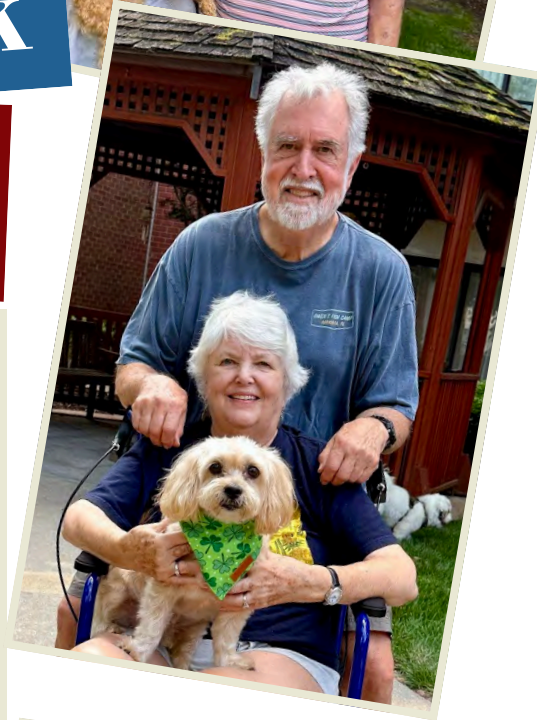


July Krier 2026 Issue



A Look Back at June



SPECIAL EVENTS

**WED.
JULY 8
10:00 AM**

FIELD TRIP OF FAITH

SIGN-UP SHEET OUTSIDE OF JAMIL'S OFFICE

Get ready for a fun and meaningful outing to The Cathedral of the Immaculate Conception at 416 W 12th St, Kansas City, MO 64105. We will leave at 10:00 a.m. and enjoy a beautiful time of faith, history, and fellowship together. Afterward, we will have lunch at Winstead's.

**WED.
JULY 15
2:00 PM**

BRING A FRIEND TO OUR WORLD CUP WATCH PARTY! WESTMINSTER

Gather with friends and neighbors to enjoy the excitement of the semi-final World Cup match! The Marketing Department will provide themed snacks and drinks. Bring a friend or family member to share in the fun and experience life at Kingswood.

**FRI.
JULY 17
1:00 PM**

KINGSWOOD'S 44TH BIRTHDAY WESTMINSTER

How Well Do You Know Kingswood? Join us as we celebrate Kingswood's 44th Birthday with cake, refreshments, and a fun Kingswood trivia challenge. Discover interesting facts from our history and see how much you know about the community we call home.

**THURS.
JULY 30
2:00 PM**

POOL BASKETBALL AQUATIC CENTER

Looking for a fun way to stay active? Dive into Water Basketball! Grab your friends and join us in the pool for some laughs, friendly competition, and great exercise- all while enjoying the comfort of the pool. It will be a splashing good time!





EVENTS & ACTIVITIES

Spanish Class

- Mondays
- 11:00 AM, Classroom

Mahjong

- Mondays & Fridays
- 1:00 PM, Bistro

Monday Meditation

- Mondays, 1:30 PM
- Asbury Chapel

Mexican Train

- Mondays
- 6:30 PM, Somerset

Brain Fitness

- Tuesdays,
- 11:00 AM, Bistro

Art Club

- Wednesdays,
- 1:00 PM, Somerset

Wednesday Documentary Series

- Wednesdays
- 2:00 PM, Theater

Inside the Music: A Classical Listening Series

- Wednesday July 1
- 3:00 PM, Theater

Knitters

- Thursdays
- 11:00 AM, Somerset Room

Tell Us Your Story

- Thursday, July 2 & 16,
- 3:00 PM, Somerset

Let's Talk

- Fridays
- 10:00 AM, Somerset

Redpath Alterations

- Thursday, July 2
- 10:30 AM, Somerset

Group Sing Along

- Friday, July 3
- 6:30 PM, Terrace Outside Bristol Dining Room (Weather Permitting)

