



A Remarkable Transformation

It seems like only yesterday we were talking about how all the rain was affecting some of our progress . . .

However, today is a new day, and all the dry weather has really helped the team's progress both inside and outside the building. Here's what has been accomplished in the few short weeks since our last update.

- In the areas where the drywall installation is completed, gypcrete subflooring is being installed and painters are working on ceilings and mechanical rooms. Gypcrete is a lightweight cousin to concrete that is used to help with sound control and insulation. (Top right)
- Exterior brick installation and stucco application is nearly complete. Glazers are installing sunroom windows. (Bottom right)
- Interior doors are being placed and drywall installation continues. The final mechanical, electrical and plumbing lines are being laid out and electricity to the building has been connected. (Bottom left)
- The area for the new parking lot, which will connect to the existing Meadows East lot, is being prepared.

The building's transformation from week to week is remarkable, and the work scheduled to be completed during the month of August will only add to the building excitement.



Staying Connected



Make sure to like our Facebook page! Go to www.facebook.com/JohnKnoxVillageLeesSummit.



Did you know the Village has a YouTube channel? Subscribe for free! Go to www.YouTube.com/JohnKnoxVillage. You can then click on the subscribe button.



Daily E-Blast: An email is sent each evening at 7 p.m. to let residents know about the next day's activities and restaurant menus, as well as updates, notices and more. **You can subscribe by calling (816) 347-2901 or emailing szeilstra@jkv.org.**



The Village has a private website where residents can find policies and procedures, read restaurant menus, see the list of the day's activities and more. It is www.jkvlife.org, and as someone who isn't a Village resident quite yet, you can still log in as "guest" and see most of the information. (Resident directory, maintenance requests, etc. excluded.)

November Will Be Here Before We Know It!



Where has the summer gone? August is upon us, and that means fall is around the corner. It also means your new home is getting closer to completion!

As you read in the construction update on page 1, things are progressing nicely. We anticipate move-ins will begin in November.

We'll get a better sense of timing as August progresses. When appropriate, we'll invite you to participate in a hard hat tour so you can get a sneak peek at your new home!

Finally, we know it's exciting to see the construction happening, but please note that construction areas are dangerous and off limits to residents (and future residents) and associates. Personal protective equipment (PPE) is required in these areas. Under no circumstances should anyone enter a work zone without proper authorization and protective equipment. Thank you for your understanding and assistance!

Sincerely,

Natalie Chisam

Natalie Chisam,
Manager of Sales, John Knox Village

Wellness Program Helps Residents Stay Active



John Knox Village's fitness programming includes a wide array of classes to fit all types of interests and fitness levels.

The Village has two fitness centers, two indoor pools and an outdoor pool. The centers offer state-of-the-art Keiser equipment designed just for seniors.

The fitness center staff is focused on helping residents improve their physical health so they can continue being independent. Classes include Tai Chi, Balance Class, Aqua Zumba, Gentle Waves and Chair Yoga.

Fitness Instructor Hailey Coy loves to transform the "sometimes intimidating" gym setting and make it a

comfortable, inviting and accommodating space for every resident.

"It's never too late to incorporate exercise into your life!" Hailey said.

Joel DeJong, fitness instructor, said he enjoys encouraging residents to stay active, educating them about the benefits of exercise and offering personalized guidance.

Laura Vernon, a resident of The Meadows, said the Village makes it easy for residents to make physical activity a part of their lifestyles because of the conveniently located facilities and number of fitness options.

Laura, who particularly loves the aquatic classes, also said she can't say enough good things about the fitness center staff.

"They are very encouraging and motivating and we just have fun," Laura said. "I've made some really great friends through the classes. And there are so many choices, that really, everyone's interests can be served."

Once you make your home at The Meadows, make sure to check out the wide array of classes, meet new friends and get active at the same time!