

ARISE
KNOX SQUARE

LEGEND

 The Gentry  The Club Room  Wellness Center  Saltwater Pool  Studio 205  The Press  Community Garden  Bocce Ball Court  The View  Grill Area

Candace’s Creamy Mexican Street Corn Dip

Prep: 15 min | Cook: 11 min |
Chill: 30 min | Serves: 8–10

Ingredients

- 4 cups corn (fresh or frozen)
- 4 Tbsp butter
- ½ cup mayo
- 3 Tbsp sour cream
- Juice of 3 limes, divided
- Zest of 1 lime
- 1 tsp garlic powder
- 1 tsp kosher salt
- ½ tsp black pepper
- ¼ tsp cayenne (optional)
- ⅔ cup crumbled cotija cheese
- 2 Tbsp chopped cilantro

Directions

- 1.Cook corn in butter with salt, pepper, and juice of 1 lime for about 10 minutes, until lightly browned.
- 2.Stir in lime zest; cook 1 minute more. Cool for 10 minutes.
- 3.Mix mayo, sour cream, remaining lime juice, garlic powder, cayenne, and cilantro.
- 4.Fold in corn and cotija cheese.
- 5.Chill at least 30 minutes.

Serve with: Tortilla chips, Fritos Scoops, or fresh vegetables.

Tip: Frozen corn works great—drain well first. Garnish with extra cotija if desired.

Happy Birthday

July 1 - Holly P	July 16 - Lillian T
July 5 - Jeff M	July 17 - Ellen C
July 7 - Gino N	July 18 - Jan Mc
July 8 - Evelyn A	July 23 - Sarah H
July 10 - Melvin C	July 27 - Bettie H
July 14 -Rosemary S	July 28 - Sue B

Find Your Walking or Workout Buddy

The Poker Walk Challenge is the perfect opportunity to kick-start a healthy routine! Whether you enjoy walking outdoors or working out in our fitness classes, having a partner can make all the difference. An accountability buddy can keep you motivated, make exercise more enjoyable, and help you stay consistent.

Join us for our Walking & Workout Buddy Meeting on Wednesday, July 1, at 2:00 p.m. We'll help match residents based on fitness level, schedules, goals, and interests so you can find someone to walk with, attend fitness classes together, or encourage each other along your wellness journey.

Take the first step toward better health—and maybe a new friendship!

JULY 2026



COMMUNITY NEWSLETTER

Peace, Protest & Possibilities Social

Calling all Baby Boomers - Anyone born between 1946 and 1964. It's your turn to create the next Legacy Social, and it all begins with a planning meeting on Thursday, July 2, at 2:00 p.m.

This social will celebrate the generation that changed the world, but first, we need your ideas! Will it be a groovy '60s celebration filled with peace signs, flower power, and tie-dye? Or will you vote for a funky '70s theme with disco, bell bottoms, and bold colors? The choice is yours!

If you're a Boomer, come help plan the decorations, music, activities, and menu. Even if you just have a few ideas to share, we'd love to have you join us. And everyone else—stay tuned! Once the theme is chosen, you can start planning your outfit for what is sure to be a far-out celebration.

July Poker Walk Challenge: Walk & Win!

This July, we're adding a fun twist to your daily movement with our Poker Walk Challenge—a simple, social way to stay active, enjoy the summer, and maybe even walk away a winner!

How It Works: Stop by the front desk to pick up a pedometer each day before you begin your walk. Your goal is to walk one mile at your own pace—indoors or outdoors. When you return, you'll receive one playing card for completing your mile. That card becomes part of your weekly poker hand! Best hand at the end of the week wins the prize.

Want to Boost Your Hand?

You can earn up to two additional cards by walking up to two extra miles during the week.

So grab your pedometer, take your walk, and see if luck is on your side this month!