

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.



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Sarasota AL

July 2018



BIRTHSTONE:

★ Ruby

FLOWERS:

Larkspur & Water Lily

ZODIAC:

Cancer & Leo ★

SPECIAL DATES

- Canada Day (observed)..... 7/2
- Dog Days of Summer... 7/3-8/11
- Independence Day 7/4
- World Population Day 7/11
- Friday the Thirteenth..... 7/13
- National Ice Cream Day..... 7/15
- Parent's Day..... 7/22
- Full Moon..... ★ 7/27
- Friendship Day..... 7/30

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 4th 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.

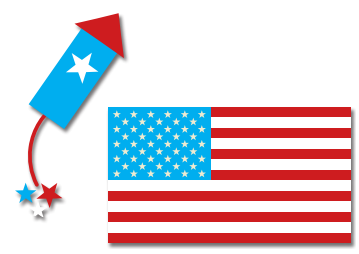
Dare To Be Bare

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.



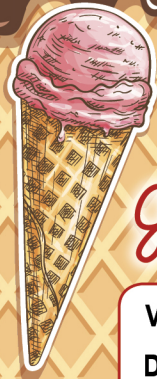
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 Joy Fellowship Worship-C 1</p> <p>10:15 Incarnation Church</p> <p>11:00 Proficient Pictionary-L</p> <p>1:30 Scrabble Champs-FL</p> <p>3:00 Bring your Imagination-L</p> <p>4:00 Cocktails & Conversation: -L</p> <p>6:30 News Currents Discussion Group-FL</p>	<p>9:30 Sing & Get Fit-L 2</p> <p>11:00 Creative Cards w/ Debbie-AR</p> <p>1:30 What's the Sequence-L</p> <p>3:00 Who was Howard Hughes-L</p> <p>4:00 What's the Buzz? Community Challenge-L</p> <p>6:30 Mahjong Matriarchs-L</p>	<p>9:30 Work it Out-TR 3</p> <p>10:00 Harbor Chase Associate Day Camp</p> <p>11:00 Who was Steven Foster: The American Tradition-L</p> <p>1:30 Rockin Rummikub -FL</p> <p>3:00 Civil Rights Act of 1964-L</p> <p>4:00 Musical Memories-L</p> <p>7:00 Downton Abbey-L</p>	<p>Independence Day 4</p> <p>9:30 Body Balance-L</p> <p>9:30 Publix/Banks</p> <p>11:00 Coca Cola the All American Tradition-L</p> <p>12:00 Independence Day BBQ</p> <p>1:30 Table Games-L</p> <p>3:30 Star Spangled Banner Show w/ Connie Kurtz-L</p> <p>6:30 Bridge Bandits-FL</p>	<p>9:30 Awaken your Vitality-L 5</p> <p>11:00 PT Barnum the Greatest Showman-L</p> <p>1:30 Scrabble Masters-FL</p> <p>3:00 Pictionary Perfection-L</p> <p>4:00 Music Trivia through the Decades-L</p> <p>6:30 Boggle Brains-FL</p>	<p>9:30 Walking Club-FL 6</p> <p>11:00 Louis Pasteur's Possibilities-L</p> <p>1:30 Dueling Dominos-FL</p> <p>3:00 Tour De France at HarborChase-L</p> <p>4:00 Live Entertainment w/ Chalyce Sullivan-L</p> <p>7:00 Climactic Cinema' Shape of Water' -L</p>	<p>9:30 Sing & Be Fit-L 7</p> <p>10:00 Southgate Mall Shopping</p> <p>11:00 History of the Tour De France-L</p> <p>1:30 Language Lexicon-L</p> <p>3:00 Perplexing Puzzles-FL</p> <p>4:00 Say it With Music-L</p> <p>7:00 Classic'Barefoot in the Park-L</p>
