

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

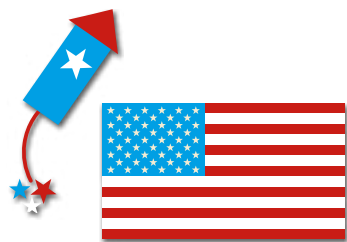
Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- 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.



950 Pinebrook Road
Venice, FL 34285
941-451-7987



AL 8813
Designed/Printed by Corwin Design & Graphics Corp.
www.MyCorwinOnline.com • 1-877-CORWIN2



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Venice MC

July 2018

Administrative List

Executive Director
Wally Dandy

Business Office Manager
Laura Hopkins

Resident Care Director
Frankie Phillips

Assisted Living Director
Jean Riegelman

Social Services Director
Linda Dennis

Life Enrichment Director
Audrey Caimi

Memory Care Coordinator
Becky Humbrecht

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.



www.HarborChase.com/Venice.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>7:00 Breaking News 9:00 Exercise Essentials 9:30 Catholic Mass 10:00 Catholic Communion 11:00 Crazy Dice Tournament 2:00 Live Music By Me & My Gal 3:15 Eternity Church Service 4:00 Green Thumbs 6:30 Who's Got Old Maid</p> <p style="text-align: right;">1</p>	<p>7:00 Coffee & Chats 9:30 Daily Stretches 10:00 Flower Arranging 11:00 Green Thumbs Club 1:30 Live Entertainment w/Brenda 3:00 Butterscotch Lovers: Pet Visits 4:00 Fun Summer Trivia 6:00 Movie Night: Free Willy</p> <p style="text-align: right;">2</p>	<p>7:00 Beauty Tips 9:30 Forever Young Fitness 10:00 Colorful Bird Homes 11:00 Don't Get Hung 2:00 Pilates w/Theresa 3:00 Jenga Fans 4:00 Letters To Family Members 6:00 Gentle Hand Massage</p> <p style="text-align: right;">3</p>	<p>HAPPY 4TH OF JULY 7:00 Morning Risers 9:30 Stretchy Bands 10:00 Bingo Blast 11:00 Red, White, Blue Craft 2:00 Use Your Senses 3:00 Non-Denomination Service 4:00 Patriotic Song Singing 6:30 Videos Of America</p> <p style="text-align: right;">4</p>	<p>7:00 Morning Cafe 9:30 Healthy Heart Workout 10:00 Baking: Birthday Cake 11:00 Healthy Word Builder 2:00 Blooming Taskmasters 3:00 Arts & Crafts w/Elle 4:00 Complete The Phrase 6:30 Frank Sinatra Listeners</p> <p style="text-align: right;">5</p>	<p>7:00 Early Chronicles 9:30 Bean Bag Toss 10:00 Exercise Essentials 11:00 Calling The Scape 1:30 Cordon On The Piano 3:00 Happy Hour w/The Wannabees 4:00 Memory Match Challenge 6:30 Evening News</p> <p style="text-align: right;">6</p>	<p>7:00 Coffee & Conversations 9:30 Team Fitness Challenge 10:00 Group Scattergories 11:00 Prime Time Rhyme 2:00 Mellow Meditation 3:00 Lemonade/Summer Trivia On Patio 4:00 Bird House Making 6:30 Shake A Memory</p> <p style="text-align: right;">7</p>		
