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.

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

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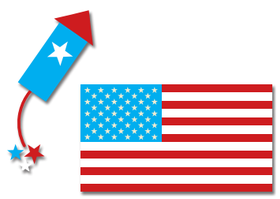
414-409-7512



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The HarborChase Wire: A Monthly Publication of HarborChase Shorewood MC July 2018

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Director Of Marketing

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Director of Life Enrichment

Russ Slack
Director of Maintenance

July Birthdays!

Katalin Rigo.....7.14
Donna Norman.....7.17
Eileen Gray.....7.25
Suzie Rhee.....7.25
Elaine Williams.....7.31

Harbor Chase Happenings!

All residents must sign in and out when leaving the building.
Family members please sign out your loved one when leaving the building.
Reminder: Please sign up for all outings at the front desk.

July 3rd.....Walgreens Trip
July 4th.....Independence Day Celebration
July 5th.....Scenic Tour
July 6th.....Kohl's Trip
July 6th.....Live Entertainment Craig Seimsen
July 7th.....Tour De France Tailgate
July 8th.....St Roberts Church Service
July 10th.....Burlington Coat Factory
July 11th.....Church Service with Deacon Gary
July 12th.....Harley Davidson Museum
July 13th.....Pick N' Save
July 13th.....Bastille Day Portrait Party
July 15th.....FIFA World Cup Screening
July 16th.....Beat The Heat Sundae Celebration
July 17th.....Dollar Store Trip
July 18th.....Health Talk with Dr. Nadar
July 19th.....Milwaukee Art Museum
July 20th.....TJ Maxx
July 20th.....Live Entertainment: Brett Gaertner
July 22nd.....St Roberts Church Service
July 24th.....Target Trip
July 25th.....Live Entertainment! The Nightingals
July 26th.....Potawatomi Casino
July 27th.....Goodwill
July 27th.....HC Art Tour
July 28th.....Day of the Cowboy
July 31st.....Jelly Belly Factory Tour

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HarborChase of Shorewood • The Cove

