



Monthly Newsletter August 2026

News

Weekly Events

Step into Summer
w/Denise

Monday-Wednesday-Friday
at 9:45

Easy Chair Exercise DVD

Daily at 9:45

BINGO

Monday & Wednesday
at 1:00

Rummikub

Tuesday-Wednesday-
Thursday
at 1:00

Happy Hour

Wednesday & Saturday
at 2:30

Bridge

Monday & Thursday
at 1:00

Billiards

Tuesday & Friday
at 1:00 & 3:00

Farkle

Saturday & Sunday
at 1:00

Movie Matinee

Sunday
at 1:00

MADISON FALLS

the Most Accessible Waterfalls in
Olympic National Park



Monthly Department News

Donna- Administrator:

Summer is still shining, and August is the perfect time to enjoy good company, make new memories, and join in the fun at The Fifth Avenue. We're excited for another month that brings laughter, connection, and joy to our community. Our featured event this month is Laughter Yoga on Tuesday, August 25th at 2:00 PM. Through simple breathing exercises, gentle movement, and lots of laughter, you'll discover a fun way to reduce stress, boost your mood, and connect with friends. No yoga mats or poses required, just bring yourself and your willingness to have fun. We hope you'll join us for an afternoon that's sure to leave everyone feeling refreshed and uplifted! Laughter really is some of the best medicine and there's always room for a little more joy here at The Fifth. We can't wait to laugh with you!

Jaye -Administrative Assistant:

If you could please make sure you have your name on your menu that would be awesome.

Richard- Dietary Manager:

My team and I remain committed to providing you with delicious, high-quality cuisine every day. As the warmer weather continues, we'll be focusing on preparing refreshing, cool desserts to help everyone stay comfortable while enjoying a sweet treat. We look forward to serving you all summer long!

Stan- Maintenance:

Enjoy the dog days of summer. Lack of rain hasn't helped our greenery. Looking forward to football season and have a great summer.

Denise-Activities Director:

Upcoming Outings, Picnics & Plenty of Summer Fun!

August is filled with exciting outings, relaxing picnics, and wonderful opportunities to enjoy the beautiful summer season with friends. Whether you're joining us for a scenic adventure, a delicious picnic, or one of our daily activities, there's something for everyone.

Stay active with our morning and afternoon walks or join us for our DVD Easy Chair Exercise sessions. Every step you take and every activity you enjoy contributes to a healthier mind and body. Healthy living begins with simple choices, and we're here to make those choices fun!

A Personal Note: I will be on vacation August 3-7. While I'm away, I hope you enjoy all the music, laughter, and activities. Have a wonderful time, make great memories, and don't forget to take lots of pictures for me! I can't wait to hear all about your adventures when I return.

Stay in the Know: "A Monthly Guide to your in house Activities"

Step into Summer

Get moving with our Step into Summer walking group! Join us Monday, Wednesday and Friday mornings for an invigorating indoor walk through the halls of The Fifth Avenue. We meet in the lobby at 9:45 am and start promptly. It's a great way to stay active and socialize --see you there!

DVD Easy Chair Exercise

Join us daily at 9:45 am in the Billiards Room for a gentle and effective DVD Easy chair Exercise routine. This session will guide you through a refreshing workout, ending with a relaxing cool-down. A great way to stay active and energized.

Monthly Birthday Celebration-Monday, August 10th

Join us during the 4:00, 5:00, and 6:00 o'clock dinner hours as we celebrate all the community birthdays for August! Come and enjoy the festivities, sing along, and make the evening special for our birthday guests. Don't miss the fun!

NOLS Book Drop Off & Pick-Up

Will be on **Wednesday, August 26th**; the North Olympic Library System will be here to deliver and collect book orders, so please bring your book bags to the Activities Office no earlier than **Tuesday, August 25th**. If you would like to use this convenient service, contact Denise in the Activities Office for more details.

