



Assisted Living Birthdays

Carl U.....	July 2
Kathy B.....	July 6
Frank L.....	July 9
Leo S.....	July 13
Ruth B.....	July 18
Chester M.....	July 20
Jack M.....	July 24
Val M.....	July 26

Cove Birthdays

Virginia O.....	July 1
Jerry G.....	July 2
Dorothy M.....	July 3
Nancy C.....	July 21
Roger M.....	July 23
Ray S.....	July 25

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:

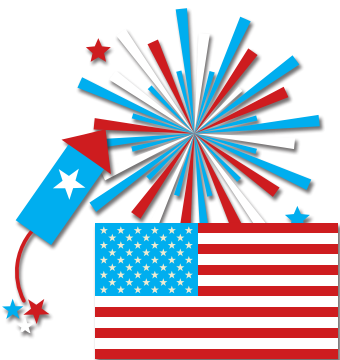
- A half-cup of blueberries packs plenty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories.
- Blueberries contain more disease-fighting antioxidants than red wine or green tea.
- Half a cup of blueberries a day may help improve brain function.
- Blueberries provide the same 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

12446 S Van Dyke Road
Plainfield, Illinois 60585
815-408-9893





Directors

Sandy Gourley
Executive Director

Rob Anderson
Business Office Manager

Yolanda Robbins
Resident Care Director

Jaclyn Minor
Memory Care Director

Kim Cook
Sales Director

Linda Cole
Sales Director

Diane Taradejna
Life Enrichment Director

Joe Porretta
Hospitality Director

Dennis Victoris
Maintenance Director

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.





