

HAPPY BIRTHDAY!

Ginny H. 12th
 Marsha N. 16th
 Milli B. 17th
 Elaine N. 24th

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

The HarborChase Wire: A Monthly Publication of HarborChase Palm Beach Gardens AL

July 2018

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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 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

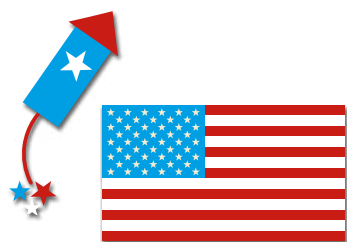
On a hot, sunny day in France, an innovative engineer was struck with an idea. Louis Réard found himself at the helm of a pivotal movement in fashion history on July 5, 1946. It was the dawn of the bikini. Following material rations during World War II, a natural progression began to occur in the amount 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
 Assisted Living • Memory Care

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9:30 News & Reviews-B 10:00 Church Outings-L 10:00 Fit for You-CR 11:00 Praise & Church-CR 1:30 Bird Watching-L 2:00 Hole in One 2:30 I Hear Memories-B 3:00 Fact or Fiction-A2 3:30 Pastimes-CR 4:00 Bingo Bliss Social-BB 6:30 Finishing the Words-CR	10:00 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Shopping Spree-L 1:30 Tea Talks-CR 2:00 Choices to Make-B 2:30 Fountain Walk-L 3:00 What Did It Cost-CR 4:00 Entertainment Trivia Social-BB 6:30 Movie Memories-CR 7:00 Word Grid-BB	9:30 Palm Beach News-B 10:00 Fit for Life-CR 11:00 Daily Image-CR 1:30 Loggerhead Tour 1:30 Make Your Point-B 2:00 Laughter is Best-AR 2:30 Floral Arranging-AR 3:30 Nat'l Parks Trivia-B 4:00 Birthday Social-BB 6:30 Fabulous 50's-CR 7:00 Card Sharks-A2	10:00 Stars & Stripes Fitness-CR 11:00 4th of July History 12:00 'American Tribute' 1:00 Corn Hole/Hole N 1 1:30 Independence Trivia 2:00 Name The State 2:30 Red, White, Blue Bling 4:00 Patriotic Bingo-BB 6:30 Mingle & Match 4th 7:00 America the Beauty	9:30 News & Reviews 10:00 Monthly Resident Association Meeting 11:00 Fit for Life-CR 1:30 Finishing Lines-B 2:30 Wellness Walk 3:00 Gentle Yoga-CR 3:30 Travel Morocco-CR 4:00 Name That Tune-BB 6:30 Family Feud-CR 7:00 Movie Mania-CR	10:00 Stretch-n-Flex-CR 11:00 Daily Thought-CR 11:30 Leftovers-L 11:30 News & Reviews-CR 1:30 Reminisce Cars-A2 2:00 Corn Hole Challenge-CR 2:30 Gentle Yoga-CR 3:00 Wii Bowl A Thon 4:00 Musical Social with Laurie 6:30 Pool Table Challenge 7:00 Puzzlemania-A2	9:30 Wall Street Journal-B 10:00 Fit for Life-CR 11:00 Joke of the Day-CR 1:30 You Be The Judge-AR 2:00 Garden Stroll-L 2:30 Word Grid-CR 3:00 Creative Crafting-AR 3:30 Guys with Clubs 4:00 Pokeno Social-BB 6:30 Make Your Point-CR 7:00 Table Talk-BB		