Zoe, our talented seamstress, will be available on the **second Tuesday of each month from 11:30 a.m. to 12:30 p.m.** in the Activities Room. If you have clothing that needs alterations or repairs, please pick up one of Zoe's business cards at the sign-up desk and give her a call to discuss your needs and schedule services. If you have any questions, Zoe can be reached directly at 1-618-972-0512 (new number) We are pleased to have her available to assist our residents with their alteration needs.

Neighbors Movie Night

A resident-led gathering in the Billiards Room where you can relax and enjoy a great Musical with friends and neighbors. Hosted by Rosemary F., join us every **Wednesday at 7:00 pm** in the **Billiards Room** for a fun and social movie experience.

Crafts with Rena

Thursday, August 6th at 1:00 pm in the **Activities Room**. Be sure to sign up in advance, space is limited for this fun and creative afternoon.

Men's Discussion Group in the **Multi-Purpose Room**. At **11:00 am**. **Monday's**

Come and enjoy great conversation and camaraderie--there's already a wonderful group of men attending, and you're always welcome to join in!

Wii Bowling 1:00-3:00 pm. Join us every **Thursday** in the **Billiards Room**. Come out, stay active, and have some fun. Try this exciting new game with friends and neighbors!

Dine In/Take Out- Thursday, August 20th

For our Dine in/Take out you select your lunch from the menu located on the sign up clipboard. Please pay Denise in the Activities Office before the order is placed. I will pick up your lunch and deliver it to you in the **Dining room by 11:45 am**. If you prefer to eat in your apartment, please indicate that when you pay. **101 Diner**

Musical Guests in August:

Enjoy live music with these great musicians. **Friday, August 7th** with Buck Ellard in the **Gallery at 2:00 pm** and **Friday, August 14th** with **Claudia Nash** in the **Gallery at 2:00 pm** and August 28th Gloria Hancock in the **Lobby at 2:00 pm**.

Sunday Movie Matinee!

Join us for a relaxing afternoon at the movies! We'll be showing current movies every **Sunday at 1:00 pm** in the Billiards Room,. Check the calendar for the movie schedule. Feel free to submit any movie requests you have to Denise in the Activities Office!

Men's & Women's Prayer Group in the **Multi-Purpose Room** at **1:00 pm** **Tuesday's**

Looking for a time of fellowship, encouragement, and prayer? This welcoming group provides an opportunity to come together in faith, share prayer requests, offer support, and enjoy meaningful spiritual connection with fellow residents. Whether you attend regularly or are joining for the first time, all are welcome. Hosted by Marion T. and Karen W.

We hope you'll come and be a part of this uplifting time of prayer and fellowship.

Wednesday, August 19th, from **2:45-3:45 PM** in the **Activities Room** for a fascinating presentation by Craig Moran. Learn about the world of raptors and enjoy the rare opportunity to meet a 26-year-old live raptor, up close. Craig will share interesting facts, stories, and insights about these remarkable birds. This promises to be an engaging and educational afternoon you won't want to miss!

Laughter Yoga Tuesday, August 25th • 2:00 PM • Activities Room

Come join us for an afternoon of Laughter Yoga! This fun and uplifting session is a wonderful way to relax, release stress, and simply let go. No yoga experience is needed—just bring your smile and a willingness to laugh. You'll leave feeling lighter, happier, and energized. Come laugh with us!

Look Who's having fun at the Fifth!



We had a wonderful time at the Lavender Festival even though the weather was a little gloomy.



Meet Lee, our new curator for the library.



We have a wonderful BINGO group if you are interested in joining in.



Our Mexican Train group could use a few more folks to join in on Saturday's game.



waiting to see the orcas.



Sequim Wheelers have more bikes now, they can ride 8 residents. sign up you will be guaranteed to go.



We need **MORE** Bridge players! Please contact Activities Office.



Waiting to load the boat for our next adventure.

Jump on Board for Your Next Adventure...

The Excitement is going Some Place NEW!

August Appetizers & Drinks Outing

Join us for a fun evening out with **appetizers, drinks, and great company-** We'll handle the driving to get you home safely!

