

Reach for a Star

Moths are known to be attracted to light, but one young moth took it to extremes: He fell completely in love with a bright star high up in the sky.

All his friends and family made fun of him, telling the moth that he'd never reach the object of his desire and that he should pick a closer, more attainable goal, like a porch lamp or a candle or a campfire. But the moth wouldn't be deterred.

So one by one all of his friends and relatives went off in search of "practical" targets, and one by one they burned out, incinerated by the heat of the lights they followed. But the moth sailed up into the sky, never reaching his star, but living a long and happy life in pursuit of his dream.

Sometimes a goal that's seemingly out of reach can keep you safe and happy.

Give Your Body a Boost with Blueberries

Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- A half-cup of blueberries packs plenty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories.
- Blueberries contain more disease-fighting antioxidants than red wine or green tea.
- Half a cup of blueberries a day may help improve brain function.
- Blueberries provide the same bacteria fighters as cranberries to help guard against urinary tract infections.

Do your body a favor and treat yourself to something that is as delicious as it is good for you.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Auburn Hills 1, 2 & 3

July 2018

Administrative List

Leonard Gibson
Executive Director

Jeffrey Parrish
Director of Hospitality

Dhiya (Joe) Najim
Director of Maintenance

Linda Nelson
Director of Sales

Ronald Broquet
Business Office Manager

Thomas Davis
Director of Resident Care

Christine Watson
Director of LE-Activities

Happy Birthday!

Lilia S. 7/03
Mary S. 7/13
John F. 7/18
Melvin T. 7/23

Welcome New Residents!

Marilyn T.	Mary Ann C.
John M.	Mary G.
Robert P.	Susan D.
Richard F.	Dolores S.

Fun Facts for a Festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder and share:

- Three presidents died on July 4: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4 as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.
- The Declaration of Independence was approved in a closed session of the Second Continental Congress on July 2, 1776, but most of the delegates didn't sign it until Aug. 2. Although John Adams expected Americans would celebrate July 2, the date on the publicized copies of the document was July 4, which became the day Americans have commonly observed.

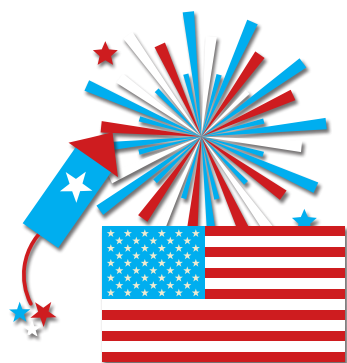
Dare To Be Bare

On a hot, sunny day in France, an innovative engineer was struck with an idea. Louis Réard found himself at the helm of a pivotal movement in fashion history on July 5, 1946. It was the dawn of the bikini. Following material rations during World War II, a natural progression began to occur in the amount of material used in a bathing suit, which appeared to be less and less. So it is only logical that the bikini might take shape. The Frenchman Réard was so sure of his idea, in fact, that he named the swimsuit after the nuclear testing conducted at Bikini Atoll in the weeks prior to his creation, as both were filled with explosive feedback.

These days, bikinis are as commonplace as beach towels when it comes to sunbathing. But the popular swimsuit style wasn't always met with such enthusiasm. In 1951, a mere 5 years after its introduction, the bikini was banned from the pageant world, as the one-piece swimsuit was deemed to be better suited for Miss World contestants. England, Spain, Italy, Belgium and Australia were among the countries that banned the bikini.