Saturday Game Night

- Saturdays
- 6:30 PM, Somerset

Saturday Movie

- Saturdays
- 2:00 & 7:00, Theater

Donuts with Sergio

- Monday, July 13
- 10:00 AM, Westminster

Jam Session Meet Up

- Tuesday, July 14 & 28
- 1:30 PM, Somerset

Cash Bingo

- Tuesday, July 14
- 6:30 PM, Somerset

Men's Breakfast

- Wednesday, July 15,
- 8:30 A.M., Oxford

PAINT, SIP & SAVOR NIGHT

SIGNUP REQUIRED

- Wednesday, July 15
- 6:30 PM, Somerset

Game Night: Jingles

- Wednesday, July 15
- 6:30 PM, Bistro

Kingswood's Brithday Party

- Friday, June 17
- 1:00 PM, Westminster

Resident Association Meeting

- Friday, July 24
- 2:00 PM, Westminster

Caring Beyond Kingswood Workshop

- Tuesday, July 21
- 1:00 PM, Somerset

July Birthday Social Hour

- Tuesday, July 28
- 4:00 PM, Bistro

Bible Access: "The Illumination of the Spirit"

- Wednesday, July 29
- 10:30 AM, Theater

Pool Basketball

- Thursday, July 30
- 2:00 PM, Aquatic Center

OUTINGS

**PLEASE SIGN UP FOR
ALL OUTINGS AT THE
FRONT DESK!**



THURSDAY, JULY 2

LEGALLY BLONDE

Departure: 1:30 PM

Ticket: \$15

Join us for a special dress rehearsal of Legally Blonde at New Theatre! Follow Elle Woods as she heads to Harvard to win back her boyfriend and discovers she's much smarter than anyone expected. Filled with laughter, music, and heart, this fun musical stars Broadway performer and Overland Park native Hayley Podschun as Elle. Proceeds benefit the New Theatre Scholarship Guild.

FRIDAY, JULY 24

**Lunch at Rudy's Mexican Restaurant,
and Guided Tour of the Shawnee
Mission Indian Museum**

Departure: 11:30 AM

Museum Tickets: \$5

Join us for a delicious lunch at Rudy's Mexican Restaurant followed by a guided tour of the Shawnee Indian Mission Museum, one of Kansas' most important historic landmarks. Learn about the mission's role in local history while exploring the beautifully preserved grounds and buildings.



ANNOUNCEMENTS

FRIDAY GROUP SING ALONG: JULY 3RD

Celebrating America's 250th anniversary, patriotic songs will be enjoyed on the Terrace outside the Bristol Dining Room 6:30 (weather permitting).

BIBLE ACCESS: "THE ILLUMINATION OF THE SPIRIT"

The Worship Committee invites you to a video presentation by well-known Pastor Dr. David Jeremiah on **Wednesday, July 29 at 10:30** in the theater. The 22-minute video will be followed by a discussion for those who wish to participate.

THE PICCADILLY SHOP IS ON TRACK TO REOPEN IN MID-AUGUST.

We've been busy cleaning, organizing, and building inventory based on your survey suggestions. A big thank-you to our stockers for all their hard work! Please be patient as we finish preparations. There's more behind the scenes than meets the eye, but we're excited to bring the shop back better than ever. If you see us working in the shop, please wait to make purchases until we officially open. We'll share details as soon as we're ready. **We're still looking for a few more cashiers and stockers. Interested? Contact Maggie.**

ART CLUB: PAINT, SIP & SAVOR NIGHT

Join us July 15 at 6:30 p.m. in the Somerset Room for a Wine, Soda, Cheese, & Painting evening. For \$10, your fee includes a canvas, paints, refreshments, and a relaxed night of creativity. No experience needed. Just come ready to have fun and try something new. Space is limited to 12 participants. Sign up outside of Stacey's office. **A preview of the painting you will learn how to create!**



KINGSWOOD BOOK CLUB

The Kingswood Book Club meets on the third Monday of every month in the Somerset Room at 1:30. Books are provided by the Mid-Continent Public Library. Please join us to enjoy discussions about the interesting books we are reading. Check out our book of the month in Stacey's office.

