



## July Birthdays!

Ray S.....	7/5
Peter B.....	7/10
Joan S.....	7/11
Delores P.....	7/12
Rolf A.....	7/17
Jean M.....	7/23

## Give Your Body a Boost with Blueberries

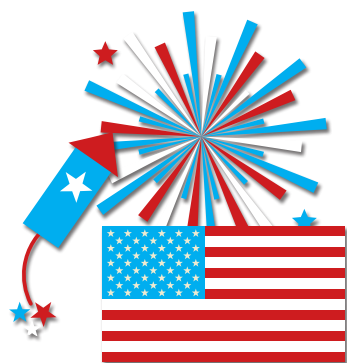
Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- 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.



13400 19 Mile Road  
Sterling Heights, MI 48313  
586-588-9027



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July 2018



*Celebrating  
Senior Living*

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**Jevanna Wiater**  
Director of LE-Activities

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Maintenance

**Hollie Milodrowski**  
Director of Resident Care

## Welcome New Friends!

Ron N.

James E.

Richard C.



## 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/SterlingHeights.htm](http://www.HarborChase.com/SterlingHeights.htm)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Live w/Joel Osteen <b>10:00 Warrior Sculpt Yoga</b> 10:30 3 of A Kind <b>11:00 July Monthly Gazette &amp; IQ</b> 1:30 Football Field Darts <b>2:30 The Great Canadian Flag Debate</b> 3:30 Manis & Memories 6:00 Lawrence Welk Hour 7:00 The Golden Girls	9:30 Stretch & Tone <b>10:00 Paint By Design w/Rebecca</b> 10:30 Classic Board Games 11:00 Scrambled Squares <b>1:30 The Robotic Museum</b> 2:30 Name that Tune: Karaoke 3:30 Balloon Net Tennis 6:00 Was it Designed? 7:00 Crunching Numbers	<b>9:30 Life Barre Core Fitness</b> 10:00 Can you Caption This? 10:30 Hymn Scramblers 11:00 Bullseye Lawn Darts 1:30 Dice it up - Rally Roll! <b>2:30 Foam Rubber Stamping</b> 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Craze 7:00 Crossword Puzzles	<b>Independence Day</b> 10:00 Prop'ercise <b>10:30 Flag Trivia Pursuit</b> <b>11:00 4th of July Ted Talk</b> <b>12:00 Patriotic Grand Picnic</b> <b>1:30 Watermelon Eating Contest</b> <b>2:30 All American Photo Booth</b> 3:30 Can You Karaoke? 6:00 The Bunco Squad <b>7:00 Fireworks Live!</b>	9:30 Walking Warriors 10:00 Finish The Phrase 10:30 What Year Was It? 11:00 3 of A Kind <b>1:30 Sterling Heights Drama Club</b> <b>2:30 No Bake: Graham Cracker S'mores</b> <b>3:30 Quilt Square Mosaic Art</b> 6:00 Letters Word Mix 7:00 What is Mad Libs?	<b>Camp HarborChase</b> 9:30 Stretch & Tone <b>10:00 Creative Story-Telling</b> <b>10:30 Bedazzle Your Cap!</b> 11:00 Pastor Mark Service <b>1:30 Soldiers Angels Pen Pals</b> <b>2:30 Backyard Field Day</b> <b>3:30 Ladies of Liberty</b> 6:00 Tenzi Dice Craze 7:00 Sudoku Puzzles	9:30 Sit N' Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Remember When? 11:00 News Currents 1:00 Public Reading with/Todd <b>2:30 Tour De Frances &amp; Bicycle Race Benefit</b> <b>3:30 PO.KE.NO Club Players</b> 6:00 Group Solitaire 7:00 What is Mad Libs?
9:30 Live w/Joel Osteen <b>10:00 Cardio Jam Fitness</b> 10:30 3 of A Kind 11:00 Suddenly Senior Trivia <b>1:30 Words with Friends</b> <b>2:30 Don't Forget the Lyrics</b> 3:30 Manis & Memories 6:00 Hidden In Plain Sight 7:00 I Dream of Jeannie	9:30 Strength Training 10:00 Can You Caption This? 10:30 30 Random Trivia 11:00 Discuss & Recall The Festival of Color <b>1:30 Abstract Splatter Artwork</b> 2:30 Knock'em Down Can Toss <b>3:30 Dice it up in Stack Attack!</b> 6:00 Was it Designed? 7:00 Fill-it In Puzzles	9:30 Walking Warriors <b>10:00 Green Thumb Gardening</b> <b>10:30 Catholic Mass</b> <b>11:00 HarborChase Book Buddies</b> <b>1:30 Men's Club Farmstead Park Fishing</b> <b>2:30 Knock'em Down Bowling</b> 3:00 Rita's Red Hot Bingo <b>6:00 Go Purple Silent Auction</b> 7:00 Crossword Puzzles	9:30 Terri Savelle Foy 10:00 Stretch & Tone 10:30 What's The Cost? 11:00 Win Lose or Draw! 1:30 UNO Card Club <b>2:30 No Bake: Easy Blueberry Muffins</b> 3:30 Manis & Memories 6:00 The Bunco Squad 7:00 7 Action News!	9:30 Pool Noodle Fitness <b>10:00 Discuss &amp; Recall Benefits of Pecans</b> 10:30 What's My Secret? 11:00 Circle Toss N' Talk <b>1:30 AMC Theatre Outing</b> 2:30 Foreign Language 101 3:30 Green Thumb Gardening 6:00 Survey Says It's Family Feud 7:00 Hallmark Classic Movie	<b>Camp HarborChase</b> <b>9:30 Keep Fit-Hula Hoop!</b> 10:00 Battle of the Brains <b>10:30 Ziplock Craft Creations</b> 11:00 Pastor Mark Service 1:30 Disk Washer Toss <b>2:30 Jump Rope Challenge</b> <b>3:30 Taste of Summer</b> 6:00 Tenzi Dice Craze 7:00 I Dream of Jeannie	9:30 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Remember When? 11:00 News Currents 1:00 Public Reading with/Todd 1:30 Wii Deal or No Deal! 2:30 Lucky Strike Bowling 3:30 You Be The Judge 6:00 Group Solitaire 7:00 I Dream of Jeannie