Thursday August 13th - The Big Elk. Bus loads at 4:15. Bus leaves at 4:30

Breakfast Club-Wednesday, August 26th

Mark your calendars! The Breakfast Club is headed to ***Chestnut Cottage**. **The bus will load at 8:15 am and depart promptly at 8:30 am**, so don't be late! The Breakfast Club meets once a month, usually on the last Wednesday, for great food and even better company. Be sure to sign-up in advance and join the morning fun with friends old and new!

Sunny Farms Shopping Trip-Monday August 24th

Enjoy a convenient shopping trip to Sunny Farms and pick up your favorite local goods! The bus will load at 10:00 am and depart at 10:15 am, returning by 11:15 am. Don't miss the chance to shop fresh and local with friends!

Madison Falls Picnic, Friday, August 14th We'll enjoy a relaxing picnic surrounded by nature and take a short walk to view the beautiful waterfall. **The bus will load at 10:15 a.m. and depart promptly at 10:30 a.m.** Lunch will include fried chicken and all the picnic favorites. We hope you'll join us for a fun day of fresh air, great food, and wonderful company!

Granny's Café Lunch Outing – Friday, August 21

Join us for a fun day at Granny's Café! **The bus will load at 10:45 a.m. and depart promptly at 11:00 a.m.** Enjoy a delicious lunch, take in the fresh country air, and spend some time visiting and petting the friendly farm animals. Before we head home, treat yourself to one of Granny's famous ice cream cones. We hope you'll join us for a relaxing day filled with great food, beautiful scenery, and wonderful company!

My Girl Drive-In Adventure Friday, August 28th. Bus loads at 9:45 am bus leave at 10:00 am

Step back in time and experience the fun of the 1950s at the My Girl Drive-In! Explore a museum filled with collectible classic cars, enjoy a real indoor drive-in theater, and visit an authentic 1950s-style diner counter. Sing along to karaoke, show off your hula hoop skills, and soak up the nostalgic atmosphere. Join us for a day of laughter, memories, and classic 1950s fun! We will enjoy a fried chicken meal with all the fixings.

Wednesdays at 2:45 PM-Stroll with Denise

Join us for a refreshing Stroll with Denise, we'll meet in the lobby before heading outside for an easy, enjoyable walk designed to promote good health, fresh air, and positive energy. All residents are welcome—come as you are and enjoy the benefits of movement, conversation, and community.

Fifth Avenue's AUGUST Activity Calendar 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Birthday Errol L. 8-6, Lee H, 8-12 John W. 8-28 Sandi S. 8-30 Happy Anniversary Frank & Joy B. 8-2, Duane & Nancy L. 8-7 Bob & Ann B. 8-26				Room Key AO Activities Office CR Card Room AR Activities Room MPR Multi-Purpose Room BR Billiard Room G Gallery L Lobby VO Van Outing SPA Room		1 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)
2 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)	3 9:45 Step into Summer with an Inside Independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Men's Discussion Group (MPR) 1:00 Bridge (MPR) 1:00 Mexican Train (CR) 1:00 BINGO (AR) 1:30 Sequim Wheelers (L)	4 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Men & Women's Prayer Group (MPR) 3:00 Let's Play Pool Team #1 (BR)	5 9:45 Step into Summer with an inside independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR) 7:00 Neighbors Movie Night (BR) Hosted by Rosemary F.	6 9-4 Car Transportation 9:45 DVD Easy Chair 1:00 Rummikub (CR) 1:00 Bridge (MPR) 1:00 Wii Bowling (BR) 1:00 Crafts w/Rena (AR) Happy Birthday Errol L.	7 9:45 Step into Summer with an inside independent walk (L) 9:45 DVD Easy Chair Exercise (BR) No 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Buck Ellard (G) 3:00 Let's Play Pool Team #1 (BR) Happy Anniversary Duane & Nancy L.	8 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)
9 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) A Dog's Purpose	10 9:45 Step into Summer with an inside walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Men's Discussion Group (MPR) 1:00 Mexican Train (CR) 1:00 BINGO (AR) 1:00 Bridge (MPR) Birthday Celebration	11 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 11:30 Zoe-Seamstress (AR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Men & Women's Prayer Group (MPR) 3:00 Let's Play Pool Team #1 (BR)	12 9:45 Step into Summer with an inside walk w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR) 2:45 Stroll w/Denise outside walk (L) 7:00 Neighbors Movie Night (BR) Hosted by Rosemary F. Happy Birthday Lee H.	13 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 1:00 Wii Bowling (BR) 4:30 Appetizers & Drinks (VO) *The Big Elk	14 9:45 Step into Summer with an inside independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:00 Madison Falls Picnic (VO) NO 1:00 Let's Play Pool Team #2 (BR) 1:00 Rummikub (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Claudia Nash (G) 3:00 Let's Play Pool Team #1 (BR)	15 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)