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248-639-7848





HarborChase of Auburn Hills • The Cove 1, 2 & 3

July 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30 Sit Down to Tone Up 1 10:30 Sunday Morning Praise & Worship 11:00 How Sweet The Sound Hymns 1:30 Punch Ball Bonanza 2:30 1950's Movie Smarts 3:30 Scrambled Squares 6:30 Chicken Soup For the Soul 7:00 Vintage Stamp Chat	9:30 Maraca Wake Up 'N Shake Up 2 10:00 Tender Hearts 11:00 July Gazette 1:30 Arts Galore w/ Etolia 2:30 Canadian Flag Debate 3:30 Shake Loose A Memory 6:00 Daily Dose:How Was Your Day? 7:00 Checkin' Out Checkers	9:30 Art of the Master Tai Chi 3 10:30 In His Hands Bible Study 11:00 Pretty Petal Ponder 1:30 Crafty Gals: Swirly Salt Art 2:30 Pretty Petal Ponder 3:30 Act It Out Cherades 6:00 TCM: Dangerous When Wet 7:00 Name It Times Three!	Independence Day 4 9:30 'Prop'ercise 10:00 Tender Hearts 11:00 Independence Day Coincidence 1:30 Patriotic Popcorn Toss Up 2:30 Stars & Stripes Bash 3:30 Red, White, Blue or Not? 6:15 Scrambled Squares 7:00 Kickin' Back w/ Hacky Sack	9:30 Balancing Act 5 10:30 Furry Friends: Lilly 11:00 Feel 'N Find 1:30 Touch of Coconut Heaven 2:30 Historical Pages of Detroit 3:30 Lil Sunshine Sidekicks 6:30 Nightly News 7:00 Soul Soothing Stretches	9:30 Around The World Fitness Express 6 10:00 Daily Devotional 1:30 You Don't Say! Simon Says 2:30 Velcro Catch 'N Throw 3:00 HarborChase Facebook 6:30 Deal or No Deal! TV Show 7:00 Share Positive Vibes	9:30 Stretch & Tone 7 10:30 What's The Weather Like? 11:00 Link Winks 1:30 What Was The Cost? 2:30 Sing Your Heart Out 3:30 Sudoku Mind Bend 6:30 I'm Puzzled? Puzzles 7:00 Color Your World	
9:30 Sit Down to Tone Up 8 10:30 Sunday Morning Praise & Worship 11:00 How Sweet The Sound Hymns 1:30 Punch Ball Bonanza 2:30 1950's Movie Smarts 3:30 Scrambled Squares 6:30 Chicken Soup For the Soul 7:00 Vintage Stamp Chat	9:30 Maraca Wake Up 'N Shake Up 9 10:00 Tender Hearts 11:00 Healing Your Life Excerpt 1:30 Dear Abby... 2:30 Venture to Hawaii 3:30 Penny For Your Thoughts 6:00 Daily Dose:How Was Your Day? 7:00 Checkin' Out Checkers	Tour De France 10 9:30 Let's Fitnesscize! 10:30 In His Hands Bible Study 11:00 Map of the Course 1:30 Cycle of Interesting Facts 2:30 Furry Friend: Spirit 3:30 Legacy of Lance Armstrong 5:30 TCM: The Prize 6:30 HC Support Group	9:30 'Prop'ercise 11 10:00 Tender Hearts 11:00 Catchin News Currents 1:30 Deb's Darlings 2:30 Love Sonnets by E.Browning 3:30 What's My Picture? 6:15 Scrambled Squares 7:00 Kickin' Back w/ Hacky Sack	9:30 Octo-Stretch 12 10:30 Furry Friends: Lilly 11:00 Happenin' Hiphop 1:30 Your True Colors 2:30 Children's Letters To God 3:30 Lil Sunshine Sidekicks 6:30 Nightly News 7:00 Soul Soothing Stretches	9:30 Parachute Shake Up 13 10:00 Word of the Day 11:00 Show Me The Funny! 1:00 Erma's Frozen Custard 2:30 Crafty Creations: Flower Color Scratch 3:00 HarborChase Facebook 6:00 Deal or no deal! TV Show 7:00 Share Positive Vibes	9:30 Swingin' Surge Challenge 14 10:30 Thought of the Day 11:00 Finish The Lyrics 1:30 Wacky Wordies 2:00 Fur Angels 3:30 Sing Your Heart Out 6:30 I'm Puzzled? Puzzles 7:00 Color Your World	
