

## 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*

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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.

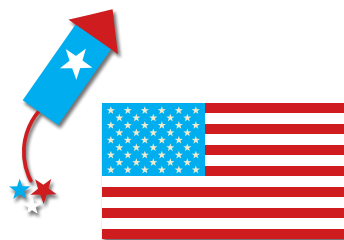
## Dare To Be Bare

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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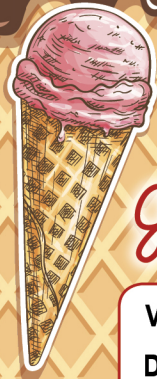
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:15 Joy Fellowship Morning Worship</b> 1 9:30 Sing and Be Fit 10:30 Garden Oasis 1:30 Silver Parachutes 2:30 Arm travel 'Canada' <b>3:30 Food Craft 'Fruit Salad'</b> 4:30 Porch Chatters ' Estee Lauder Business Woman' 6:30 News Current Discussion 8:00 Music and Relaxation	9:45 Chair Dancing 2 <b>11:15 Lunch at Der Dutchman</b> 1:30 Sing Along with Cheryl <b>2:00 Craft Corner 'Pink Roses Origami'</b> <b>3:00 Sugar Dome ' Chocolate Fudge'</b> 4:00 Card Game Club 6:30 Everything About Me 8:00 Fish Tank Floorshow	9:45 Fitness On the Go 3 10:30 Garden Club 1:30 Soccer Tournament 2:00 Porch Chatter and Tea <b>3:00 Food Crafter 'Strawberry Smoothie'</b> 4:00 American Memorabilia <b>6:30 Over the Hit Cinema 'Superman/1978'</b>	<b>Independence Day</b> 4 9:45 Move and Be Fit <b>10:15 I'm a Baker 'Old Glory Cheesecake'</b> 12:00 Independence Day BBQ 1:30 Silver Parachutes-CY 3:00 Abstract Craft 'Fireworks in a Jar' <b>4:00 Star Spangled Banner Show w/ Connie Kurtz-L</b> 8:00 4th of July Firework NBC	9:45 Fitness On the Go 5 <b>11:00 Party Dance w/ Brenda</b> 1:30 Volleyball Match -CY 2:30 A Brief History 'How the Tiny Swimsuit Conquered America' <b>3:00 Food 911 'White Chocolate Macadamia Nut Cookies'</b> 4:00 Spelling Bee 6:30 Dazzling Dominoes	9:45 Chair-Cizing 6 <b>10:15 Evergreen Herb Centerpieces</b> 1:30 Miss the Ball/Tongue Twister 2:30 Kitchen Casino 'Root-beer Floats' 3:30 Round Table 'Fried Chicken' 4:00 Entertainment-L 6:30 Simon Says 8:00 All about Me	9:45 Sing & Be Fit 7 10:30 Sweet Genius 'Double Chocolate Mousse' 1:30 Soccer League 2:00 World Wildlife 'Monkeys' <b>3:00 Singing with 'The Sparrow'</b> 4:00 Karaoke 'Hits from the 60s' 6:30 Saturday Night Cinema 'Cleopatra'
9:30 Sing and Be Fit 8 10:30 Garden Oasis 1:30 Silver Parachutes-CY <b>2:30 Food 911 'Ice Cream Cherry Jubilee'</b> 3:30 Remember How Much That Cost? 4:00 Play That Vinyl 6:30 Card Game Tournament 8:00 Patient for Puzzles	9:45 Chair Dancing 9 <b>11:00 Picnic at Siesta Key</b> 1:30 Listamania 2:30 Knock the Ball Series 3:00 Trivia and Lemonade On The Porch <b>4:00 Corn Hole Champions</b> 6:30 Everything About Me 8:00 Fish Tank Floorshow	9:45 Fitness On the Go 10 <b>10:30 Play the Chimes w/ Steve-C</b> 1:30 Juice Pong Challenge <b>2:00 Genius Kitchen 'Pina Colada'</b> <b>3:15 Crafters Corner 'Butterfly Sun Catcher Key Chain'</b> 4:00 Dance Dance Revolution 6:30 Table Games Tournament 8:00 Music Medley 'Brenda Lee'	9:45 Move and Be Fit 11 <b>10:00 Guitar Classic w/ Callie-C</b> 1:30 Bowling League <b>2:00 Drum Therapy w/ Edsel-C</b> <b>3:00 Kessen Kitchen 'Summer Melon Slushies'</b> 4:00 Chatters Club 'Life Stories' 6:30 News and Views 8:00 Relax and Reflect	9:45 Fitness On the Go 12 <b>10:30 Food 911 'Blueberry Smoothie'</b> <b>1:30 Classic Concerto W/ Cheryl</b> <b>2:30 Fantasy Jewelry</b> 3:15 Toss and Answer 4:00 Beach Ball Volley Champs 6:30 The Puzzle Club 8:00 Remember When	9:45 Classic Cardio 13 <b>10:30 Kooky Kitchen 'No-bake S'mores Bars'</b> 1:30 Corn Hole Clash-CY 2:30 Trivia Blog <b>3:00 Craft Corner 'Stepping Stone'</b> 4:00 Art of Percussion-L 6:30 Simon Says 8:00 News and Views	9:30 Sing & Be Fit 14 <b>10:30 Belly Up 'BP&amp;J Open Face'</b> 1:30 3 Hoops and a Ball 2:30 Drawing Classes 'Charcoal & Pastels' 3:00 History Memorabilia 4:00 Karaoke 'Oldies but Goodies' <b>6:30 Movie Night 'Mona Lisa Smile'</b>
