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

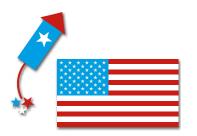
Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- 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.



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Fun Facts for a Festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder nd 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.



HarborChase of Plano • The Cove





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 The Sunday Funnies 9:00 The Amen Corner 10:00 Courtyard Stroll 11:00 This Week in Politics 1:00 Keep it Clean 2:00 Rangers at Orioles 3:30 Worship Service 4:00 The Puzzlers Club 6:30 The Rest of The Story 7:30 Love of Laundy	9:00 Daily Chronicle 10:00 Fit Express/Cornhole in the courtyard 11:00 IQ Trivia Challenge 1:00 Relax and Unwind 1:30 You Tube/Table Tennis 2:00 Meandering Monday Outing-Stonebriar 3:00 Unscramble/Charades 4:00 New Currents Chat 7:00 Antiques Road Show	9:00 Chair Chi For Strength 10:00 Peaches, A Summer Treat Review 11:00 Virtual Tour/Mount Rushmore 1:00 Walk This Way 2:00 Patriotic Centerpieces 3:00 Shoot For The Stars 4:00 The Puzzlers Club 6:00 Meditation/Chess 7:00 Short Stories w/Kay	9:00 Strength Training 10:00 4th of July Trivia 11:00 Explosion Art 12:00 4th of July Cookout 1:00 Patriotic Music w/Michelle 3:00 Red & White Social 4:00 Independence Day 6:00 Movie Time-Yankee Doodle Dandy 7:30 KaBoom Watching Craig Ranch	9:00 Dancersize! 10:00 Thursday Word Game 11:00 History of Cracker Jacks 1:00 What Goes Up Must Come Down 2:00 Google This 3:00 Game On! Family Feud/CJ Social 4:00 Fact or Fiction? 7:00 Around The Couch w/Elton John	9:00 News Currents Chat 10:00 Music & Movement 11:00 Word Mining/IN2L 12:00 S.W.E.L.L Lunch Outing 1:00 Name That First Lady/Talk & Toss 2:00 Spare Time/Name That Tune 3:00 Finish The Phrase 4:00 All Star Happy Hour 7:00 'Rocky' The Movie	Tour De France 9:00 Daily Chronicle 10:00 Hawaiian Style Exercises 11:00 Virtual Tour:Hawaii 1:00 Piano w/ Richard 2:00 Hawaii Category Puzzle 3:00 Pineapple-Coconut Limbo! 4:00 Trivia Happy Hour 6:30 Movie: Blue Hawaii 7:00 Best Of SNL
9:00 Remember the 'Times' 9:30 The Amen Corner 10:00 Sittercise/Extra Extra 11:00 Wii Bowling League 1:00 Relax & Unwind/ Just for Laughs 2:00 Chicken Soup for the Soul 3:30 Worship Service 4:00 Table Tennis/UNO 6:30 Movie 'Father of the Bride' 7:30 Love of Laundy	9:00 Courtyard & Coffee Chat 10:00 Get Up & Dance! 11:00 Ping Pong/Cornhole 1:00 Music & Memories 1:30 You Tube/Mahjong 2:00 Meandering Monday 3:00 Cheese Tasting From Around The World 4:00 You Name IT! 7:00 Around The Patio	9:00 Fit & Fab 10:00 Chef Chat/Picnic Trivia 11:00 You be the judge 1:00 Just Ask Alexa! 2:00 Reminisce about your 3:00 Bowl and Stroll/National Park Japan 4:00 Who's line is it/Laughing around 6:00 Meditation/Chess	9:00 Live w/ Action/ Morning Dew 10:00 Bon Appetit 11:00 Wednesday Words 2:00 Books On Wheels/Scrabble 3:00 /Bead Art 4:00 Wilds About Animal/Nuts and Bolts Club 6:00 Arm Chair travel 7:30 Meditation to Music	9:00 Stretch and Flex 10:00 Car Corner/Cuppa Joe 11:00 Riddle Me This/Stitch in Time 1:00 In Good Company 2:00 Summer Time Vibe 3:00 Puzzles & More/Poetry Exchange 6:30 Wind Chimes & Relax 7:00 Courtyard Gazing & Tea	9:00 Chair Chi/My Life 10:00 HC Library/Humor me 11:00 Stop Pose For The Frame 12:00 R.O.M.E.O (Men Only) 1:00 Music and Relaxation 2:00 Beach Spotlight 3:00 Small Group Time/Move On 4:00 Opinionation/Pick 3 4:00 Shabbat Service 6:30 Real Time/Aromatherapy	9:00 Aftershave Crew/Nail Bar 10:00 Footloose/Ask Alexa! 1:00 Mix & Mingle 2:00 Brain Waves/Poems in my Pocket 2:00 Collector Cars Around The World 3:00 Mac & Cheese Social/Let's Talk Cheese 6:30 Facetime w/Family