<p>7:00 Venice News & Views 9:00 Chair Yogga 9:30 Catholic Mass 10:00 Catholic Communion 11:00 Summer Camp Crafting 2:00 George Wood Live 3:15 Eternity Church Service 4:00 Poetry Reading Group 6:30 Streaming Andy Griffith Show</p> <p style="text-align: right;">8</p>	<p>7:00 Current Events 9:30 Walk & Talk 10:00 Chinese Checkers Challenge 11:00 Instrument Expressions 1:30 Penny Questions 3:00 Karaoke w/The Best 4:00 Devotional Reading 6:00 Movie Night: Charlotte's Web</p> <p style="text-align: right;">9</p>	<p>7:00 Cool Beans Cafe 9:30 Let's Get Physical 10:00 Paint To The Music 11:00 What Am I? 2:00 Chapel Time and Fellowship 3:00 Tropical Smoothies w/Trivia 4:00 Touring Through Italy 6:00 Family Game Night</p> <p style="text-align: right;">10</p>	<p>7:00 Early Puzzle Makers 9:30 Muscle Group 10:00 Bingo Bingo Bingo 11:00 Musical Expression 2:00 Tic-Tac-Toe Challenge 3:00 Non-Denomination Service 4:00 Creative Collage Making 6:30 Card Sharks</p> <p style="text-align: right;">11</p>	<p>7:00 Early Bird Tunes 9:30 Movement Matters 10:00 Baking: French Palmer Cookies 11:00 Scabble Club 2:00 Vanity Fashion Show 3:00 Arts & Crafts w/Elle 4:00 Are You X's or O's? 6:30 Evening Social On Patio</p> <p style="text-align: right;">12</p>	<p>7:00 Beauty Tips 9:30 Flex & Stretch 10:00 Do I Smell Cinamon Rolls? 11:00 What Instrument Fits You? 1:30 Cordon On The Piano 3:00 Happy Hour w/Regina 4:00 Silly Sentences w/Sharon 6:30 Catch Up On The News</p> <p style="text-align: right;">13</p>	<p>7:00 Breathe Of Fresh Air 9:30 Noodle Hockey Challenge 10:00 Artist Cove Watercolors 11:00 Arm Chair Travel 2:00 Fidget Spinner Fun 3:00 Garden Lovers 4:00 Pieces To Pieces 6:30 Songs of The 50s</p> <p style="text-align: right;">14</p>		
<p>7:00 Hot Off The Press 9:00 Stretch & Balance 9:30 Catholic Mass 10:00 Catholic Communion 11:00 Art Studio 1:30 Summer Trivia w/Lemonade 2:00 LRC Game Challengers 3:15 Eternity Chapel 6:30 Nightly Patio Talks</p> <p style="text-align: right;">15</p>	<p>7:00 Healthy News Of The Day 9:00 Chair Yoga 10:00 Groove To The Oldies 11:00 Fidget Spinner Challenge 2:00 Soak Up The Sun 3:00 Pencil Art Fun w/Muffins 4:00 Poetry Reading Group 6:30 Movie Night: Finding Dory</p> <p style="text-align: right;">16</p>	<p>7:00 Coffee & Newspaper 9:30 Ready Set Move 10:00 Aprons On: Cookie Baking 11:00 Sorting/Folding Group 2:00 Pilates w/Theresa 3:00 Lets Plants 4:00 Beach Ball Circle w/Trivia 6:00 Friends Viewers</p> <p style="text-align: right;">17</p>	<p>7:00 What's Happening Around The World 9:30 Movement Matters 10:00 Bingo Bonanza 11:00 Gardening Group 2:00 Soft Piano Tunes 3:00 Non-Denomination Service 4:00 Brain Teasers 6:30 Book Club Readers</p> <p style="text-align: right;">18</p>	<p>7:00 Early Patio Talk 9:30 Hooked On Fitness 10:00 Baking: Zucchini Bread 11:00 I Spy..? 2:00 Touch It, Name It 3:00 Craft Circle w/Elle 4:00 Poetry Rhyming 6:00 Hand Over Hand</p> <p style="text-align: right;">19</p>	<p>7:00 Headline News 9:30 Moving To The 60's 10:00 How Much Did It Cost? 11:00 Word Search Fun 11:30 LUNCH PICNIC OUTING 1:30 Cordon On The Piano 3:00 Happy Hour w/Dave 4:00 Which Family Will WIN The Feud 6:30 Evening Wind Down Reading</p> <p style="text-align: right;">20</p>	<p>7:00 Wake Up To Jazz 9:30 Walk & Talk 10:00 Busy Beads 11:00 Flower Arranging Club 2:00 Live Entertainment w/Jazzy Jen 3:00 Fun Time Dancers 4:00 Connect 4 To Win 6:30 Nightly News</p> <p style="text-align: right;">21</p>		