<p>9:30 Morning Chats-FL 8</p> <p>10:15 Incarnation Church</p> <p>11:00 Rummy Anyone?-FL</p> <p>3:00 Hang Ten Hangman-L</p> <p>4:00 Last Word in the Lounge-L</p> <p>7:00 Musical 'Hello Dolly'-L</p>	<p>9:30 Sit & Be Fit-L 9</p> <p>11:00 Monthly Activity Meeting-L</p> <p>1:30 Sequence Challenge-FL</p> <p>3:00 Picasso & Cubism-L</p> <p>4:00 Remembering the Hits from the 1950's-L</p> <p>6:30 Mahjong Champs-FL</p>	<p>9:30 Stretching Fitness-L 10</p> <p>10:00 Sherriff's Youth Ranch Troop Visit</p> <p>11:00 Literary Pioneer Nathaniel Hawthorne-L</p> <p>1:30 Family Feud-L</p> <p>3:00 The Art of Tennis and Arthur Ash-L</p> <p>4:00 Finish the Lyrics-L</p> <p>7:00 Downton Abbey-L</p>	<p>9:30 Publix/Banks 11</p> <p>11:00 Creative Crafts- Pom Pom's-AR</p> <p>1:30 Table Games-L</p> <p>3:00 The Artistry of Josiah Wedgewood-L</p> <p>4:00 Just Us Duo-L</p> <p>6:30 Bridge Bandits-FL</p>	<p>9:30 Morning Yoga-L 12</p> <p>11:00 The Australian Aborigines presented by Author Gary Winning-L</p> <p>1:30 Scrabble Masters-FL</p> <p>3:00 Venice: Fact or Fiction-L</p> <p>4:00 Guess the Slang Trivia-L</p> <p>6:30 News Currents Discussion-FL</p>	<p>9:30 Chair Pilates-L 13</p> <p>10:00 Selby Gardens Trip</p> <p>11:00 Comparative Religion-L</p> <p>1:30 Remember & Repeat-L</p> <p>3:00 Headbanz-L</p> <p>4:00 Art of Percussion-L</p> <p>7:00 Friday Night Film 'The Post' -L</p>	<p>9:30 Laughing Yoga-L 14</p> <p>10:15 Target/Dollar Store</p> <p>11:00 Corn Hole Corner-L</p> <p>1:30 Rummikub Ramblers-FL</p> <p>3:00 Who wants to be a Millionaire?-L</p> <p>4:00 Heinekens & Hangman-L</p> <p>7:00 Comedy "Wild Oats"-L</p>
<p>9:30 Joy Fellowship-C 15</p> <p>10:15 Incarnation Church</p> <p>11:00 'If I Could Anywhere'-L</p> <p>1:30 Crossword Challenge-FL</p> <p>3:00 Google Earth' Australia' -L</p> <p>4:00 Pretzels & Pictionary-L</p> <p>7:00 Side Walk Astronomy-L</p>	<p>9:30 Chair Yoga-TR 16</p> <p>11:00 The Journey of Nelson Mandela-L</p> <p>1:30 Rummikub Ramblers-FL</p> <p>3:00 Lift Off Apollo-L</p> <p>4:00 Corn Hole Huskers-L</p> <p>6:30 Mexican Dominos-FL</p>	<p>9:30 Meditation Circle-TR 17</p> <p>10:00 Harbor Chase Associate Day Camp</p> <p>11:00 Expressive Art Class w/ Kat-AR</p> <p>1:30 Team Scrabble-L</p> <p>3:00 Horse Shoes on the Green-CY</p> <p>4:00 Classical Concerto w/ David Pedraza-L</p> <p>7:00 Downton Abbey-L</p>	<p>9:30 Publix/Banks 18</p> <p>9:30 Sit and Be fit-TR</p> <p>11:00 Pom Pom Rugs-AR</p> <p>1:30 AMC Movie Outing</p> <p>4:00 Sassy Serenades w/ Rob Satori-L</p> <p>6:30 Refresh your Bridge Game-FL</p>	<p>3:00 Putting on the Green-CY 19</p> <p>9:30 Move and Grove-TR</p> <p>11:00 Edgar Degas' Dancers-L</p> <p>1:30 Boggle my Mind-FL</p> <p>4:00 The Soundtrack of Our Lives-L</p> <p>6:30 News Currents Discussion Group-FL</p>	<p>9:30 Walk with Me-FL 20</p> <p>11:00 Art History: Dali- L</p> <p>1:30 Scrabble Anyone?</p> <p>3:00 Shabbat Services w/ JFCS-TR</p> <p>4:00 Jazz Jingles w/ Joe Thayer-L</p> <p>7:00 New Release-'Murder on the Orient Express'-L</p>	<p>9:30 Cappuccino Corner-FL 21</p> <p>11:00 Intriguing Photographs-L</p> <p>1:30 Hand & Foot-FL</p> <p>3:00 Stonehedge: Fact or Fiction-L</p> <p>4:00 American trivia Challenge-L</p> <p>7:00 Movie' Grumpy Old Men'-L</p>
