

A Day for Kings and Queens



Every year on July 20, chess enthusiasts around the world come together to celebrate International Chess Day. This special day commemorates the founding of the International Chess Federation (FIDE) in 1924, which marked a significant milestone in the organization and standardization of chess as a competitive sport.

Chess itself has a rich history, originating in ancient India over a millennium ago. It evolved from a game called *chaturanga* and spread across the globe, influencing cultures and fostering intellectual development. Today, chess is played by millions worldwide, transcending language and cultural barriers.

International Chess Day was first celebrated in 1966, inspired by UNESCO, to highlight chess’s role in promoting cultural exchange and mutual understanding. The day is now recognized by the United Nations, which officially acknowledged it in 2019. On this day, chess clubs, schools, and communities organize tournaments, workshops, and events to celebrate the game’s enduring appeal and educational benefits.

What makes chess so special? It’s not just about moving pieces on a board; it’s about strategy, patience, and sportsmanship. Chess teaches valuable life skills and values, making it a beloved pastime and educational tool. Whether you’re a seasoned grand master or a beginner, International Chess Day is a chance to connect with fellow chess lovers and enjoy the game’s unique blend of challenge and camaraderie.

So, on July 20, grab a chessboard, gather some friends, and join the global chess party. Whether you’re playing online or in person, it’s a day to celebrate the game that unites us all. To borrow FIDE’s motto, “*Gens Una Sumus*”: “We are one people, united by our love for chess.”

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.

Residents Birthdays:

- Alberta F.- 07/06
- Connie T.- 07/14
- Don C.- 07/16
- Janet H.- 07/22
- Terry C.- 07/26
- Marilyn C.- 07/31

Movies, Movies, Movies.....



Some of the films that we will be showing in July are...
Kinda Pregnant/ Rated R
Find Me Falling/ Rated TV-MA
Fatherhood/ Rated PG-13
The Quilters/ Rated PG-13

Movies have influenced fashion, language, music, and art. Movies can raise awareness about important social issues, such as discrimination, poverty, or human rights. Movies can impact our culture. They can hold a mirror to society’s values, beliefs, and issues. Movies are powerful in many ways.

Sierra Place Senior Living

1111 W. College Parkway, Carson City, NV. 89703



Celebrating July

Executive Director
Patrick Ward

Business Office
Manager
Jennifer Ireland

Dining Services
Cody Stain

Community Relations
Director
Chemane Fine

Wellness Director
Larry Kaminski

Life Enrichment
Director
Kelly Goss

Plant Operations
Director
Christian Vella

Shuttle Driver
Sylvia Haro

Concierges
Jennifer Hill
Susanne Treadway

July Magic Month

We have a lot planned here at Sierra Place Senior Living for the month of July...

- *This is the month that we have a barbeque with our families and friends. Our residents invite their loved ones and share good times together.
- *We have a watermelon/seed spitting contest
- *We love to go to the Senior Center in Carson to play BINGO. It is always nice to meet new people.
- *Theres nothing like a therapeutic shopping trip.
- *Everyone likes ice cream. Join us for our ice-cream social.
- *There is a speaker coming in to educate us on, Brain Health.
- *Golfing on the green!
- *Yoga outdoors
- *Walking club is going strong.
- *Our monthly Birthday Bash is a blast!
- *Attend our weekly movie and get a chance to enter the drawing.

Summer Paint n Sip



Meet our walking club...



A Day in the Life of Walking

We are focused on the benefits of walking. Increases cardiovascular health, improves mobility, reduces risk of chronic diseases. Walking can even bolster brain health. Walking is mental well-being. It Reduces stress and tension, boost mood, improves mental clarity. Meeting as a group gives us accountability and motivation to stay consistent with exercise goals. There is a sense of connection with nature, not to mention very therapeutic. It Gives us a sense of purpose. Walking provides a structure and purpose to our day and a fun way to stay active. I love to watch the social connections. Forming friendships, fostering a sense of community, and having walking buddies for support and motivation.

We walk on Monday mornings at 9:00am. It takes us about an hour. Come and join us!!! We would love to get to know you.