9:30 News & Reviews-B 10:00 Church Outings-L 10:00 Fit for You-CR 11:00 Praise & Church-CR 1:30 Bird Watching-L 2:00 Crafting with Mary-AR 2:30 I Hear Memories-B 3:00 Fact or Fiction-A2 3:30 Pastimes-CR 4:00 Bingo Bliss Social-BB 6:30 Finishing the Words-CR	10:00 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:00 Tea Talks-CR 1:30 Cookie Decorating-B 2:00 Choices to Make-B 2:30 Fountain Walk-L 3:00 What Did It Cost-CR 4:00 Entertainment Trivia Social-BB 6:30 Movie Memories-CR 7:00 Word Grid-BB	9:30 Palm Beach News-B 10:00 Fit for Life-CR 11:00 Wellness Smoothies 1:30 Loggerhead Tour 1:30 You Be The Judge-B 2:00 Laughter is Best-AR 2:30 Truth or Tale-A2 3:30 Pina Colada Bliss-B 4:00 Mix & Mingle Social 6:30 Turbulent 60's-CR 7:00 Card Sharks-A2	10:00 Stretch-n-Flex-CR 11:00 Thought of the Day 1:30 Tour De France History 2:00 Fountain Stroll-L 2:30 Furry Friend Fotos 3:00 France Trivia-B 3:30 Pool Sharks-A2 4:00 Mojito Mingle & Musical Social-BB 6:30 Scrabble Mania-A2 7:00 Vive le Tour Movie	9:30 News & Reviews 10:00 Monthly Resident Association Meeting 11:00 Fit for Life-CR 2:00 Finishing Lines-B 2:30 Wellness Walk 3:00 Gentle Yoga-CR 3:30 Travel Europe-CR 4:00 Name That Tune-BB 6:30 Family Feud-CR 7:00 European Vacation	9:30 Palm Beach Post 10:00 Stretch-n-Flex-CR 11:30 Seasons 52-L 1:30 Art in the Park-L 2:00 Tai Chi-CR 2:30 Card Sharks-CR 3:00 Scrabble Challenge 3:30 Garden Stroll-L 4:00 Piano Social with Mike-BB 6:30 Mexican Train-A2 7:00 Wii Golf-A2	9:30 Wall Street Journal-B 10:00 Fit for Life-CR 11:00 Today's Reminisce 1:30 Fountain Stroll-L 2:00 Make Your Point-B 2:30 Creative Crafts-CR 3:00 Travel to Peru-CR 3:30 Word Challenge-CR 4:00 Pokeno Social-BB 6:30 Putting Challenge 7:00 Buzztime Trivia-BB		
9:30 News & Reviews-B 10:00 Church Outings-L 10:00 Fit for You-CR 11:00 Praise & Church-CR 1:30 Crossword Match-A2 2:00 American Classics-CR 2:30 Build A Sundae-B 3:00 Bracelet Beading-A2 4:00 Dress ur Dog Social 6:30 Pub Quiz-A2 7:00 Billiards & Games	9:30 Wall Street Journal-B 10:00 Flagler Museum-L 10:00 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Daily Images-CR 2:00 French Watercolors-AR 2:30 Story Creations-A2 3:00 French Names Crossword 3:30 Scenic Drives-CR 4:00 Buzztime Bliss-BB 6:30 Family Feud-CR	10:00 Fit for Life-CR 11:00 Daily Image-CR 1:30 Loggerhead Tour 1:30 Make Your Point-A2 2:00 Readers Choice-CR 2:30 Truth or Tale-A2 3:00 Clay Creations-AR 3:30 Plant a Flower-AR 4:00 Healthy Trivia-BB 6:30 Movie Mania-CR 7:00 Fountain Stroll-L	9:30 Current Events-B 10:00 Stretch-n-Flex-CR 11:00 Thought of The Day 1:30 Shop Till You Drop-L 2:00 Classic Drives-CR 2:30 Wii Bowling-A2 3:00 You Be the Judge-B 3:30 Share & Tell-B 4:00 Melodies with Michael-BB 6:30 Wheel of Fortune-CR 7:30 Corn Hole	9:30 News & Reviews 10:00 Fit for Life-CR 11:00 Share & Tell -B 1:30 People & Places-CR 2:00 Landscape Watercolors 2:30 Wildlife Symphony-CR 3:00 Jingles & Taglines-CR 3:30 Chicks with Sticks 4:00 Mango Daiquiri Social 6:30 Wii Challenge 7:00 Tour De France Movie	9:30 Palm Beach Post-B 10:00 Stretch-n-Flex-CR 11:30 Daily Image-CR 11:30 Jupiter Inlet Picnic 1:30 Pottery Painting-AR 2:00 Taglines & Slogans-CR 2:30 Pennsylvania Trivia 3:00 Butterfly Sites-L 4:00 Music with Carl-BB 6:30 Movie Trivia-CR 7:00 Finish the Lines-BB	9:30 Wall Street Journal-B 10:00 Fit for Life-CR 11:00 Reminisce Today-CR 1:30 Garden Stroll-L 1:30 Word Grid-CR 2:30 Pastimes-B 3:00 Name that Tune-BB 4:00 Golf Trivia & Arnold Palmers-BB 6:30 Bingo Bliss-BB 7:00 Cartoons & Funnies		
