



**LUAU Party!**

FEATURING THE MUSIC OF  
STEEL DRUMMER & VOCALIST  
**Gabe Lamog**

Enjoy  
Tropical Treats  
and Beverages!

**FRIDAY  
JULY 10<sup>TH</sup>  
2:00 P.M.**

## Summertime Highlights!

- **Fireworks Watch Party** — Saturday, 4<sup>th</sup> • 8:30 p.m.  
*Fireworks begin promptly at 9:00 p.m.*
- **Crafts with Jani** — Tuesday, 7<sup>th</sup> • 2:30 p.m.
- **"Poland" Presentation by Don Wilhoyte**  
— Thursday, 9<sup>th</sup> • 2:00 p.m.
- **Health Talk with Legacy** — Thursday, 16<sup>th</sup> • 3:00 p.m.
- **Blood Pressure Clinic** — Friday, 17<sup>th</sup> • Noon
- **Birthday Bash** — Friday, 17<sup>th</sup> • 2:00 p.m.
- **Nashville Pet Therapy** — Saturday, 18<sup>th</sup> • 2:00 p.m.
- **Jewelry Sale** — Thursday, 23<sup>rd</sup> • Noon (Lobby)
- **Games on the Patio** — Thursday, 23<sup>rd</sup> • 2:30 p.m.
- **Card Making with Barb** — Sunday, 26<sup>th</sup> • 3:00 p.m.

## Delightful July Outings

- **Lunch at In-N-Out Burger** — Wednesday, 1<sup>st</sup> • 12:30 p.m.
- **Bingo at Senior Center** — Friday, 3<sup>rd</sup> • 11:45 a.m.
- **Lunch at Chick-fil-A** — Wednesday, 15<sup>th</sup> • 12:30 p.m.
- **Dinner at Marco's Pizza** — Tuesday, 21<sup>st</sup> • 4:00 p.m.
- **Boutique Shopping and Lunch** — Friday, 24<sup>th</sup> • Noon
- **Trip to the Factory at Franklin** — Thursday, 30<sup>th</sup> • 11:30 a.m.

## Memories of our Western Party!




**The Rutland Rave**

## Sunshine, Celebration and Connection!



July has a way of inviting us all to slow down and enjoy the simple pleasures of summer. The days are long, the gardens are blooming and there's a little extra sparkle in the air. It's a wonderful time to gather with friends, share stories and make new memories right here in our community.

This month is often filled with familiar joys—patriotic decorations, picnics, music, ice cream and time spent outdoors when the weather allows. Make sure to check the calendar to see what awesome activities and events Jani has planned for us! July reminds us that celebration does not have to be grand to be meaningful. A cool drink on the patio, laughter during a game or a conversation with a neighbor can turn an ordinary day into something special.

Of course, July also brings a sense of tradition. Many of us remember parades, family cookouts, fireworks in the distance and favorite summer recipes passed down over the

years. Those memories are worth revisiting and sharing. Every resident has a story, and this season is a perfect chance to tell it. Whether it's a favorite Independence Day memory, a beloved summer vacation or the smell of fresh watermelon at a family reunion, these moments connect generations and keep traditions alive.

Summer is also a great time to try something a little different. Maybe it's joining an activity for the first time, spending a few extra minutes outside in the morning, or making a new acquaintance. Small choices can bring unexpected joy. Here at Rutland Place, there is always an opportunity to brighten someone's day—and often our own at the same time.

As we move through July, let's make room for fun, friendship and gratitude. Let's enjoy the sunshine, appreciate the beauty around us and celebrate the strong sense of community that makes this place feel like home. Here's to a month filled with warmth, laughter and plenty of happy summer moments!

—Karen Tucker, Executive Director

## Summertime Fun at Home and On the Road!



Billy Tarkington entertained at Western Day!



Residents enjoyed a trip to Parnassus Book Store in Nashville

**JULY 2026**

**RUTLAND  
PLACE**

AN EXCEPTIONAL SENIOR COMMUNITY

435 N.W. Rutland Road  
Mt. Juliet, TN 37122

**(615) 773-6111**

[www.RutlandPlaceSeniorLiving.com](http://www.RutlandPlaceSeniorLiving.com)



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## Enhancing Comfort and Safety Through Scooter School!



### A NOTE FROM JANI

## A Time to Celebrate

This July we will be marking the United States of America's 250th year of independence! We sure do have a lot to celebrate as a community and a nation! One reason I enjoy Independence Day is that no matter what side of any fence you stand on, as a collective, this day brings fellowship and joy for all Americans. I hope you enjoy this great country's anniversary!

