



Menno Haven (Chambersburg): "The Rock Steady," a cardboard boat named after the Rock Steady Boxing program that fights against Parkinson's Disease, won the fastest boat competition in our Annual Cardboard Boat Regatta. Demonstrating the spirit of togetherness, a team of our residents and staff constructed and piloted the boat to victory. After a three-year hiatus due to COVID, the return of this popular regatta reminds us that hope is real. If we can combat a pandemic, we can do anything!



www.LeadingAgePA.org

JULY

NATIONAL ICE CREAM MONTH

JUNE 2023										AUGUST 2023						
				1	2	3					1	2	3	4	5	
4	5	6	7	8	9	10				6	7	8	9	10	11	12
11	12	13	14	15	16	17				13	14	15	16	17	18	19
18	19	20	21	22	23	24				20	21	22	23	24	25	26
25	26	27	28	29	30					27	28	29	30	31		

**Begins in evening of prior day*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Gorgeous Grandma Day Parents' Day	24	25	26	27 National Korean War Veterans Armistice Day	28 Ashura*	29
30	31	1	2	3	4	5