9:30 Sit Down to Tone Up 15 10:30 Sunday Morning Mass 1:30 How Sweet The Sound Hymns 2:30 Tell Me What's Next 3:30 Scrambled Squares 6:30 Chicken Soup For The Soul Reading 7:00 Vintage Stamp Chat	9:30 Plate Clapping Cardio 16 10:00 Tender Hearts 11:00 Healing Your Life Excerpt 1:30 Arts Galore w/Etolia 2:30 Ginger Rogers Bio 3:30 Kites & Candy 6:00 Daily Dose: How was your day? 7:00 Checkin' Out Checkers	9:30 Art of the Master Tai Chi 17 10:30 In His Hand Bible Study 11:00 Koosh Catch Up 1:30 Crafty Gals: Rolling Paint Art 2:30 Furry Friend: Spirit 3:30 Cranium Crunch Time 6:30 HC Support Group 7:00 Name It Times Three!	9:30 Ribbon Wave 18 10:00 Tender Hearts 11:00 Beverly Sills Classic Hits 1:30 Deb's Darlings 2:30 Mega Fortune Wheel 3:30 Star Struck: Sylvester Stallone 6:00 Nightly News 7:00 Kickin' Back w/ Hacky Sack	Iconic Photo Day 19 9:30 Balancing Act 10:30 Furry Friends: Lilly 11:00 Classic Movie Scene Calendar 1:30 Touch of Coconut Heaven 2:30 Lego History In Pics 3:30 Lil Sunshine Sidekicks 6:30 Nightly News 7:00 Soul Soothing Stretches	9:30 Flex & Reflect Yoga 20 11:00 Nature Through Photography 1:00 Live:Nonsense The Musical 2:30 Spring Into Color 3:30 HC Facebook 6:00 Deal or No Deal! TV Show 7:00 Share Positive Vibes	9:30 Stretch & Tone 21 10:30 Hot Happening Topics 11:00 Today's Devotional 1:30 Golfing Great Arnold Palmer 2:30 Swingin' Good Time Golf 3:30 PGA Golf Course 6:30 I'm Puzzled? Puzzles 7:00 Color Your World	
9:30 Sit Down to Tone Up 22 10:30 Sunny Morning Inspriations 1:30 How Sweet The Sound Hymns 2:30 Fast Potato Pass 3:30 Word Winkers 6:30 Chicken Soup for the Soul 7:00 Vintage Stamp Chat	9:30 Maraca Wake Up 'N Shake Up 23 10:00 Tender Hearts 11:00 What's Up Today?! 1:30 Hokus Blokus Brainiac 2:30 Leo The Lion Zodiac 3:30 It's Just Aggravation! 6:30 Daily Dose: How Was Your Day? 7:00 Checkin' Out Checkers	9:30 Let's Fitnesscize! 24 10:30 In His Hands Bible Study 11:00 Oceans of Adventure 1:30 Amazing Amphibians! 2:30 Furry Friend: Spirit 3:30 Who Am I? 5:45 Turner Classic Movies: Camille 7:00 Name It Times Three!	9:30 'Prop'ercise 25 10:00 Tender Hearts 11:00 In This Moment 1:30 Deb's Darlings 2:30 Garden Thyme 3:30 Penny For Your Thoughts 6:15 Scrambled Squares 7:00 Kickin' Back Hacky Sack	9:30 Octo-Stretch 26 10:30 Furry Friends: Lilly 11:00 Happenin' Hiphop 1:30 Puzzle Block Mosaics 2:30 Favorite Summer Memories 3:30 Lil Sunshine Sidekicks 6:30 Nightly News 7:00 Soul Soothing Stretches	9:30 Flex & Reflect Yoga 27 10:00 Koosh Catch All 11:00 This Day In History 12:00 Heights VS.Hills Baseball For Charity 1:00 Sing Your Heart Out 2:30 Smokin' Aces Card Club 3:30 HarborChase Facebook 6:00 Deal or No Deal! TV Show 7:00 Share Positive Vibes	Day of the Cowboy 28 9:30 Western Stretch & Tone 10:30 17 Best Westerns 11:00 This Day In History 1:30 Getting To Know Marion Morrison 2:30 John Wayne Quotes 3:30 Smokin' Aces Card Club 6:30 I'm Puzzled? Puzzles 7:00 Color Your World	
9:30 Sit Down & Tone Up 29 10:30 Sunday Morning Mass 1:30 How Sweet the Sound Hymns 2:30 Bring On Your Wii Game! 3:30 Scrambled Squares 6:00 Chicken Soup for the Soul Reading 7:00 Vintage Stamp Chat	9:30 Plate Clapping Cardio 30 10:00 Tender Hearts 11:00 Into Our Daily Hope 1:30 Arts Galore w/Etolia 2:30 Bean Bag Pro Toss 3:30 Pick Your Puzzle 6:30 Daily Dose: How Was Your Day? 7:00 Checkin' Out Checkers	9:30 Art of the Master Tai Chi 31 10:30 In His Hands Bible Study 11:00 Poetry With Roses 1:30 Kites & Candy 2:30 Furry Friend: Spirit 3:30 Fast Potato Pass 6:30 Turner Classic Movies: Blonde Crazy 7:00 Name It Times Three!				Key Location MC Magnolia Cottage DC Dahlia Cottage MC/DC Both Magnolia & Dahlia Cottage	