HarborChase of Plainfield • The Cove

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>9:00 St. Mary Communion 1</p> <p>10:00 Welcome to July:FR</p> <p>10:30 Sunday at the Memories:FR</p> <p>1:30 Jeopardy Trivia:FR</p> <p>2:00 Furry Friends- Zeus:FR</p> <p>3:00 Armchair Travel-Neighbors to the North:FR</p> <p>6:30 Summer Blockbusters-Jaws:FR</p>	<p>9:30 Fit Xpress:FR 2</p> <p>10:00 History Buffs-Earhart's Last Flight:FR</p> <p>1:00 Giant Crossword Challenge:FR</p> <p>2:00 Furry Friends-Zooey</p> <p>3:00 Short Stories & Sunshine:CY</p> <p>6:00 Finishing Lines Trivia:FR</p> <p>6:30 TV Classics-Bewitched:FR</p>	<p>9:30 Chair Dancing:FR 3</p> <p>10:00 Patriotic Parade with KLA!</p> <p>11:00 Daily Chronicle:FR</p> <p>1:00 Cranium Crunches- Pass it on Puzzle:FR</p> <p>2:00 Songs of Yesteryear:FR</p> <p>3:00 Winner Takes All- Horse Racing:AR</p> <p>6:00 Remember When:FR</p> <p>6:30 Comedy Classics-Abbott & Costello:FR</p>	<p>9:30 Stars & Stripes Stretches:FR</p> <p>10:00 Aprons On Pizza:AR</p> <p>12:00 Backyard Football</p> <p>1:30 Independence Reminiscent</p> <p>3:00 Patriotic Pr</p> <p>6:00 Fourth of J Crunches:FR</p>
<p>9:00 St. Mary Communion 8</p> <p>10:00 Sit & Be Fit:FR</p> <p>10:30 Sunday at the Memories:FR</p> <p>1:00 The Dick Van Dyke Show:FR</p> <p>1:30 Book Circle-Tough Times, Strong Woman:FR</p> <p>3:00 Strike Zone-Wii Bowling:FR</p> <p>6:30 Andrea Bocelli in Concert:FR</p>	<p>9:30 Fit Xpress:FR 9</p> <p>10:00 A Song for Every Color:FR</p> <p>1:00 Colorful Characters Hangman:FR</p> <p>2:30 Mix it Up-Chocolate Banana Milkshakes:AR</p> <p>3:00 Short Stories & Sunshine:CY</p> <p>3:30 Game Room-Shuffleboard:AR</p> <p>6:30 Daily Dose of Trivia:FR</p>	<p>9:30 Chair Dancing:FR 10</p> <p>10:00 History Buffs- Navy Pier Through the Years:FR</p> <p>1:00 At the Beach Unscramble:FR</p> <p>3:00 Pinterest Project-Seashell Sandcast:AR</p> <p>3:30 Beachfront Scenes & Sounds:FR</p> <p>6:30 Classic Cinema:Summer Stock:FR</p>	<p>9:30 Fit as a Fiddle</p> <p>10:00 Today's Fun Facts</p> <p>10:30 Grand Ole</p> <p>1:00 The Year V</p> <p>2:00 Rivers & R</p> <p>3:00 Shake it Up Memory:FR</p> <p>6:30 Now Show Face:FR</p>
<p>9:00 St. Mary Communion 15</p> <p>10:00 Today in History:FR</p> <p>1:00 Hymn Book Favorites:FR</p> <p>2:00 Golden Greats-Judy Garland:FR</p> <p>3:00 Pokeno Pals:AR</p> <p>3:30 Chicken Soup for the Mother's Soul:FR</p> <p>6:30 Now Showing-The Wizard of Oz:FR</p>	<p>9:30 Scarves in Motion:FR 16</p> <p>10:00 Daily Chronicle:FR</p> <p>10:00 Mix it Up-Blueberry Frozen Yogurt:AR</p> <p>1:00 It's Time to Play Family Feud:FR</p> <p>2:00 Furry Friends-Zooey</p> <p>3:30 Peaceful Piano:FR</p> <p>6:30 Actress Spotlight-Ginger Rogers:FR</p>	<p>9:30 Rise & Shine Stretches:FR 17</p> <p>10:00 Today's Fun Facts:FR</p> <p>1:00 Word Mining Challenge:AR</p> <p>1:30 No Bake Peanut Butter Balls:AR</p> <p>3:00 Rhyme Time Bingo:AR</p> <p>6:00 Remember When:FR</p> <p>7:00 MLB All-Star Game:FR</p>	<p>9:30 Take Me O Ballgame-Slammers</p> <p>1:00 Classic Co Along:FR</p> <p>2:30 Afternoon C</p> <p>3:00 Armchair T State:FR</p> <p>6:00 Sports Gre</p> <p>6:30 Actor Spotl Martin:FR</p>