<p>7:00 Breaking News 9:30 Catholic Mass 10:00 Catholic Communion 11:00 S'mores & Campfire Stories 2:00 Live Performance By Barry 3:15 Eternity Church Service 4:00 Resident Choice of Game 6:30 Relax To Soft Music</p> <p style="text-align: right;">22</p>	<p>7:00 Early Birds Tunes 9:30 Lucky Strike Bowling 10:00 Qwirkle Memory Fun 11:00 Gentle Hand Massages 2:00 Garden Maintenance 3:00 Pictionary Team Challenge 4:00 Poetry & Rhyming 6:00 Movie Night: Little Rascals</p> <p style="text-align: right;">23</p>	<p>7:00 Morning Cafe 9:30 Winners Beach Ball Competition 10:00 What's In The Bag? 11:00 Music & Ministry 2:00 Lets Go Fishing Fun 3:00 Get Pampered 4:00 Table Game Of Choice 6:30 Evening Stretches</p> <p style="text-align: right;">24</p>	<p>7:00 Healthy News Of The Day 9:30 Lucky Strike Bowling 10:00 Did I Hear BINGO!? 11:00 Keep It Clean 2:00 Hands Over Hands 3:00 Connect 4 To Win 4:00 Water Gardeners 6:30 Evening Stretches</p> <p style="text-align: right;">25</p>	<p>7:00 Newspaper Reading 9:30 Stretchersize 10:00 Baking: Lemon Blueberry Bread 11:00 Courtyard Bird Watchers 2:00 Helpers Clean Up 3:00 Creative Crafts w/Elle 4:00 Fun Family Feud 6:30 Relax To Jazz Tunes</p> <p style="text-align: right;">26</p>	<p>7:00 Today's Hot Topics 9:30 Healthy Heart Workout 10:00 Brain Booster 11:00 Sort By Colors or Numbers 1:30 Cordon On The Piano 3:00 French Themed Happy Hour 4:00 Puzzlemania Challenge 6:30 Friends Social Group</p> <p style="text-align: right;">27</p>	<p>Day Of The Cowboy 7:00 Wake Up & Find Words 9:30 Horseshoe Tournament 10:00 Cowboy/Rodeo Trivia & Facts 11:00 Inspiration Listening 2:00 UNO Challenge 3:00 Old Western Film Showing 4:30 Traveling Through Ranches 6:30 Hot Off the Press</p> <p style="text-align: right;">28</p>		
<p>7:00 Newspaper Reading 9:00 Ready Set Move 9:30 Catholic Mass 10:00 Catholic Communion 11:00 Mind Thinking 2:00 Remember When Live 3:15 Eternity Chapel 4:00 Crazy Dice Tournament 6:30 Andy Griffith Viewing</p> <p style="text-align: right;">29</p>	<p>7:00 Wake Up w/Crossword 9:30 Beach Ball Tournament 10:00 Learn How To Type On Computer 11:00 Let's Talk About The Picture 2:00 Swing & Sway 3:00 New Jersey Traveling Tours 4:00 Breathe Of Fresh Air 6:00 Movie Night: Frankenstein</p> <p style="text-align: right;">30</p>	<p>7:00 Morning Sip & Chat 9:30 Fit4Life 10:00 Let's Talk About The Picture 11:00 Penny Questions 2:00 Soft Piano Tunes 3:00 Name Those Scents 4:00 Friends Social Group 6:30 Tabletop Checkers</p> <p style="text-align: right;">31</p>	<p>INDEPENDENCE DAY JULY 4TH</p>					