I scream, you scream, we all scream, for ICE CREAM!



July is National Ice Cream Month

V K B E Y F E S E I R R E H C S M E
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- BROWNIE
- CAKE CONE
- CANDY
- CHERRIES
- CHOCOLATE
- COOKIES
- HARD SERVE
- HOMEMADE
- FLOAT
- NEAPOLITAN
- NUTS
- PARFAIT
- SANDWICH
- SHAKE
- SCOOP
- SMOOTHIE
- SOFT SERVE
- SPRINKLES
- STRAWBERRY
- SUNDAE
- SWIRL
- SYRUP
- VANILLA
- WAFFLE CONE
- WHIPPED CREAM



Happy Independence Day

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LET FREEDOM RING

It has now been 242 years since the adoption of the Declaration of Independence on July 4, 1776. A lot has changed in America since then! Here's some interesting items to ponder this July:

- The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The initial date the resolution of independence was approved in a closed session of Congress was July 2, 1776. The next day, John Adams remarked in a letter to his wife Abigail: "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty."
- There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population today is around 322.7 million, making it the third-most populous country in the world!
- 91% (\$3.3 million) of imported U.S. flags are from China. 97% (\$232.3 million) of imported fireworks are from China.

WORTH THE PAPER IT'S PRINTED ON

A history of the banknote

Governments print it, misers hoard it under their mattresses, rich people light their cigars with it—but where does the idea of paper money come from, anyway?

China, actually. The banknote apparently originated during the Tang Dynasty (7th century), to replace bulky copper coins carried by merchants. The coins were minted with rectangular holes in their center so they could be strung together on cords, but wealthy merchants found that lugging their coins around was difficult.



A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

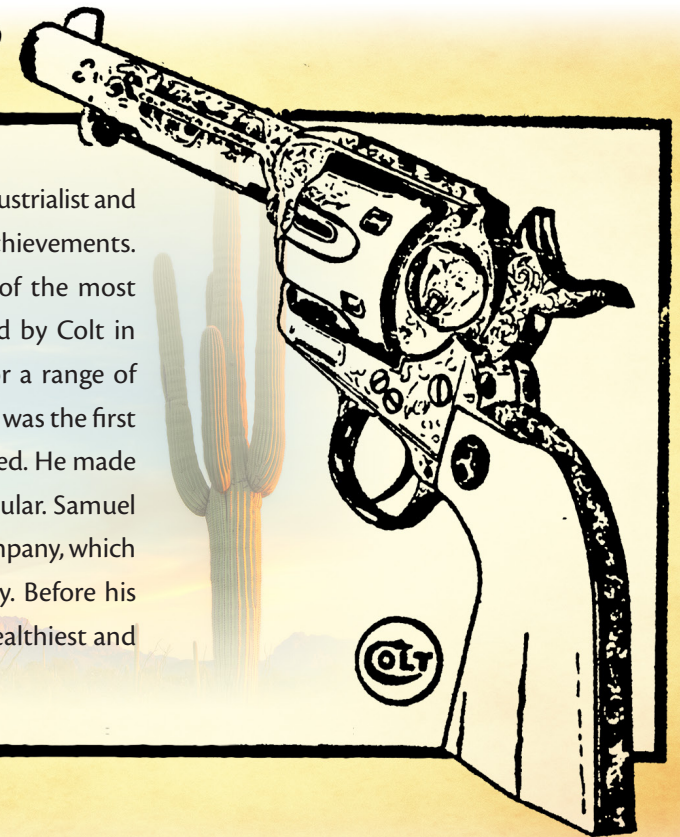
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

In the New World, the Massachusetts Bay Colony was the first of the American colonies to circulate its own banknotes in the early 1690s, but all 13 colonies were issuing their own notes by the early 1700s.

The First Bank of the United States, chartered by Congress in 1789 shortly after the signing of the Constitution, was authorized to issue banknotes, but the U.S. federal government didn't start printing its own paper money until 1862.

GUNS ABLAZIN'

Samuel Colt, born July 19, 1814, was an American industrialist and inventor, whose resume included a number of notable achievements. Among them was the invention of the revolver, one of the most popular gun designs in the world, which was patented by Colt in 1836. Colt's revolver was memorable and impactful for a range of reasons, but one of its major benefits was the fact that it was the first gun created that could fire without having to be reloaded. He made the concept of interchangeable parts exceptionally popular. Samuel Colt founded Colt's Patent Fire-Arms Manufacturing Company, which later became known as Colt's Manufacturing Company. Before his passing on January 10, 1862, Colt became one of the wealthiest and most influential industrialists of his era.



What Came First, the Dog or the Hot Dog?



The history of the hot dog stretches all the way back to the 9th century B.C. when sausage was mentioned in Homer's Odyssey. But honest-to-goodness frankfurters didn't roll around till the late 1600s in Germany. Some believe that the sausages were first called "dachshunds" or "little dogs" because they resembled the shape of a dachshund. We know them today as hot dogs. And this year, Americans will eat enough of them at major league ballparks to stretch from RFK Stadium in Washington, D.C., to AT&T Park in San Francisco. If that doesn't impress you, on Independence Day Americans will eat enough hot dogs to stretch from D.C. to L.A. five times over. And from Memorial Day to Labor Day—considered "hot dog season" by hot dog enthusiasts—Americans will consume 818 hot dogs every second!

—The National Hot Dog & Sausage Council