<p>9:00 St. Mary Communion 22</p> <p>10:00 Famous Firsts-Flight Around the World:FR</p> <p>1:00 The Best of Ed Sullivan:FR</p> <p>2:00 Book Circle-Chicken Soup for Soul:FR</p> <p>3:00 Jeopardy Trivia:FR</p> <p>6:00 Now Showing-Grown Ups:FR</p>	<p>9:30 Rise & Shine Stretches:FR 23</p> <p>10:00 The Year was 1963:FR</p> <p>1:00 Song Title Hangman:FR</p> <p>2:00 Stories to Tickle Your Funny Bone:FR</p> <p>3:00 Name that Tune Bingo:AR</p> <p>3:30 Legends in Concert:FR</p> <p>6:30 TV Classics-Cheers:FR</p>	<p>9:30 Fit Xpress:FR 24</p> <p>10:00 Baking Buddies-Blueberry Button Cookies:AR</p> <p>10:30 Cooking up Memories-Summer Berry Picking:AR</p> <p>1:00 Blooming Bingo:AR</p> <p>2:00 Presidential Who's Who:FR</p> <p>3:00 History Buffs-Memorable Political Moments:FR</p> <p>6:30 Now Showing- Magnificent Doll:FR</p>	<p>9:30 Barn Danc Up:FR</p> <p>10:00 American C Wayne:FR</p> <p>1:00 Armchair T Rodeo:FR</p> <p>2:30 Jerry Verne Country Ba</p> <p>6:00 Name that</p> <p>6:30 Classic We Grande:FR</p>
<p>9:00 St. Mary Communion 29</p> <p>10:00 Sunday at the Memories:FR</p> <p>1:00 Energizing Afternoon Stretches:FR</p> <p>1:30 Gaither Gospel Series:FR</p> <p>2:00 Hangman Challenge:FR</p> <p>3:00 Strike Zone-Wii Bowling :FR</p> <p>6:30 TV Classics-The Honeymooners:FR</p>	<p>9:30 March On Exercises:FR 30</p> <p>10:00 All Shook Up Sing Along:FR</p> <p>1:00 It's Time to Play Family Feud:FR</p> <p>1:30 You Be the Judge:FR</p> <p>2:00 Furry Friends-Zooey</p> <p>3:00 Short Stories & Sunshine:CY</p> <p>3:30 Shake Loose a Memory</p> <p>6:30 Must Watch Musical:FR</p>	<p>9:30 Fit Xpress:FR 31</p> <p>10:00 You be the Judge:AR</p> <p>11:00 Daily Chronicle:FR</p> <p>1:30 Chain Reaction Trivia:AR</p> <p>2:30 Mix it Up-Blueberry Banana Smoothies:AR</p> <p>3:00 Winner Takes All-Horse Racing-AR</p> <p>3:30 Radio Show Classics:FR</p> <p>6:30 Must Watch Musicals:FR</p>	<p>INDEP DA JUL</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>9:30 Fit Xpress:FR</p> <p>10:00 Fashion Sense-Beachwear History:FR</p> <p>10:30 Pop Hits of the 60's:FR</p> <p>1:00 Word Grid Challenge:FR</p> <p>2:00 Book Circle-Little Bugle Boy:FR</p> <p>3:00 Popcorn & Bingo:AR</p> <p>6:00 Relax & Reminisce:FR</p> <p>6:30 Laugh Along with Lucy:FR</p>	<p>5</p> <p>9:30 Fit Xpress:FR</p> <p>10:00 List it-Rodgers and Hammerstein Musicals:FR</p> <p>1:00 Book Circle-Chicken Soup for the Dog Lover:FR</p> <p>1:30 Baking Buddies-Lemon Blueberry Muffins:AR</p> <p>3:00 Pokeno Pals:AR</p> <p>6:00 Relax & Reminisce:FR</p> <p>6:30 Most Loved Musicals-State Fair:FR</p>	<p>6</p> <p>9:30 Chair Dancing:FR</p> <p>10:00 Today's Fun Facts:FR</p> <p>11:00 Fill in the Blank:FR</p> <p>1:00 Musical Notes-Louis Armstrong:FR</p> <p>2:30 Afternoon at Settlers' Park</p> <p>3:00 Chicken Soup for the Soul:FR</p> <p>6:30 TV Classics-Gilligan's Island:FR</p>	<p>7</p> <p>9:30 Rise & Shine Stretches:FR</p> <p>10:00 Tour de France-Then & Now:FR</p> <p>2:00 Armchair Travel-Up in the Alps:FR</p> <p>3:00 Trip to France Unscramble:FR</p> <p>6:30 Disney Classics-Third Man on the Mountain:FR</p>