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
 D S E A B D M A F R A P K H N E D A
 T E T R W A N B A N A N A S P L I T
 O A M U D F I A K O A C H S I E E P
 L D S I N K F E C E P E S S H P O Y
 F N M R A S H O M E M A D E E S E A
 H U L H S B F S T R A W B E R R Y C
 A S S W H I P P E D C R E A M N S E
 F S C R S W I R L Y C S E H N E E R
 U H E V R E S D R A H E C S I N S A
 B R O W N I E C A L F I E K O Y E I
 E S C O O P C C R N W L O C A V W I
 T S A L L I N A V D K O E H R T A R
 A T K B W S O H N N C K T E I F E S
 L R E W A C I A I S A O S A A O D S
 O A C S F T S R I C O T F E S E A T
 C W A T F V P K O M F R S W E I M C
 O B N A L S O I S O A B Y T U N E O
 H E E O E O N B S P L S R A N I M A
 C A I L C H E R R E I S U O H A M E
 C U I F O T L O C O H C P T W W O I
 S S F C N A L L I N V N O A O N H I
 S Y U P E D N A T I L O P A E N I A
 B R O W N I A E R N M B D D F Y S U
 E D S P E N A W C S K H Y E S W C I

- BANANA SPLIT
- 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

2		5	8	7	3	1		
1	3	6				7		
	7		5		1			
	5	1	9	8	6			2
8	6	4	3	5	2	9	1	7
	9					6	5	8
		7			9	2		4
4						8		9
	2		7			5		1

Easy

				9		6		
			3	4		5		9
9				5	7			8
8							4	
2		5						
					4	8		5
	8	3		2				
4		9		1	6	3		
	1	2	8					4

Medium

3		9						1
			7					4
								5
								6
9			3					
		3	9	6	2			
2			1		4			9
				8	2	3	1	
			6		5			2
						6	9	


Difficult



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.

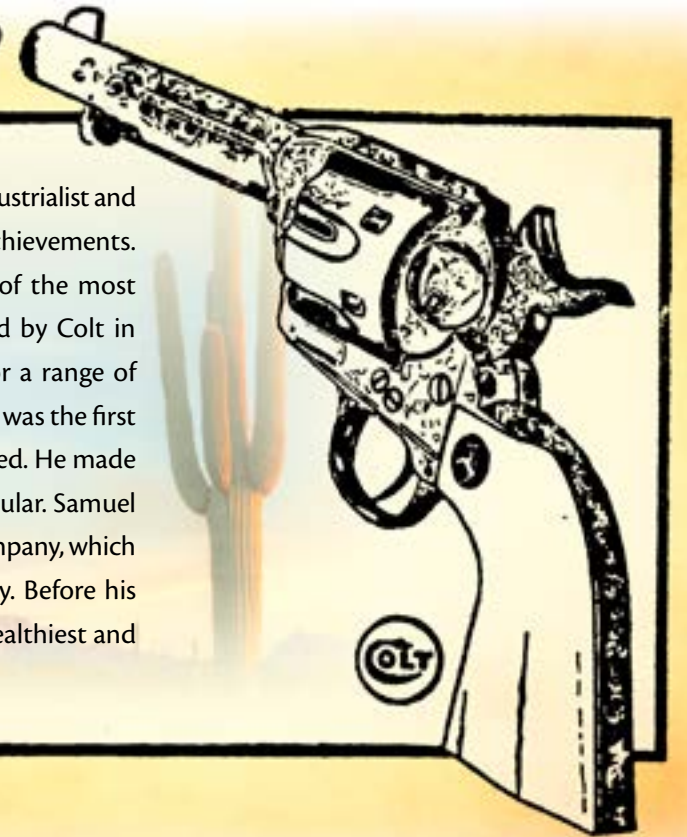
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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