16	9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *Holiday in the Wild	17	9:45 Step into Summer for an inside walk w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Men's Discussion Group (MP) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 1:00 BINGO (AR) 1:30 Sequim Wheelers (L) 3:00 Nicole w/Llama (L)	18	9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Men & Woman's Prayer Group (MPR) 3:00 Let's Play Pool Team #1 (BR)	19	9:45 Step into Summer with indoor walk with Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO (AR) 2:30 Happy Hour (BR) 2:45 Stroll w/Denise outside walk (L) 2:45 pm Presentation by: Craig Maran on Raptors (AR) 7:00 Neighbors Movie Night (BR) Hosted by Rosemary F..	20	9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 11:45 Din in/Take out (DR) *101 Diner 1:00 Rummikub (CR) 1:00 Bridge (MPR) 1:00 Wii Bowling (BR)	21	9:45 Step into Summer w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Granny's Café Lunch (VO) 1:00 Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 3:00 Let's Play Pool Team #1 (BR)	22	9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)
23	9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *Song Sung Blue	24	9:45 Step into Summer for an Inside walk w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 10:15 Sunny Farms (VO) 11:00 Men's Discussion Group (MPR) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 1:00 BINGO (AR)	25	9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Men & Women's Prayer Group (MPR) 2:00 Laughter Yoga Event. (AR) 3:00 Let's Play Pool Team #1 (BR)	26	8:30 Breakfast Club (VO) *Chestnut Cottage 9:45 Step into Summer with an independent inside walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:30 NOLS drop off/pick up (AO) 1:00 BINGO (AR) 2:30 Happy Hour (BR) 2:45 Stroll w/Denise outside walk (L) 7:00 Neighbors Movie Night (BR) Hosted by Rosemary F. Happy Anniversary Bob & Ann B.	27	9-4 Car Transportation 9:45 DVD Easy chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Wii Bowling (BR) 1:00 Bridge (MPR)	28	9:45 step into Summer with an inside walk w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 10:00 My Girl Drive In Picnic (VO) 1:00 Pool Team #1 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Gloria Hancock (L) 3:00 Pool Team #1 (BR) Happy Birthday John W.	29	9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)
30	9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie-resident Request (BR) Happy Birthday Sandi S.	31	9:45 Step into Summer for an Inside walk w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 10:15 Sunny Farms (VO) 11:00 Men's Discussion Group (MPR) 1:00 Sequim Wheelers (L) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 1:00 BINGO (AR)										

Laughter Yoga

at The Fifth Avenue

Tuesday, August 25th at 2:00 pm
500 West Hendrickson Road, Sequim

**Come discover the joyful practice of laughter yoga,
where giggles meet wellness!**



Certified laughter yoga leaders Bill Cohill and Pete Alexander will guide you through simple, uplifting exercises that blend laughter, deep breathing, and light movement.

No yoga mats or poses required — just a willingness to have fun!

- ✿ Reduce stress
- ✿ Boost your mood
- ✿ Connect with others
- ✿ Enjoy a good laugh!
- ✿ Enjoy refreshments created by The Fifth Avenue Chefs
- ✿ Enter the raffle for a fun-filled gift basket!