LINCOLNSHIRE LIBRARY BOOK OF NOTE

In his book, "How the World Really Works; How We Got Here and Where We Are Going," Vaclav Smil dispels extreme views on topics such as climate change, globalization, food production, etc., which govern our survival. He offers facts to distinguish between the possible and the impossible for the future of our world.

- You will find it shelved as 303 S in the nonfiction section of the library.

VOTER REGISTRATION ASSISTANCE

Representatives from the League of Women Voters will be on campus **July 24 and August 21 at 1:00 p.m. in the Somerset Room**, just before the Kingswood Residents Meeting. They will be available to help residents register to vote in Missouri, check voter registration status, and answer nonpartisan questions about voting in Missouri.

SPIRITUAL WELLNESS

MONDAY MEDITATION:

Mondays, 1:30 PM
Asbury chapel

CATHOLIC MASS:

Thursdays, 1:00 PM
Theater

BIBLE STUDY

Food and the Bible
Thursdays, 2:00 PM
Asbury chapel

FIELD TRIP OF FAITH

See the special events
page for more information.

SUPPORT GROUPS

SUPPORTERS

This group offers support for caregivers of people with cognitive impairment or a disability requiring caregiving. This group meets monthly, on the **fourth Monday at 1:30 pm in the classroom.**

GRIEF GROUP

This group offers grief support to residents who may be mourning the death of a family member, co-resident, or loved one. Stop by Jamil's office anytime.

SUPPORT GROUP FOR INDIVIDUALS WITH EARLY-ONSET ALZHEIMER'S OR MILD COGNITIVE IMPAIRMENT

Please get in touch with Kingswood Chaplain, Jamil Hendricks, for more information about this support group.

CHAPLAIN OUTREACH PROGRAM:

Chaplain Jamil has launched a Chaplain Outreach & Check-In Program to support residents who may have become less visible and ensure they feel safe, supported, and connected. There is also a check-in card box outside Chaplain Jamil's office where you can submit a note for yourself or another resident who may benefit from a check-in.

Sunday Vespers 4:00 PM, ASBURY CHAPEL



JULY 5

- **Minister:** Jamil Hendricks
- **Musician:** Janet Hoyland

JULY 12

- **Minister:** Jamil Hendricks
- **Musician:** Julie Lane

JULY 19:

- **Minister:** Rev. David Stewart,
Retired UM Rainbow Mennonite
- **Musician:** Janice Taussig

JULY 26

- **Minister:** Jamil Hendricks
- **Musician:** Anita Tally

THEATER

Documentary Series in the Theater Wednesdays at 2 pm & 7 pm

The American Experiment

In celebration of USA 250. This eye-opening, five part history documentary traces the birth of the United States and the foundation tensions of American democracy.



Saturday Movie in the Theater at 2pm & 7pm

JULY 4 - HAMILTON (2020)

Experience the groundbreaking Broadway phenomenon from the best seat in the house. With unforgettable music and powerful performances, Hamilton brings the story of Alexander Hamilton and America's founding to life in a bold, modern way.

JULY 11 - REMEMBER THE TITANS (2000)

Based on a true story, this inspiring sports drama follows a newly integrated high school football team as they overcome prejudice, build trust, and discover the power of teamwork.

JULY 18 - THE LONG GAME (2023)

Inspired by a remarkable true story, this uplifting film follows a group of Mexican American teens in 1950s Texas who challenge the odds by forming a high school golf team and proving that determination can change history.

JULY 25 - FRIED GREEN TOMATOES (1991)

Friendship, courage, and unforgettable stories come together in this heartwarming Southern classic. As an elderly woman shares memories from her past, two remarkable women inspire a new outlook on life and the lasting power of friendship.



