULY ACTIVITIES 2025



Preferred Care at Home Seminar

July 9 9 AM Santa Rita Room

Since 1984, the founders of Preferred Care at Home have had the privilege of assisting clients improve their quality of life while still recognizing and maintaining their dignity and independence. Preferred Care at Home has continued this tradition by only referring the most reliable, compassionate, experienced and affordable caregivers to client's homes or care facilities. Learn more about Preferred Care at Home Senior Care Services at this informative seminar.



LUNCH BUNCH

Lunch Bunch at Smokin' Butts

July 24 11:30 AM

Join us at Holy Smokin' Butts Restaurant for the best BBQ in Tucson! Make sure to sign up on the bulletin board outside of the Activity Office.

Address: 6940 E Broadway Blvd.



NACHOS NACHOS NACHOS

July 16 12:00 PM Ballroom

From ooey, gooey nacho cheese to hoppin' hot jalapenos, you will be needing a siesta after all of this deliciousness!

You must have a ticket for this event.

Please come to the Activity Office for your tickets. **\$5.00 pp**



Root Beer Floats

July 29 1:00 PM Ballroom \$3 pp

Cool off this summer with a sweet treat as our Root Beer Float Social. Join us for a fun and refreshing afternoon where we will be serving up classic root beer floats - creamy vanilla ice cream topped with fizzy root beer. Don't miss the smiles, scoops and the sips! Get your ticket at the Activity Office.



FAT WILLY'S FAMILY SPORTS GRILL

Game on at Fat Willy's! Join us for Trivia and Bingo nights. Looking for a fun night out with friends, food and a little friendly competition? Join us every Wednesday at 5 PM for Bingo for your chance to win fun prizes and come back on Saturday for our trivia nights at 5 PM. Whether you're a seasoned player or a first-timer, there's a seat at the bar for you!



SYNERGY HomeCare

Care that moves you™

July 30 10 AM Santa Rita Room

Navigating the world of home care can be tough, but help is on the way. Join Synergy Home Care as they discuss the following topics with our residents: Fall Prevention; Paying for Care; Care Homes vs Home Care; When Living at Home Gets to be Too Tough; and Options When You Need Help. Come along to learn about building a safe, supportive care plan for the future.



VOYAGER DISPATCH

COURTESY PATROL JULY 2025



Staying hydrated in Arizona requires conscious effort due to the hot, dry climate. The Arizona Department of Health Services recommends drinking at eight cups of water per day, and even more if you are active outdoors. Carrying a reusable water bottle, consuming foods with high water content, and avoiding excessive alcohol and caffeine can help you stay hydrated.

- **Prioritize Water:** Water is the most effective way to stay hydrated. However, other fluids like lower-fat milk, sugar-free drinks, and tea can also contribute to your daily fluid intake.
- **Regular Intake:** Make an effort to drink fluids regularly throughout the day, rather than waiting until you feel thirsty. Sipping small amounts frequently can help maintain hydration levels.
- **Carry a Water Bottle:** Having a water bottle with you can help you stay on track with your hydration goals.
- **Hydrating Foods:** Some fruits and vegetables, like watermelon, cucumber, and lettuce, have high water content and can contribute to your hydration.
- **Listen to Your Body:** Pay attention to your body's signals of thirst and drink accordingly.
- **Extra Hydration Needs:** During hot weather, when exercising, or when you're sick, you may need to increase your fluid intake.
- **Consider Electrolytes:** If you are exercising intensely for more than an hour, a sports drink with electrolytes might be helpful.
- **Limit dehydrating substances:** Alcohol and caffeine can contribute to dehydration, so it's best to moderate your intake, especially when it's hot.
- **Monitor Urine Color:** A light-colored urine indicates good hydration, while darker urine may indicate dehydration.
- **Check for Dehydration:** Symptoms of dehydration can include thirst, dark urine, less frequent urination, dizziness, and fatigue.
- **Seek Medical Advice:** If you experience severe dehydration symptoms like confusion, fainting, or rapid heartbeat, seek immediate medical attention.