<p>11</p> <p>9:30 Fit Xpress:FR</p> <p>10:00 On This Date in History:FR</p> <p>1:00 Songs of Summer Sing Along:FR</p> <p>2:30 Ice Cream Sodas & Summer Bingo:AR</p> <p>3:00 Best of the Beach Boys:FR</p> <p>6:00 Which Ford Am I?:FR</p> <p>6:30 Now Showing-Raiders of the Lost Ark:FR</p>	<p>12</p> <p>9:30 Rise & Shine Stretches:FR</p> <p>10:00 Musical Notes-The Penguins:FR</p> <p>11:00 Daily Chronicle:FR</p> <p>1:00 TV Classics-My Little Margie:FR</p> <p>2:00 Wild at Heart-Jane Goodall:FR</p> <p>3:00 Seasonal Scategories:FR</p> <p>6:30 National Geographic-Jane:FR</p>	<p>13</p> <p>9:30 Move to the Music:FR</p> <p>10:00 Today in History:FR</p> <p>2:30 Music & Mocktails-Cranberry Lime Spritzer:CY</p> <p>3:00 Corn Hole Challenge:CY</p> <p>6:00 Fill in the Blank Puzzle:FR</p> <p>6:30 The Best of Johnny Carson:FR</p>	<p>14</p> <p>9:30 Move to the Music:FR</p> <p>10:00 Holy Spirit Communion</p> <p>10:30 History Buffs-Chicago Race to Makinac:FR</p> <p>1:00 Golf Legend-The King:FR</p> <p>2:30 Arnold Palmers & Putting Practice:FR</p> <p>3:00 Mental Floss-On the Green Trivia:FR</p> <p>6:30 TV Classics- The Andy Griffith Show:FR</p>
<p>18</p> <p>9:30 Fit as a Fiddle:FR</p> <p>10:00 Can You Picture This:FR</p> <p>10:30 Best of the Big Bands:FR</p> <p>1:00 Words Within Challenge:FR</p> <p>2:30 Mix it Up-Dill Dip:AR</p> <p>3:00 Pokeno Pals:AR</p> <p>6:00 Daily Dose of Trivia:FR</p> <p>6:30 Legends in Concert:FR</p>	<p>19</p> <p>9:30 Sit & Be Fit:FR</p> <p>10:00 Hymn Book Favorites:FR</p> <p>1:00 Armchair Travel-New York, New York:FR</p> <p>2:30 Boardwalk Tastes-Scoop of Spumoni</p> <p>3:00 Backyard Games:CY</p> <p>3:30 Around We Go Word Games:AR</p> <p>6:00 Now Showing-Brooklyn:FR</p>	<p>20</p> <p>9:30 Aerobic Chair Dancing:FR</p> <p>10:00 Today's Fun Facts:FR</p> <p>10:30 The Jack Benny Show:FR</p> <p>1:00 Giant Crossword Challenge:FR</p> <p>3:00 Inner Artist-Blooming Botanicals:AR</p> <p>6:00 Puzzles & Ponderings:FR</p> <p>6:30 Most Loved Musicals-Carousel:FR</p>	<p>21</p> <p>9:30 Sit & Be Fit:FR</p> <p>10:00 Today in History:FR</p> <p>10:30 Fibber McGee & Molly:FR</p> <p>1:30 Laugh Along with Lucy:FR</p> <p>2:00 A Day at the Park Unscramble:FR</p> <p>3:00 Strolling through the Park Sing Along:FR</p> <p>6:30 Classic Comedy- Ma & Pa Kettle:FR</p>
<p>25</p> <p>9:30 Sit & Be Fit:FR</p> <p>10:00 Hymn Book Favorites:FR</p> <p>1:00 Armchair Travel-New York, New York:FR</p> <p>2:30 Boardwalk Tastes-Scoop of Spumoni</p> <p>3:00 Backyard Games:CY</p> <p>3:30 Around We Go Word Games:AR</p> <p>6:00 Now Showing-Brooklyn:FR</p>	<p>26</p> <p>9:30 Sit & Be Fit:FR</p> <p>10:00 Hymn Book Favorites:FR</p> <p>1:00 Armchair Travel-New York, New York:FR</p> <p>2:30 Boardwalk Tastes-Scoop of Spumoni</p> <p>3:00 Backyard Games:CY</p> <p>3:30 Around We Go Word Games:AR</p> <p>6:00 Now Showing-Brooklyn:FR</p>	<p>27</p> <p>9:30 Aerobic Chair Dancing:FR</p> <p>10:00 Today's Fun Facts:FR</p> <p>10:30 The Jack Benny Show:FR</p> <p>1:00 Giant Crossword Challenge:FR</p> <p>3:00 Inner Artist-Blooming Botanicals:AR</p> <p>6:00 Puzzles & Ponderings:FR</p> <p>6:30 Most Loved Musicals-Carousel:FR</p>	<p>28</p> <p>9:30 Sit & Be Fit:FR</p> <p>10:00 Today in History:FR</p> <p>10:30 Fibber McGee & Molly:FR</p> <p>1:30 Laugh Along with Lucy:FR</p> <p>2:00 A Day at the Park Unscramble:FR</p> <p>3:00 Strolling through the Park Sing Along:FR</p> <p>6:30 Classic Comedy- Ma & Pa Kettle:FR</p>