Space is limited — RSVP today!
360-683-3345

A Celebration of Art at *The Fifth Avenue*

Artist of the Month

DARLENE COOK

Darlene's gallery will be up from August 1st - August 31st

From nature to native inspired Darlene's fiber art pieces are all hand stitched ranging in size from small ornaments to larger pieces you can hang on the wall.



Reception

Sunday, August 2nd, 2026 1-3 pm

(360) 683-3345 | www.TheFifthAvenue.com
500 W Hendrickson Road | Sequim, WA



Reminders of This and That

1. As a reminder to everyone, please remember to sign all books and puzzles in and out. This helps us keep track of our collections and ensures everyone can enjoy them. Thank you for your cooperation!
2. Please make sure you are taking only your own packages. We continue to see instances of residents accidentally taking someone else's boxes, which results in deliveries being misplaced. Before leaving the mail area, please take a moment to verify that the package has your name on it and sign for it. Thank you for your cooperation in helping ensure everyone receives their deliveries.
3. Free Greeting Card Box Reminder
When searching through the free greeting card box, please take a moment to return any cards you do not select neatly to their proper place. This helps keep the box organized and makes it easier for everyone to browse and enjoy.

Healthy Living Through Staying Active

Living a healthy life doesn't require intense workouts or hours at the gym. In fact, simple daily activities can make a remarkable difference in both your physical and mental well-being. Taking a walk, stretching, gardening, dancing, or joining a group activity are all easy ways to stay active and improve your quality of life. Regular movement helps strengthen muscles, improve balance and flexibility, support heart health, and increase energy levels. Staying active can also make everyday tasks easier and help maintain independence as we age. Just as importantly, physical activity benefits the mind.



Exercise releases natural "feel-good" chemicals called endorphins that can help reduce stress, improve mood, and ease feelings of anxiety or sadness. Staying active can also sharpen memory, improve concentration, and promote better sleep, leaving you feeling more refreshed and ready for each day. Being active doesn't have to be done alone. Joining a walking group, exercise class, game, or community event provides opportunities to socialize, build friendships, and reduce feelings of loneliness.

Sharing laughter, conversation, and movement with others is just as important for emotional health as exercise itself. Remember, every step counts. Whether it's a short stroll down the hallway, a gentle stretch in your chair, or an afternoon walk with friends, each bit of movement contributes to a healthier body and a happier mind. The goal isn't perfection—it's simply to keep moving and enjoy the many benefits that an active lifestyle brings.