July 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Sunday Funnies ~ Humor 10:30 Welcome To July! 11:30 Early Bird Bingo 1:30 Gentle Tai Chi **3:00 Sundaes on Sunday** 4:00 The First Zoo in the United States 6:00 Sliver Sneaker Club 7:00 Brain Bending Trivia	**2** 9:45 Daily Chronicle Discussion 10:00 Finish The Line! 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:30 Meditation Relaxation Spa** 3:30 Memories in The Making 6:15 Think Fast Trivia 7:00 Spiritual Music For Relaxing	**3** **9:45 Walgreens Shoppers** **10:00 Exercise Class /w Paxxon** 11:00 Remember When... 1:30 Cue Card Fitness 2:00 Name 10 Game 3:30 Summer Fun Olympics 6:00 How Much Did it Cost? 7:00 Natures Beautiful Symphony	**4** 9:45 Daily Chronicle Discussion 10:00 All Americana Trivia 10:30 4th of July Wind Sock 1:30 Patio Picnic Games **2:00 Red, White and Blue Karaoke** **3:00 Watercolor Flag Painting** 6:00 Deep Breathing Exercise 7:30 Name That Tune!	**5** 10:00 Wake Up Your Brain! **10:30 Scenic Tour Time!** 11:00 Tai Chi Masters 1:30 Cracker Jack Trivia **3:00 Creating Cracker Jack Snack** **4:00 Brain Stretches /w Tiffany** 6:15 Mindful Meditation Group 7:00 Crossword Puzzlers Crew	**6** **9:45 Kohls Shopping Trip** **10:00 Exercise Class /w Paxxon** 11:00 Chalk Board Memo Bots 1:30 Facts About Fireflies **3:00 Singing with Craig Seimsen** 4:00 Follow The Leader Fitness 6:00 Fact or Fiction? 7:00 Full Cups and Friends	**7** 9:45 Wake Up Your Brain 10:00 Bicycle Race Card Game 11:00 Sit & Be Fit **1:30 Card Creation Club** 2:30 HarborChase Songbirds 3:30 The History behind The Tour de France 4:00 Tour de France Word Games 6:15 Walk It Off 7:00 Soothing Musical Melodies
8 **8:15 St. Roberts Church Visit** 9:30 Coffee Clutch Clique 10:30 Famous Horseback Riders 11:30 Early Bird Bingo 1:30 Simple Soothing Stretches **3:00 Sundaes on Sunday** 4:00 Simple Equilibrium Exercises 6:00 Sliver Sneaker Club 7:00 Full Cups and Friends!	**9** 9:45 Fit Brain Games 10:00 Splatter Painting Creation 11:00 Sit & Be Fit 1:30 Share a Prayer **2:30 Meditation Relaxation Spa** 3:30 Memories in The Making 6:15 All About the Festival of Color 7:00 Deep Breathing Exercise	**10** **9:45 Burlington Coat Factory Shoppers** **10:00 Exercise Class /w Paxxon** 11:00 Remember When... 1:30 Sit Down Dancing 2:00 Name That Tune! 3:30 Butterfly Charm Bracelet 6:00 Facts About Cows 7:00 Mindful Meditation Group	**11** 9:45 Today In History 10:00 Big Brain Games **10:30 Scenic Tour Time!** 11:00 Let's Get Fit! 1:30 Work With Watercolor 2:00 Fact or Fiction? **3:00 Come & Create Art Project** 6:00 Race to The Top! 7:30 Night Owls Karaoke	**12** **9:45 Harley Davidson Museum** 10:00 Think Fast! Trivia 10:30 Brain Twisting Teasers 11:00 Gentle Yoga Fitness **2:00 Kitchen Creations Club** **3:00 Green Thumb Group** **4:00 Brain Stretches /w Tiffany** 6:15 Color Me Calm 7:00 Easy Listening Jazz	**13** 9:30 Today In History **9:45 Metro Mart Shoppers** **10:00 Exercise Class /w Paxxon** **11:00 Meditation Yoga /w Rosie** 1:30 Bastille Days Word Scramble **2:00 Bastille Days Festival** 4:00 Simple Soothing Stretches 6:15 Swinging Summer Karaoke 7:00 Word Search Champs	**14** 9:45 The Daily Chronicle **10:00 Felt Flower Bouquet** 11:00 Sit Down Dancing **1:30 Stamp It Out Card Creation Club** 2:30 HarborChase Songbirds 3:30 Bistro Bingo Bash 6:15 Walk It Off 7:00 The History of Bastille Day
15 9:45 Sunday Funnies ~ Humor 10:00 HarborChase Putting Practice 11:00 Early Bird Bingo 1:30 Gentle Tai Chi 2:30 Joyful Hymn Karaoke **3:00 Sundaes on Sunday** 6:00 Silver Sneakers Club 7:00 History of Golf	**16** 9:45 Daily Chronicle Discussion 10:00 Gone Fishing Art Project 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:00 Beat the Heat Sundae Celebration** 3:30 Memories in The Making 6:15 Table Top Game Group 7:00 Color Me Calm	**17** **9:45 Dollar Store Shoppers** **10:00 Exercise Class /w Paxxon** 11:00 Remember When... 1:30 Cue Card Fitness **3:00 Gentlemen's Club in Bistro** 3:30 Operation Gratitude Card Creation 6:15 Hole in One Bean Bag Toss 7:00 Word Search Champs	**18** 9:30 The Daily Chronicle **10:15 Church Service /w Deacon Gary** **11:30 Lunch Bunch Outing!** 1:30 Work With Watercolor **2:00 Cooking Demo /w Chef** **3:00 Come& Create Art Project** 6:00 Andy Williams Time 7:00 Late Night Poetry Reading	**19** **9:45 Milwaukee Art Museum** 10:30 Name That Tune! 11:00 Tai Chi Masters **2:00 Kitchen Creations Club** **3:00 Green Thumb Group** **4:00 Brain Stretches /w Tiffany** 6:15 Spot The Difference 7:00 Relaxing Classical Music	**20** **9:45 TJ Maxx Shoppers** **10:00 Exercise Class /w Paxxon** 11:00 Family Feud Duel 1:30 Brain Twisting Teasers 2:30 Man on the Moon **3:30 Brett Gaertner on Guitar** 6:00 Biggest News Moments of all Time 7:00 Let's Reminisce: Moon Landing	**21** 9:45 Wake Up Your Brain 10:00 Let's Get Fit! 11:00 Most Beautiful Caves in the World **1:30 Stamp it Out Card Creation Club** 2:30 HarborChase Song Birds 3:30 Bistro Bingo Bash 6:15 Walk It Off 7:00 Learn about Tisha B'Av
22 **8:15 St. Roberts Church Visit** 9:45 Coffee Clutch Clique 10:30 Brain Bending Workout 11:30 Early Bird Bingo 1:30 Simple Soothing Stretches **3:00 Sundaes on Sunday** 4:00 Race to the Top! 6:00 Silver Sneakers Club 7:00 Full Cups and Friends!	**23** 9:45 Fit Brain Games 10:00 Blue Monday Collage 11:00 Sit & Be Fit 1:30 Share a Prayer **2:30 Popcorn Ice Cream Cones** 3:30 Memories in The Making **6:15 Meditation Relaxation Spa** 7:00 Table Top Games Group	**24** **9:45 Target Shoppers** **10:00 Exercise Class /w Paxxon** 11:00 Remember When... 1:30 Sit Down Dancing 2:00 Famous Female Aviators 2:30 Brain Teaser Trivia 3:30 Tie Dye Picnic Party 6:15 What Happened to Amelia? 7:00 Flight For Freedom	**25** 9:45 Today in History **10:00 Come & Create Art Project** 11:00 Let's Get Fit! 1:30 Work With Watercolor 2:00 Name That Tune! **3:00 Nightengals Music Extravaganza** 4:00 Famous Authors Trivia 6:00 Let's Reminisce: Favorite Books 7:00 Night Owl Karaoke	**26** **9:45 Potawatomi Casino Trip** 11:00 Gentle Yoga Fitness 1:30 A Future With Robots **2:30 Super Senior Syndrome** **3:00 Green Thumb Club** **4:00 Brain Stretches /w Tiffany** 6:15 Mindful Meditation Group 7:00 Color Me Calm	**27** **9:45 Shop Until You Drop Trip** **10:00 Exercise Class /w Paxxon** **11:00 Meditation Yoga /w Rosie** 1:30 Race to the Finish: Tour de France **2:00 HarborChase Art Tour** 3:00 Think Fast! Trivia 4:00 Simple Soothing Stretches 6:15 Evening Stroll to Bistro 7:00 I Love Lucy Show	**28** 9:45 The Daily Chronicle 10:00 Mandala Art for the Soul 11:00 Square Dancing Lessons in Bistro **1:30 Stamp It Out Card Creation Club** 2:00 Afternoon Rodeo Games 2:30 HarborChase Songbirds 4:30 Pinata Bull Rodeo 6:00 Old West Movie Screening 7:00 Easy Listening Jazz
29 9:45 Sunday Funnies ~ Humor 10:00 The Creation of NASA 11:00 Early Bird Bingo 1:30 Gentle Tai Chi 2:30 Joyful Hymn Karaoke **3:00 Sundaes on Sunday** 6:00 Silver Sneakers Club 7:00 Deep Breathing Exercise	**30** 9:45 The Daily Chronicle 10:00 Rock n' Roll Trivia 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:30 Meditation Relaxation Spa** 3:30 Memories in the Making 6:15 The King Karaoke 7:00 Soothing Musical Melodies	**31** **9:45 Jelly Belly Tour** **10:00 Exercise Class /w Paxxon** 11:00 Remember When... 1:30 Cue Card Fitness 2:30 Guess the Flavor! 3:30 S'mores on the Patio 6:15 Fun Jelly Bean Facts 7:00 The Lawrence Welk Show	INDEPENDENCE DAY JULY 4TH			