I encourage everyone to enjoy the weather July brings. There will be plenty of opportunities to gather, laugh, learn and build memories. We are so blessed to have a great place like Rutland to spend our days! I know I am blessed to be here with you!

—Jani Miller, Life Enrichment Director

**STAY STRONG. STAY WELL.**

## Hydration Matters!

Drinking enough water every day is one of the simplest ways to protect your health and well-being.

**STAYING HYDRATED HELPS:**

- Support brain function and focus
- Keep your heart and muscles working
- Support kidney health
- Help your body fight illness and infection
- Keep your joints lubricated and comfortable

As we age, our bodies may not always tell us we're thirsty—so it's important to **DRINK OFTEN!**

**Don't wait until you're thirsty. DRINK OFTEN. STAY HYDRATED. STAY HEALTHY.**

Keep a glass of water nearby. Sip throughout the day. Your health is worth it!

Small sips. Big benefits. Hydrate for life.

## Craft Time is Always Fun Time!



## Ice Cream Outing

at Shop Springs Creamery in Lebanon.  
It was delicious!



## Learning a New Game



Friends from Del Webb came and taught us how to play Samba.



**Here's a Great Way to Enjoy Summer Even More!**

## Lively Summertime Entertainment!

### JOY SINGERS PATRIOTIC PERFORMANCE

Thursday, July 2nd • 2:00 p.m.

### GABE LAMOG

at our fabulous Luau Party!

Friday, July 10th • 2:00 p.m.

### CHARLIE MASON

Thursday, July 16th • 2:00 p.m.

### IMPROV COMEDY SHOW

Tuesday, July 21st • 2:30 p.m.

### THE SILVER NOTES

Wednesday, July 22nd • 2:00 p.m.

### PAM WESTON

Friday, July 24th • 2:00 p.m.

### DONELSON POMS

Friday, July 31st • 2:00 p.m.



### RESIDENT BIRTHDAYS

|                    |      |                      |      |
|--------------------|------|----------------------|------|
| Bob Whistler ..... | 2nd  | Lois Leach .....     | 15th |
| Don Frith .....    | 5th  | Al Leach .....       | 21st |
| Bela Varga .....   | 12th | Sherry Spicer .....  | 22nd |
| Betty Wells .....  | 13th | Carol McDowell ..... | 24th |
| Linda Seres .....  | 15th | Dorris Cogar .....   | 29th |

### STAFF BIRTHDAYS

|                         |      |                       |      |
|-------------------------|------|-----------------------|------|
| Abner Balan .....       | 4th  | Callie Cash .....     | 24th |
| Emily Weatherford ..... | 18th | Piper Christman ..... | 26th |

**All the best for a great celebration!**

## RUTLAND PLACE

435 N.W. Rutland Road • Mt. Juliet, TN 37122

**(615) 773-6111**

RutlandPlaceSeniorLiving.com

|                       |                                  |
|-----------------------|----------------------------------|
| Karen Tucker .....    | Executive Director               |
| Eric Webb .....       | Food Service Director            |
| Jill Wagoner .....    | Community Relations Director     |
| Michelle Dillon ..... | Administrative Services Director |
| Jani Miller .....     | Life Enrichment Director         |
| Cat Powell .....      | FOH/Catering Director            |
| Cheyenne Smith .....  | Head Server                      |
| Mike Guerrieri .....  | Maintenance Director             |
| David Boltz .....     | Maintenance Assistant            |
| Cathy Salisbury ..... | Director of Home Services        |
| Rachel Burgener ..... | Salon                            |
| Tom Byrne .....       | Driver                           |

|                                                                                                                                                                                                                                                                                                                                                                       |               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Callie Cash, Piper Christman, Claire Emery, Leyla Sims, Wyatt Smith, Makayla Blackwell, Destini Smith, Kyleena Blades, Skylar Campbell, Cheyenne Smith, Gabby Perry, Keira Bartlett, Godfrey Afoutou, Zoe Chance, Anslee Powell, Abigail Taylor, Hawkins Driskill, Taymor Elekailli, Eden Tucker, Emily Weatherford, Lisa Swafford, Justin Inthiraj, Lily Huber ..... | Food Service  |
| Ashley Weatherford, Glenn Harla, Karen Smith, Jennifer Greer, Jay Gass, Lisa Moss, Barbara Gannon, Lisa Swafford .....                                                                                                                                                                                                                                                | Front Desk    |
| Freda Carr-Tenorio, Emma Hethcote, Monica Solano .....                                                                                                                                                                                                                                                                                                                | Housekeeping  |
| Maria De La Garza, Sylvia O'Choa, Amanda Jones-Valero, Lisa Moss, Roxanna Guzman .....                                                                                                                                                                                                                                                                                | Home Services |