

# The Villages

## OF FARRAGUT

*"Your life. Your way."*

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thevillagesfarragut.com



### **July 4th Celebration of Freedom**

Join us on July 4th for a picnic-style lunch buffet beginning at 11:30 a.m. Our celebration will continue with music performed by the Al Curtis Band from 2:00-4:00 p.m. Wear your red, white, and blue and join us as we celebrate the freedom of our great nation!



## July 2024



### **July Events at the Villages**

- July 4 - Patriotic "Picnic" Buffet and Al Curtis Band
- July 10 - Sunflower Field Trip
- July 12 - Hippie Day Happy Hour
- July 15 - Podiatry Clinic
- July 15 - Armchair Travel to Hawaii
- July 16 - Resident Birthday Dinner Celebration
- July 19 - Beach Party Happy Hour
- July 23 - Meet Brenda Muzyngo, Nurse Practitioner
- July 24 - Lunch at Calhoun's on the River
- July 31 - Moolah Bucks Auction

## Exciting Menu Updates: Healthier, Fresher, And Locally Grown!



Our Executive Chef, Daniel, is enhancing our menu to focus on healthier options and freshness.

- **Olive Oil:** We have transitioned to using only olive oil in our kitchen, known for its health benefits and rich flavor.
- **Vegan Butter:** We are now using vegan butter for most dishes. Whole butter is still being used for baked items.
- **Expanded Meat Selection:** With a new purveyor, we are now offering a wider variety of fine meat cuts.
- **Whole Fresh Fish:** Our wider selection of fish offerings are now whole and fresh, not frozen.
- **Green Power Bowls:** As a plant-based, lighter meal option, green power bowls are now on the Everyday Menu.



Veterans of The Villages, Thank you for your service!