Make sure to attend our July 7th Coffee & Donuts where you can sign up for Oak Street Health to deliver a case of water directly to your door!

JULY ACTIVITIES 2025



Spread the Love: Peanut Butter Drive

This summer, we are coming together as a community to make a difference in the lives of local children and it starts with a jar of peanut butter. Join us for a month-long food drive focused on the best thing to put between sliced bread: peanut butter. Our goal this summer is to collect 10,000 jars in Tucson. Last year Voyager donated 632 jars. Let's try and beat that this summer!

The Peanut Butter Party Food Drive addresses a consistent need for shelf-stable, easily distributed food items. Every family and individual that visits one of our food banks leaves with a jar of peanut butter.

Anyone can donate peanut butter: faith communities, neighborhood associations, clubs, companies, community partners... and you!

Peanut butter is a staple food in ICS food banks. Here's why:

- People of all ages love it – even the pickiest of kids.
- A jar of peanut butter goes a long way to feed a family.
- It doesn't need refrigeration.
- High protein content, fiber, and healthy fats make it nutritious and filling.
- It doesn't require heating or other preparation.

Let's come together to support this powerful cause. Every jar counts. Let's spread the love, one spoonful at a time! The drive begins Monday, July 1 and ends Friday, August 1. You can drop your jars off to the Activity Office or V-265. No glass jars please.



Step into a healthier you happening twice a day, every day this summer, unless noted. Join us in the Ballroom from 6-8 AM and 3-5 PM. Walking is one of the best ways to boost heart health, strengthen bones and muscles, improve balance, and burn fat, all while enjoying great company. Let's stay connected this summer! All Voyager, Bay, Cove & Crossing residents welcome. **Please note there will be no morning (6AM-8AM) Ballroom walking on July 7 and 21**

JULY ACTIVITIES 2025



Stay cool & hydrated! This summer, Oak Street Health is giving back to our community by offering a free case of bottled water to our residents. With temperatures rising, it's more important than ever to stay hydrated, and this thoughtful gesture is just one way for Oak Street to show their appreciation. **Please attend coffee & donuts at 9AM on Monday, July 7 to sign up for your free case of water. Oak Street Health will deliver your case of water to your door on Tuesday, July 15. You must sign up at the July 7 coffee & donuts to receive your water.**



Neighbors Helping Neighbors

Resident led Neighbor to Neighbor program is here to support Voyager, Bay, Crossing & Cove residents by helping you to stay independent and connected to community. We offer transportation to appointments, help with errands, and rides to social activities. Our resident volunteers provide short-term caregiver relief, weekly visits, and light home repairs, including assistance with computers, internet, and TVs. We also offer trash assistance and pet care, including dog walking.

Anchored by Pima Council on Aging, we're always looking for volunteers especially drivers! If you could use a little help or want to lend a hand, contact Jennifer or Lori at (520) 474-0596. Let's build a stronger, more connected community together!



The Crossing at Voyager

**We warmly invite you to The Crossing at Voyager Open House & Coffee and Donut events. Coffee & Donuts Tuesday, July 15 & Monday July 28. 9AM-10AM
Open House: Saturday, July 12 10AM-2PM**

Discover affordable, low-maintenance living in a thoughtfully planned neighborhood where comfort, connection, and convenience come together. The Crossing at Voyager offers beautifully crafted manufactured homes with modern finishes, open-concept designs, and all the features you need to enjoy the next chapter of life.

Enjoy all of the best amenities like a community clubhouse, sparkling pool and hot tub, and access to all of the amenities at Voyager within walking distance from your new home. Whether you're looking to downsize, simplify, or just find your perfect forever home, you'll feel right at home here.

During these events, you'll enjoy guided tours of fully furnished model homes, meet-and-greets with our friendly team. If you enjoy low-maintenance living, affordable homeownership with flexible financing, within a welcoming, age-qualified neighborhood then The Crossing at Voyager is made for you!