9:00 Coffee & Chat on Patio 10:00 Sit & Stretch 11:00 Making Sun Tea/Tee Time 2:00 Familiar Phrases/ Hands Down 3:00 Car Talk/ A Day at the Zoo 3:30 Table Games/Bingo 6:30 After Dinner News 7:00 Evening Cinema 'We Brought A Zoo'	9:00 Planting Smiles/Faces & Places 10:00 Fit Express 11:00 Fact or Fiction? 2:00 Facebook Live Afternoon 2:00 Meandering Monday Outing-Stone Briar 3:00 Ginger Snaps And Ale Party 4:00 Rummikub Ramble/ Table Tennis 7:00 Shall We Dance	9:00 Get Fit 10:30 Memories in the Making 11:00 Pick 5/Pie Face 2:00 Scrabble/Connecting The Pieces 3:00 Love on a Leash/Spare Time 4:00 Peachy Happy Hour 6:30 PJ's and Movie Night 7:00 Late Night Bread Baking	9:00 Music & Movement 10:00 Country Server Cooking w/ Willa 11:00 Alphabetics /Water Color 1:00 Unwind To Music 2:00 Fun With Words/Chewing The Fat 3:00 Hot Diggity Dog Social 4:00 Mohjong/Chicken Foot 6:30 Patch work Club/ESPN	9:00 Move & Groove 10:00 If Life were A Cartoon Discussion 11:00 Blooms of Blessing/Man Cove Club 1:00 Rummikub 2:00 Comic Trivia/ Tech Time Animation Styles 3:00 Comical Social 4:00 8 Ball/Poker Face 6:00 Common Bonds Group	Shirley Best Day's 10:00 Stretch & Throw 11:00 Travel To Nova Scotia w/Shirley 2:00 Shirley's Famous Blueberry Pie 3:00 Blueberry Pie Social w/Shirley 4:00 Maple Left Toss w/Shirley 7:00 Restful Sounds and Aroma Therapy	9:00 News Currents & Coffee Chat 10:00 Tackle Box Club/Ladies Tea 11:00 Lighten Up/Word Bluff 1:00 Meaningful Moments 1:00 Have You Heard/From Brush To Canvas 2:00 Tisha B' Av/w Sy 3:00 Crafty Cove/ Explore w/ Me 4:00 Banana Pudding Social 6:00 Musical Evening
9:00 Daily Bread outside in the Courtyard 10:00 Tai Chi/Walking Tall 11:00 Word Games 1:00 Creative Expressions 2:00 It Is What It Is 3:00 Explore Nat. Caves of the World 3:30 Praise and Worship 4:00 Mind Bogglers Club 7:-1 Easy Listening	9:00 Daily News/Last Laugh 10:00 Move & Stretch 11:00 Picture Perfect/Stitch In Time 1:00 Card Sharks/Pampered Nails 2:00 Meandering Monday 3:00 Blue Monday Social 4:00 Sandpaper Club 6:00 Singing with the 8 Top 7:00 Evening of Blues	Peggy's Best Days 9:00 Keep It Moving 10:00 Chet Chat/What Did It Cost 11:00 Tackle Box Club /Ladies Talk 1:00 Motown Afternoon Pin Stack 2:00 Rummikub/Move on 3:00 Forever Pho Social 4:00 IN2L All About Detroit 6:30 Evening Tea Time	9:00 Footloose 10:00 Pots & Pan Club 11:00 Bull's Eye/Decoupage 12:00 New Resident Luncheon 1:00 All or Nothing/Threading the Needle 2:00 Love On A Leash/Pastimes 3:00 In my Shoes/Shanking Memories 4:00 Summer Time Reminiscing 6:30 Jazzing the Night Away	9:00 Joy Through Movement 10:00 Remember the Times 11:00 Blooms Of Blessing/HangMan 1:00 Who, What, When? Today I Found Out 2:00 Gentleman's Roundtable 3:00 Charades 4:00 You've Got Mail/Wii Bowling 6:30 Cool Collections/Meditation 7:30 Summer Blues	9:00 Morning Dew/Poetry 10:00 Dancersize 11:00 Friday Funnies Pick Five 1:00 Gentleman Round Table/Karaoke 2:00 Card Sharks Spades/Resident Council 3:00 Hula Hop Toss/Wine Not Social 4:00 What would you do? 7:00 Painting Under The Stars	9:00 Courtyard Stroll 10:00 Horseshoes in Courtyard 11:00 A Novel Bunch/Cowboys Short Stories 1:00 Faces & Places Barnyard Style 2:00 Square Dance & Two Step 3:00 Horsing Around Social 6:30 Evening Act/Singing w/The 8 Tops 7:00 Western Movie True Grit
Tour De France Finale 9:30 Morning Dew 10:00 Keep It Moving	9:00 Move To The Beat 30 10:00 Pen Meets Paper/ Elvis Trivia	9:30 Morning Edition 31 10:00 Keep It Moving	INDEDENDENCE			*