<b>9:15 Joy Fellowship Morning Worship</b> 15 9:45 Morning Yoga <b>10:30 Sweets Showdown 'Coffee Homemade Ice Cream'</b> 1:30 Strike Time Bowling-CY 2:00 Family Feud <b>3:00 Jenga Jumbler</b> 4:00 Travelogue 'Lake Superior' 6:30 Everything About Me	9:45 Chair Fitness 16 <b>10:00 Cupcake War Decoration</b> 1:30 Bean Bag Ladder Toss Tourney 2:30 Silly Sentences 3:00 Craft Corner 'Bird Houses' 4:00 Arm Travel 'Paris' 6:30 Pondering for Puzzles 8:00 Relax and Reflect	9:45 Fitness On the Go 17 10:30 Garden Club 1:30 Kickball Kick-off 2:15 State Trivia <b>3:00 Kooky Kitchen 'JELL-O Magic Mousse'</b> <b>4:00 Classical Concerto w/ David Pedraza-L</b> 6:00 Nature Corner 'Evening Walk' 8:00 Music Medley	9:45 Yoga Fitness 18 10:30 Creative with Clay 1:30 The Cove BoomWackers 2:30 Chef Chatter 'Caviar' 3:30 Bowling League <b>4:00 Sassy Serenades w/ Rob Satori-L</b> 6:30 News and Views 8:00 Fish Tank Floorshow	9:45 Fitness On The Go 19 10:30 Remember and Repeat <b>1:30 Music Americana w/ Cheryl</b> 2:00 Spelling Bee <b>3:00 Herb Master Centerpieces</b> 3:15 Juice Pong Challenge 4:00 Getting to Know You 6:30 Relax and Reflect 8:00 News Currents	9:45 Step on It 20 <b>10:30 The Butterfly Garden Club</b> 1:30 Indoor Volleyball League 2:15 Thesaurus 'Synonyms' 3:30 Star Plates 'Banana Smoothie' <b>4:00 Jazz Jingles w/ Joe Thayer-L</b> 6:30 Dazzling Dominoes 8:00 Music Medley	9:30 Sing a Be Fit 21 <b>10:30 Le Creuset Kitchen 'Crepes'</b> 1:30 Bean Bag Ladder Toss Tournament <b>2:30 All news of Tour de France</b> 3:00 Look Back-on 'My First Bicycle' 4:00 Dance Dance Revolution 6:30 ESPN News Report
9:45 Sing and Be Fit 22 <b>10:30 Garden Club 'Living Green'</b> 1:30 Bowling League <b>2:30 Belly Up! Nutella Open-Face</b> 3:00 Ice Tea and Conversation 4:00 Music 'The Golden Age' 6:30 Dazzling Dominoes 8:00 Mellow Music	9:45 Move w/ The Ball 23 <b>10:30 Food 911 'Summer Smoothies'</b> 1:30 Giant Jenga Play-off 2:00 I Want to be a Millionaire 3:00 Use Your Senses 4:00 Music and Memories at the Porch 6:30 Everything About me 8:00 Meditation Music	<b>Summer Camp</b> 24 9:45 Fitness On The Go <b>10:30 Master Herb Centerpieces</b> 1:30 Bean Bag Toss Tournament <b>2:30 The Kids Reading Club</b> <b>3:15 Kessen Kitchen 'Homemade Ice Cream'</b> <b>4:00 New Resident Social w/ Dave Mankas-L</b> 6:30 Ramble with Friends	9:45 Morning Zumba 25 10:30 Poetry on the Porch <b>1:30 The Hawaiian Shirts Ukulele</b> <b>2:15 Cooks Corner 'Pizzelle Ice Cream Sandwich'</b> 3:00 Juice Pong Challenge <b>4:00 The Cove BoomWackers</b> 6:30 Walking with Friends 8:00 Mellow Music	9:45 Fitness On the Go 26 <b>10:30 Kooky Kitchen 'Homemade Bread'</b> 1:30 Bowling League 3:15 Thesaurus 'Synonyms' 4:00 Toss and Answer 6:30 Everything About Me 8:00 Music and Relaxation	9:45 Be Fit w/ Music 27 <b>10:15 Food Craft 'Cowboys Beans'</b> 1:30 Silver Parachutes 2:00 Family Feud 3:15 Trivia Blog <b>4:00 The Florida Cowboy-L</b> 6:30 Card Game Tournament 8:00 Relax and Reflect	9:45 Sing and Be Fit 28 <b>10:30 Herbs Centerpieces</b> 1:30 3 Hoops and a Ball 2:15 Color my Dominoes 3:00 World Wildlife 'Horses' <b>4:00 American West Music</b> <b>6:30 Saturday Movie Night 'Nevada Smith'</b> 8:00 Fish Tank Floorshow
<b>9:15 Joel Osteen Lake Wood Church</b> 29 9:45 Morning Yoga 1:30 Horseshoes on the Hook 2:30 Garden Oasis 3:15 Drawing Class <b>4:00 Dance Dance Revolution</b> 6:30 Remember When 8:00 Music Medley	9:45 Move & exercise 30 <b>11:15 Lunch at Millie's</b> 1:30 Soccer Team 2:00 Trivia Blog <b>3:15 Sugar Showdown 'Berry Mix Smoothie'</b> <b>4:00 July Birthday Celebration-L</b> 6:30 Card Game Tourney 8:00 Stress Busters	9:45 Fitness On The Go 31 <b>10:30 Kitchen Casino 'Summer Melon Slushies'</b> 1:30 Bowling League <b>2:30 Craft Crafter 'Cork Monogram'</b> 4:00 American Memorabilia 6:30 ESPN News Report 8:00 Meditation Music				

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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- 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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4						8	9
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Medium

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					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.

## Celebrating Senior Living!

# Our Family Photo Album!