MC KEY:

AR.....Activity Room
 FR.....Family Room
 HW.....Hallway
 DR.....Dining Room
 Crt.....Courtyard
 MC.....Memory Care
 AL.....Assisted Living
 AL PDR.....Assisted Living Private Dining Room

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
 L D S I N K F E C E P E S S H P O Y
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 S Y U P E D N A T I L O P A E N I A
 B R O W N I A E R N M B D D F Y S U
 E D S P E N A W C S K H Y E S W C I

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

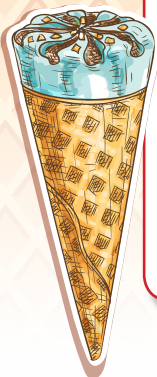
SWIRL

SYRUP

VANILLA

WAFFLE CONE

WHIPPED CREAM



Celebrating Senior Living!

Our HarborChase Family

Capturing Wonderful Memories



Whispering Secrets



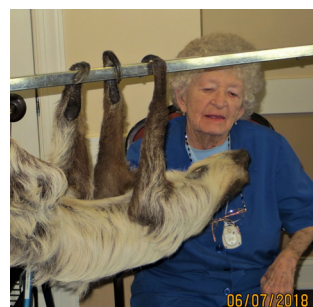
Puppy Magic



Kinsey Love



Little Dog, Big Love



Dolores' New Friend



Flag Day Salute



Good Friends



Singing Along



Enjoying the Entertainment



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.

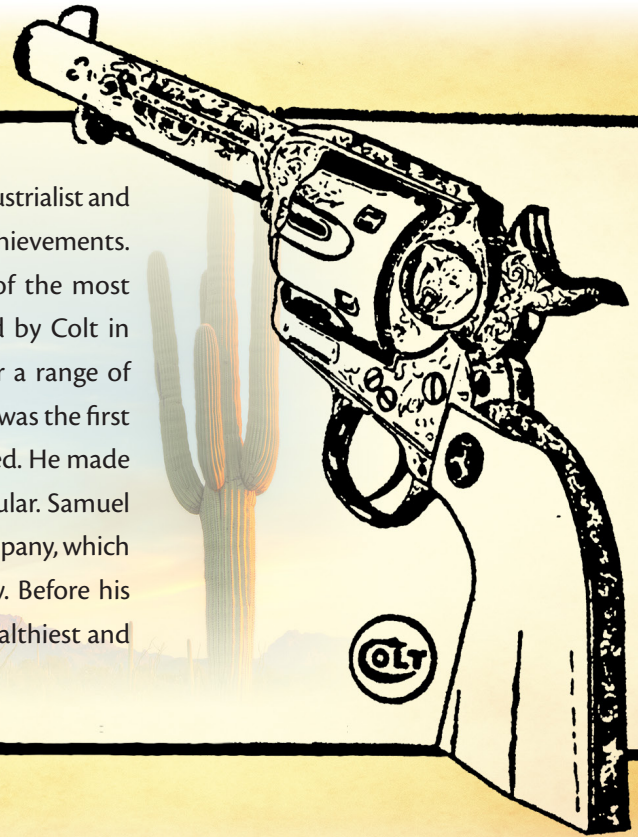
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from *nota di banco*. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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