9:30 Live w/Joel Osteen <b>10:00 Warrior Sculpt Yoga</b> <b>10:30 World's Largest Gummi Worm!</b> 11:00 Spot The Difference 1:30 Smokin' Aces Club 'Zero' <b>2:30 Exploring Music Theories</b> 3:30 Manis & Memories 6:00 I Dream of Jeannie	9:30 Stretch & Tone <b>10:00 World Teasers Wives Tales</b> 10:30 What's the Cost? 11:00 Piggy Bankers <b>12:00 Aspen Cottage Restaurant</b> 1:30 Disk Bocce Ball <b>2:30 Wheel of Fortune Toss</b> 3:30 Musical Monday Annie 6:00 Was it Designed? 7:00 Fill-It In Puzzles	<b>9:30 Life Barre Core</b> 10:00 Junk Drawer Detectives 10:30 Link Winks 11:00 Bottle Cap Darts 1:30 Circle Toss N' Talk 2:30 A To Z Alphabetics 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Craze 7:00 Finish The Line	9:30 Prop'ercise 10:00 It's Jeopardy! <b>10:30 Learn to Play Piano</b> <b>11:00 Pet-A-Pet</b> <b>12:00 Olive Garden</b> <b>1:30 Table Top Tennis</b> <b>2:30 Cupcake Decorating Wars</b> 3:30 Old Blue Eyes Frank Sinatra 6:00 The Bunco Squad 7:00 Special Viewing Sound of Music	9:30 Walking Warriors 10:00 Sock it 2 me! 10:30 Double Exposure <b>11:00 Foreign Language 101</b> <b>1:30 Comic-Con Comic Strips</b> <b>2:30 Quizmasters Trivia Pursuit</b> <b>3:30 Recreate Iconic Photos</b> 6:00 Flip Flop Card Game 7:00 Karaoke Sing-A-Long	<b>Camp HarborChase</b> 9:30 Stretch & Tone 10:00 Who, What, When? 10:30 Don't Get Buzzed! 11:00 Pastor Mark Service 1:30 Don't Get Hung! Hangman <b>2:30 Jumbo Games Relay</b> <b>3:30 Campfire S'mores &amp; Sing-A-Long</b> 6:00 Pinch & Pass Buzzer 7:00 Group Solitaire	9:30 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:45 Remember When? 11:00 News Currents 1:00 Public Reading w/Todd 2:30 Place your bets! Horseracing! 3:30 Hymn Scramblers 6:00 Shirley Temple Classics 7:00 What is Mad Libs?
9:30 Live w/Joel Osteen <b>10:00 Cardio Jam Fitness</b> <b>10:30 Jeopardy's 10 Most Memorable Moments</b> 11:00 Quizmaster Jeopardy 1:30 Don't Get Hung! Hangman <b>2:30 Plants &amp; Animals Backyard Battle Ground</b> 3:30 Manis & Memories 6:00 Can you Name 5? 7:00 Leave it to Beaver	9:30 Strength Training 10:00 Left, Right, Stories 10:30 Stories In A Bag <b>11:00 Giant LCR Dice</b> <b>1:30 Gorgeous Grandma Spa Relaxation Hour</b> 2:30 What's Yours Like? 3:30 Hit The Target! 6:00 Was it Designed? 7:00 Crunching Numbers	9:30 Tai Chi Martial Art 10:00 Let's Get Quizzical <b>10:30 History of Detroit</b> <b>11:00 HarborChase Book Buddies</b> <b>12:00 Buddy's Pizza Outing</b> 1:30 Beyond The Book <b>2:00 Painting Pinecones</b> 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Craze 7:00 Crosswords Puzzles	9:30 Terri Savelle Foy 10:00 Low Intensity Zumba! 10:30 Can You Connect 4? <b>11:00 Diamond Jack River Cruise</b> 1:30 Flyswatter Ping Pong <b>2:30 Jumbo Floor Dominoes</b> 3:30 Manis & Memories <b>6:00 Watercolor Exploration</b> 7:00 7 Action News!	<b>9:30 Just DanceFitness</b> <b>10:00 Don't Forget The Lyrics!</b> 10:30 Devotional Tid Bits 11:00 Jigsaw Puzzle Master Class <b>1:30 Girl Scout Troop Leader Stories</b> 2:30 Wheel of Fortune <b>3:30 Scrapbook Story Boards</b> 6:00 Flip Flop Card Game 7:00 I Love Lucy Reruns	9:30 Strength Training 10:00 This or That 10:30 What Am I? 11:00 Pastor Mark Service <b>12:00 HarborChase Heights VS Hills Baseball for Charity</b> <b>1:30 Mock Baseball Cards</b> 2:30 Sentimental Sing-a-Long <b>3:30 Bottle Knock Down</b> 6:00 Aqua Paints! 7:00 Scrambled Squares	9:30 Sit N Fit Exercise 10:00 Joyce Meyer Ministries 10:30 Remember When? 11:00 News Currents 1:00 Public Reading w/Todd <b>1:30 Western Barn Shindig</b> <b>2:30 Don't Drop Your Cowboy Hat Races</b> <b>3:30 Mechanical Bull Riding</b> 6:00 Red Skeleton Hour 7:00 Group Solitaire
9:30 Live w/Joel Osteen <b>10:00 Warrior Sculpt Fitness</b> 10:30 Classic Sunday Comics 11:00 Fly Swatter Ping Pong <b>1:30 Rummikub</b> <b>2:30 The History Behind The Jump Rope</b> 3:30 Manis & Memories 6:00 Hidden in Plain Sight 7:00 Dick Van Dyke Show	9:30 Stretch & Tone <b>10:00 Which Ford Am I?</b> <b>10:30 Cars through the Decades</b> <b>11:00 Motto 'In God We Trust'</b> <b>12:00 Cheesecake Factory</b> 1:30 Around The World 2:30 Fish in A Barrel 3:30 Catch of The Day 6:00 Was it Designed?	<b>9:30 Life Barre Core</b> 10:00 The Common Factor 10:30 Spot The Difference 11:00 Link Winks Trivia <b>1:30 Ollie's Supermarket Trip</b> 2:30 Color Your World with Art 3:00 Rita's Red Hot Bingo 6:00 LCR Dice Craze 7:00 Crosswords Puzzles	<div>  <div>           Blue.....Entertainment            Green.....Church            Red.....Outings            Activities are subject to change.         </div> </div>			



