

# The Daily Vine

*The Vineyards*



CALIFORNIA  
ARMENIAN HOME

(559) 835-0801 • RCFE#100400070 • PCOA #319



## Employee of the Month



Vannak Chann, Med  
Tech

Congratulations, Vannak Chann, on becoming this month's employee of the month. Vannak brings strong assets to her role, and our community is incredibly fortunate to have her on our team. She is dedicated and hardworking, always putting people first. She is extremely organized and focused on continuously learning to develop best practices to manage routine activities both efficiently and effectively. She brings consistency and creates teamwork and trust from staff, residents, and families. She illustrates true professional attributes by always serving our residents and one another with respect. Thank you, Vannak Chann, for your true leadership and setting the example of providing a wonderful place to call home for our residents!

July 2026



## Happy Fourth!

Happy Independence Day to everyone! We hope you join us for our annual Fourth of July celebration, which will take place Friday, July 3rd. Come out and enjoy our spectacular fireworks show, refreshments and musical entertainment. Fun begins at dusk. Hope to see you there!



## Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4.

# Welcome Home

## Welcome to Our Community



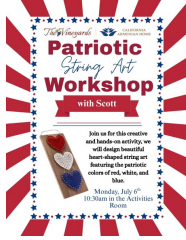
Bonnie  
Bedford-White

Mrs. Bonnie, who previously lived in Coarsegold, moved in several weeks ago and is happy to make

The Vineyards her new home. She stated that touring here and meeting with Isaac gave her a sense of being at home. Mrs. Bonnie said, "The staff and residents are very pleasant here." Mrs. Bonnie, an art instructor who taught high school art in San Jose, is excited to join the art class and continue pursuing her passion for watercolor. She finds the community offers exciting and fun activities and events. She enjoys entertainment on Wednesday nights, as well as line dancing. A fun fact about Mrs. Bonnie is that she plays the ukulele and hopes to perform with her ukulele team soon. Like most of us, Mrs. Bonnie finds it challenging to remember everyone's name, which is understandable in such a large community. Mrs. Bonnie is easy to remember for her beautiful smile and pleasant personality. We thank Mrs. Bonnie for making the Vineyards her home and becoming part of this beautiful community.



## Patriotic String Art Workshop



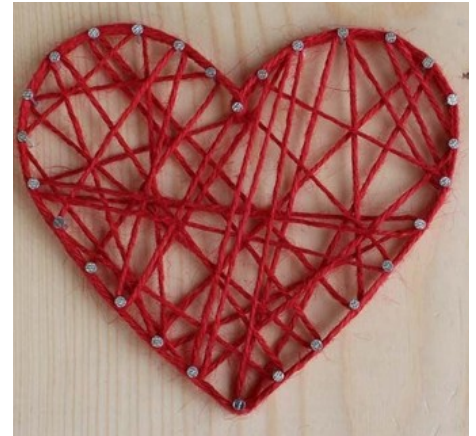
As we prepare to celebrate Independence Day, residents are invited to join us for a special Patriotic String

Workshop! This festive and creative activity will give residents the opportunity to design a beautiful heart-shaped string art piece using the patriotic colors of red, white, and blue. Using wooden boards, decorative nails, and colorful string, residents will create a unique keepsake that can be proudly displayed throughout the summer season.

Our Patriotic String Art Workshop offers more than just a fun craft. It is an opportunity to reflect on our nation's history while enjoying time with friends and neighbors. Creative activities such as string art help stimulate the mind, encourage fine motor skills, and provide a wonderful sense of accomplishment. As residents weave each strand of string, they will be creating not only a beautiful piece of art but also lasting memories.

The heart design serves as a meaningful symbol of love for family, community, and country.

Through this hands-on project, we hope to celebrate the values that bring us together while honoring the spirit of Independence Day. We look forward to seeing the creativity and patriotic pride that each resident brings to their masterpiece.



## An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.



# Save the Date



## Upcoming Community Events

- 07/03 4th of July Celebration
- 07/13 Gem & Mineral Showcase
- 07/21 Resident Forums
- 07/27 Shark Week begins

### Blessing of the Grapes

Mark your calendars for the Annual Blessing of the grapes. The Holy Trinity moonlight picnic will be held on Saturday, August 8th through 9th, and St. Paul's Church blessing of the

grapes on Sunday, August 16th.



## Out & About

### Store Outings

Summer months mean hot, warmer weather. In an effort to stay cool, the Wednesday grocery store outings for the upcoming months will be scheduled in the morning. Departure times will now be at 10am from June through September. We will return to our regular times in the Fall. Please be sure to make a note of that on your calendars. Thank you.



## Health & Wellness



### Our Bodies' Water Ways

It's important to stay hydrated throughout the year, but it's especially important during warm weather. Water is essential for many of the body's organs and functions. Here's a rundown of all the ways water keeps your body working well:

**Heart.** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water can also help with maintaining a healthy weight and regulating blood pressure, both of which reduce

stress on the heart.

**Brain.** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, as well as help prevent fatigue and headaches.

**Digestion.** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.



## Directory

### Chief Executive Officer

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### Chaplain

Scott Carter (559)417-8896

## July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July			1	Happy Birthday 2 <i>Myrna M. Gloria T.</i>	Happy Birthday 3 <i>Angie N. Clarice T.</i>	Happy Birthday 4 <i>Judy E.</i>
5	6	Happy Birthday 7 <i>Ann J.</i>	Happy Birthday 8 <i>Faye P. Alyce B. Roger S.</i>	9	Happy Birthday 10 <i>Greta B.</i>	11
12	Happy Birthday 13 <i>Joan B. Carol S. Lorelei Z.</i>	14	Happy Birthday 15 <i>Catherine T.</i>	Happy Birthday 16 <i>Robert B.</i>	Happy Birthday 17 <i>Barbara H.</i>	Happy Birthday 18 <i>Anne G. Valerie D.</i>
Happy Birthday 19 <i>Madeline L. Bettie S.</i>	Happy Birthday 20 <i>Jack K.</i>	21	22	Happy Birthday 23 <i>Walter B.</i>	24	25
26	Happy Birthday 27 <i>Ruby L.</i>	28	Happy Birthday 29 <i>Karen W.</i>	30	Happy Birthday 31 <i>Ozzie T.</i>	

S	F	F	F	S	G	A	L	F	F	F	S
S	G	L	F	L	G	S	F	L	A	G	S
G	S	A	A	F	A	F	F	A	L	S	G
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L	F	S	A	A	S	L	S	S	L	S	L
F	L	A	G	S	A	G	G	L	A	G	F
L	A	F	L	G	A	G	A	A	G	A	L
A	G	S	G	A	L	F	A	L	S	L	A
G	S	G	F	L	A	G	S	L	F	F	G
S	G	A	L	F	A	A	F	L	A	G	S

CAN YOU FIND  
THE WORD  
**“FLAGS”** 15 TIMES  
IN THIS PUZZLE?