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

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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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

Capturing Wonderful Memories!

Wagging Tails Dog Show

Rooting for the Brewers!

Building Beautiful Bouquets

Celebrating Hawaiian Style

Greeting Our Furry Friends

Learning the Hula

Break in the shade at the Zoo

Visiting the new baby giraffe!

Giving our visitors lots of love

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.

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.

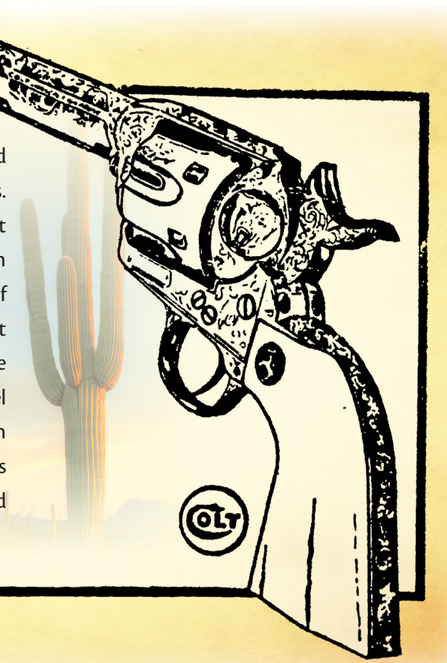
A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

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