<p>9:30 News Currents-FL 22</p> <p>10:15 Incarnation Church</p> <p>11:00 New York Times Highlights-FL</p> <p>1:30 What's the Last Word-L</p> <p>3:00 John Dillinger(Public Enemy No. 1)-L</p> <p>4:00 Wine & Cheese Hour-L</p> <p>6:30 Reflect and Relax-L</p>	<p>9:00 Jewelry Showcase & Sale-FL 23</p> <p>9:30 Fitness Trail-TR</p> <p>11:00 Carol Holland Discussion-L</p> <p>1:30 Wheel of Fortune-L</p> <p>3:00 Creative Crafts-Pom Pom Rugs-AR</p> <p>4:00 Try your Luck :Horse Shoes-L</p> <p>6:30 Evening Stretches-AR</p>	<p>9:30 Move your Muscles-L 24</p> <p>10:00 Harbor Chase Associate Day Camp</p> <p>11:00 Short Stories: 'The Tell Tale Heart'-L</p> <p>1:00 Hearing Clinic-AR</p> <p>1:30 Sudoku for your Mind-FL</p> <p>3:00 Introducing Alexia-L</p> <p>4:00 New Resident Social w/ Dave Mankas-L</p> <p>7:00 Downton Abbey-L</p>	<p>9:30 Jazzercise-TR 25</p> <p>9:30 Publix/Banks</p> <p>11:00 Creative Crafts-Pom Pom Rugs-AR</p> <p>1:30 Eager Readers-FL</p> <p>2:00 Wal-Mart Shopping</p> <p>4:00 Rat Pack Renditions w/ Johnny Casablanca</p> <p>6:30 Duplicate Bridge-FL</p>	<p>9:30 Line Dance to Fitness-TR 26</p> <p>11:00 The Florida Cowboy: Presented by Bob Hite-L</p> <p>1:30 Sequence Challenge-FL</p> <p>3:00 Entertain my Brain-L</p> <p>4:00 Cowboy Trivia-L</p> <p>6:30 News Currents-Discussion-FL</p>	<p>9:30 Chair Cardio-TR 27</p> <p>11:00 The Fashion of Jackie O-L</p> <p>1:30 Resident Council-L</p> <p>3:00 The Andrea Doria: Fact or Fiction-L</p> <p>4:00 Cool Classics w/ The Second Chanz Band-L</p> <p>7:00 New Release ' Film Stars Don't Die in Liverpool' -L</p>	<p>9:30 Swing & Sing-L 28</p> <p>11:00 Photography Club-L</p> <p>1:30 Let's Monopolize-FL</p> <p>3:00 Bocce Ball-CY</p> <p>4:00 Beer & Nuts-L</p> <p>7:00 Musical' Andre Rieu'-L</p>
<p>9:30 Morning Chats-FL 29</p> <p>10:15 Incarnation Church</p> <p>11:00 Rosary Group-FL</p> <p>1:30 Unscramble Me-L</p> <p>3:00 Camp Fire Stories-L</p> <p>4:00 Brain Buzz Trivia Challenge-L</p> <p>6:30 News Currents Discussion Group-FL</p>	<p>9:30 Cardio Corner-L 30</p> <p>11:00 Mini Cupcake Creations</p> <p>1:30 Boggle my Mind-FL</p> <p>3:00 Thinklers-L</p> <p>4:00 July Birthday Celebration w/ Amanda Janzten</p> <p>6:30 Texas Holdem Poker-</p>	<p>9:30 Chair Zumba-TR 31</p> <p>10:00 Red Tiger Troop Camp</p> <p>11:00 Behind The Scenes Cinema-L</p> <p>1:30 Pinnacle Players</p> <p>3:00 Early Airlines-L</p> <p>4:00 Wet your Whistle Word Games-L</p> <p>7:00 Downton Abbey-L</p>				<p>AR2nd floor Activity Room</p> <p>L..... 1st floor Lounge</p> <p>WC..... 2nd floor Wellness Center</p> <p>TC The Cove</p> <p>TR.....2nd floor Theatre Room</p> <p>CY Court Yard</p> <p>FL Front Lobby</p> <p>DK..... Demo Kitchen</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
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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



Happy Independence Day

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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.

Celebrating Senior Living!

Our Family Photo Album!