10:00 Keep It Moving

11:00 The Good News Network

1:00 Words From The Witty and Wise

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2:00 Current Events/Cove Clippers

3:30 Worship Service

4:00 Sunday Trivia 6:00 Inspirational Stories 10:00 Pen Meets Paper/ Elvis Trivia | 11:00 Make It Take It

1:00 Diffuser Afternoon 2:00 Friendship Frame/ Brain

Buzz 3:00 Friendship Social

4:00 Around the Piano with Captain Phil

6:30 Evening Act 7:00 Tell your Stories

10:30 Chef Chat/Crochet w/Yvonne 11:00 Our Story/Word Rhyming

2:00 Rummikub/Move on 3:00 Gentleman's Roundtable

4:00 Talk & Toss/Love on a Leash 4:30 Birthday Bash!



I scream, you scream, we all scream, for ICE CREAM!

July is National Ice Cream Month

BANANA SPLIT

BROWNIE

CAKE CONE

CANDY

CHOCOLATE

COOKIES

HARD SERVE

HOMEMADE

FLOAT

NEAPOLITAN

NUTS

PARFAIT

SANDWICH

SHAKE

SMOOTHIE

SOFT SERVE

SPRINKLES

STRAWBERRY

SUNDAE

SWIRL SYRUP

VANILLA

WAFFLE CONE

WHIPPED CREAM

Capturing Wonderful Memories







Waco Trip

The Lunch Bunch

Floor Basketball







Lunch at Jake's in Waco

Lunch Bunch in Waco

Life's A Beach

HC PLANO



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.

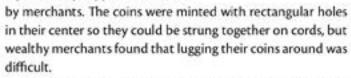
- The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The initial date the resolution of independence 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



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.

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.



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