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  
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BROWNIE  
CAKE CONE  
CANDY  
CHERRIES  
CHOCOLATE  
COOKIES  
HARD SERVE  
HOMEMADE  
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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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		6		5			2	7
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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.

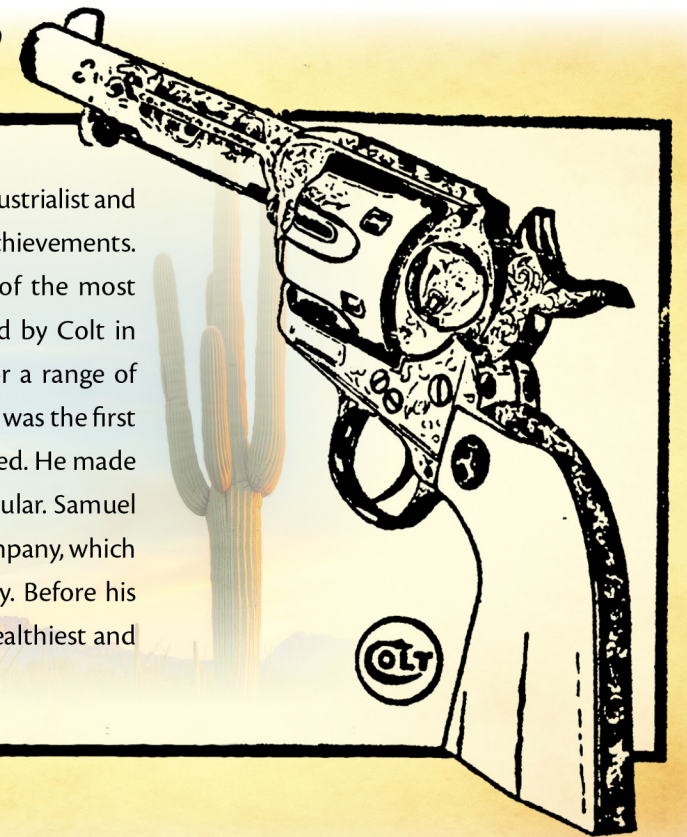
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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