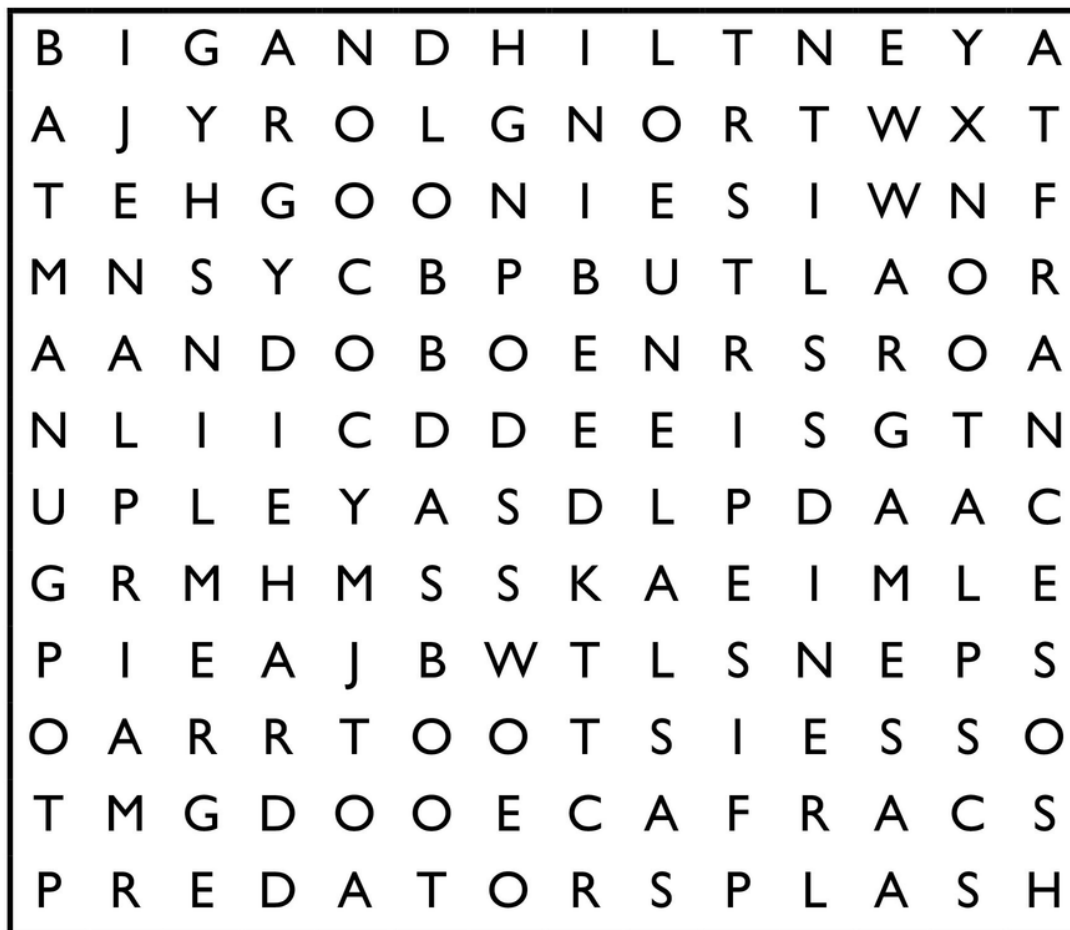


A healthy life begins with one simple step. Find an activity you enjoy, stay consistent, and celebrate every opportunity to move. Your body and your mind—will thank you.

Here at The Fifth we offer indoor morning walking Mon, Wed, Fri and afternoon walking Wednesdays outside as well as DVD Easy Chair Exercise. Join in!

**Congratulations!! Winner of the 250th Anniversary USA puzzle was Jerry M.
please come collect your free meal coupon from The Activities Office.**

80s Movies



AIRPLANE

AMADEUS

BATMAN

BIG

BODY HEAT

COCOON

DAS BOOT

DIE HARD

DINER

FRANCES

GANDHI

GLORY

GOONIES

GREMLINS

PLATOON

PREDATOR

RAIN MAN

RAN

REDS

SCARFACE

SILKWOOD

SPLASH

STRIPES

TAPS

TOOTSIE

TOP GUN

TRON

WARGAMES

WITNESS

YENTL

FIFTH AVENUE SPA

Relax. Rejuvenate. Reconnect.



FOOT CARE
by Glory

MONDAYS
AND FRIDAYS



**KATHERYN
PACELLI**
*one clinical
Esthetician*

WEDNESDAYS
AND THURSDAYS



**JAMES
JEFFKO, LMR**

SATURDAYS
by appointment

Come in to schedule an appointment

AND TRY OUT SOME OF WHAT OUR
FIFTH AVENUE SPA
HAS TO OFFER



- From Hwy 101, take the Sequim Avenue Exit.
- Head north on Sequim Avenue.
- Turn left on to Hendrickson Road.
- Fifth Avenue is on the right — just past the signal light on 5th Avenue.



Want to take a closer look? Come on in!
Have questions, or want to schedule a tour?

Contact us at
360.683.3345



Check out our Website at
www.thefifthavenue.com

Our Mission:

"To inspire healthy, active lifestyles and vibrant community interaction for our residents."

Management Staff

Administrator:

Donna Ingram

Activity Director:

Denise Aguilar

Dietary Manager:

Richard Willis

Facilities Director:

Stan Halvorson

Administrative Assistant:

Jessica (Jaye) Johnson