INDEPENDENCE DAY WORD SEARCH

E	H	Y	P	F	I	R	E	W	O	R	K	S	A	Y
I	F	E	Z	O	Q	B	N	H	L	Q	A	Q	R	J
Z	V	Q	H	O	Q	D	M	I	N	E	N	A	M	O
S	S	C	G	Q	E	I	B	C	P	D	O	Z	A	D
P	T	R	E	U	C	E	B	R	A	B	I	P	O	Y
Y	C	R	A	Y	R	T	G	Q	B	T	T	T	F	J
P	L	Z	I	T	S	X	L	Y	I	G	A	A	F	P
T	A	U	Y	P	S	F	J	A	C	I	R	E	M	A
F	C	R	J	P	E	X	R	R	M	T	B	N	D	O
T	W	A	A	S	J	S	T	O	B	G	E	P	E	Q
Q	H	B	E	D	G	X	D	L	A	X	L	V	R	A
P	I	N	L	H	E	E	U	L	X	B	E	H	B	K
K	T	H	L	R	E	E	F	U	K	Q	C	U	Y	C
B	E	O	Z	R	J	Q	F	G	N	J	X	J	P	R
X	K	G	F	I	F	R	G	P	A	T	R	I	O	T

WHITE
BLUE
FLAG
JULY
RED

FREEDOM
AMERICA
PATRIOT
PARADE
STARS

LIBERTY
CELEBRATION
FIREWORKS
BARBECUE
STRIPES

JULY CONNECTION

July is a month for sunshine, celebration, and slowing down to savor the moments. Whether you're enjoying a picnic, watching fireworks, or just sipping something cool in the shade—this month is all about fun, freedom, and meaningful connection.

Milestones

July 1, 1963: ZIP Codes are introduced to improve U.S. mail delivery.

July 5, 1946: The bikini makes its debut in Paris, turning heads in fashion history.

July 7, 2005: The first video is uploaded to YouTube, beginning a new era of online sharing.

July 10, 1925: The Scopes “Monkey Trial” begins, mixing science and spectacle.

July 17, 1955: Disneyland opens in California as “The Happiest Place on Earth.”

July 20, 1969: Neil Armstrong becomes the first person to walk on the Moon.

July 23, 1904: The ice cream cone is introduced at the St. Louis World’s Fair.

July 24, 1911: The ancient city of Machu Picchu is rediscovered in Peru.

Days to Celebrate

- **July 1:** Canada Day
- **July 4:** Independence Day
- **July 7:** World Chocolate Day
- **July 11:** Cheer Up the Lonely Day
- **July 17:** World Emoji Day
- **July 24:** National Cousins Day
- **All Month:** Parks & Recreation Month



July Lucky Plant

Sunflower: With its golden face always turning toward the sun, the sunflower represents happiness, energy, and unwavering positivity.

July Birthstone

Ruby: A symbol of passion, energy, and vitality. Rubies are said to bring protection, warmth, and a zest for life.



Myth VS Fact

Myth: You can hear corn grow in July.

Fact: While corn grows rapidly this month, it's the rustling leaves you hear—not the stalks stretching!

July Zodiac

Cancer (June 21 – July 22): Nurturing, compassionate, and deeply loyal

Leo (July 23 – August 22): Confident, creative, and full of warmth

FITNESS NEWSLETTER

Healthy Summer Tips

1. Choose in-season fruits and vegetables. Eating in-season produce is good any time of the year. It's often less expensive because those in-season fruits and vegetables don't have to be transported as far. They are more nutrient-rich because they stay on the branch longer.
2. The healthiest drink on hot and humid days is water. But sometimes, plain water can get a little boring. Try adding lemon, berries, or melon to your water for a boost of flavor. Cucumbers and mint are also tasty choices.
3. Protect yourself from the sun. Shield your skin from harmful UV rays by applying a broad-spectrum sunscreen (SPF 30 or higher). Cover exposed areas with loose protective clothing, hats, and sunglasses to prevent sun damage.
4. As we enjoy the warmth of summer, let's remember to prioritize our health. By staying hydrated, engaging in outdoor activities, and nourishing ourselves with seasonal fruits and veggies, we can ensure a season of vitality and well-being.

High Fiber Foods to Include in Your Diet

Dietary fiber offers many benefits such as: weight management, blood sugar control, cholesterol reduction, and bowel movement regulation.

- Beans & Legumes
- Fruits & Vegetables
- Whole Grains
- Nuts & Seeds

REMINDER!

There will be no fitness
classes 6/30 - 7/3