9:30 News & Reviews-B 10:00 Church Outings-L 10:00 Fit for You-CR 11:00 Praise & Church-CR 1:30 Fountain Stroll-L 2:00 Summertime Poetry 2:30 Putting Challenge 3:00 Wii Challenge-A2 4:00 Pokeno Social-BB 6:30 Card Sharks-CR 7:00 Table Talk-BB	9:30 Wall Street Journal-B 10:00 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Word Wisdom-A2 2:00 Hail to the Chiefs-CR 2:30 Travel Florida-CR 3:00 Soft Yoga-CR 3:30 Scrabble Soial-A2 4:00 Finish the Lines-BB 6:30 Movie Mania-CR 7:00 Card Sharks-BB	9:30 Palm Beach News-B 10:00 Fit for Life-CR 11:00 Daily Image-CR 1:30 Fountain Stroll-L 1:30 Loggerhead Tour-L 2:30 Women in Flight & Aviation Trivia-B 3:00 Finish the Folktale 3:30 Corn Hole Challenge 4:00 Margarita & Music-BB 6:30 Dominoes Fun-A2	9:30 Current Events-B 10:00 Stretch-n-Flex-CR 11:00 Thought of the Day-CR 1:30 Buzztime Fun-BB 2:00 Tai Chi-CR 2:30 Knitting Frenzy-A2 3:00 Trivia with Jacky-CR 3:30 Blurt It Out-CR 4:00 Wine & Cheese Social 6:30 Campfire & S'mores 7:00 Black Jack-A2	9:30 News & Reviews-B 10:00 Fit for Life-CR 11:00 Quote of the Day-CR 1:30 Bicylce Reminisce-B 2:00 Mexican Train-A2 2:30 Painting to Music-AR 3:00 Fountain Walk-L 4:00 Finish the Lines-BB 6:00 I Love You-Kravis 6:30 Scrabble for Fun-A2 7:00 Movie Madness-CR	9:30 Palm Beach Post-B 10:00 Stretch-n-Flex-CR 11:00 Image of the Day 11:30 Worth Avenue & Taboo Luncheon-L 1:30 People & Places-CR 2:00 Days Reminiscing 3:00 Relaxing Tai Chi-CR 4:00 Music with Phil-BB 6:30 Family Feud-CR 7:00 New Jersey Trivia	9:30 Wall Street Journal-B 10:00 Fit for Life-CR 11:00 Days Reminisce 1:30 Fountain Stroll-L 2:00 Day of the Cowboy 2:30 Mary's Crafting-AR 3:30 River Ranch Rodeo-L 4:00 Cowboy Karaoke & Line Dancing 6:30 The Cowboys Movie 6:30 The Wizard of OZ-Maltz		
8:30 Church Outings-L 9:30 Palm Beach Post-B 10:00 Fit for You-CR 1:30 Mexican Train-A2 2:30 Lipstick Reminisce 3:00 I Hear Memories-A2 3:30 Crossword Challenge 4:00 Pokeno Social-BB 5:00 An Evening in Paris 6:30 Paris Slideshows-CR 7:00 An American in Paris-CR	-1:-1 Places & Profiles-CR 10:00 Stretch-n-Flex-CR 11:00 Bible Study-CR 1:30 Corn Hole & Ring Toss 2:00 Island Pastels-AR 2:30 Soft Yoga-CR 3:00 Garden Stroll-L 3:30 Wii Bowling Bliss 4:00 Karaoke Happy Hour-BB 6:30 Who Wants to Be a \$\$-CR 7:00 Movie Mania-CR	9:30 Palm Beach News-B 10:00 Fit for Life-CR 1:30 Let's Travel Chicago 2:00 Painting with Milli-AR 2:30 Putting with Milli 3:00 Card Sharks-CR 3:30 Fashions to be Told 4:00 Glen Miller Band Social & Dancing-BB 6:30 Share & Tell w/Milli 7:00 Send Me Flowers-CR					A2 Activities 2nd Floor ARArt Room BBistro BB Bogey's Bar CR Community Room LLobby	Color Code: BrownOutings Blue.....Activities Red.....Entertainment Green.....Fitness Purple.....IN2L

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



Celebrating Senior Living!





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.

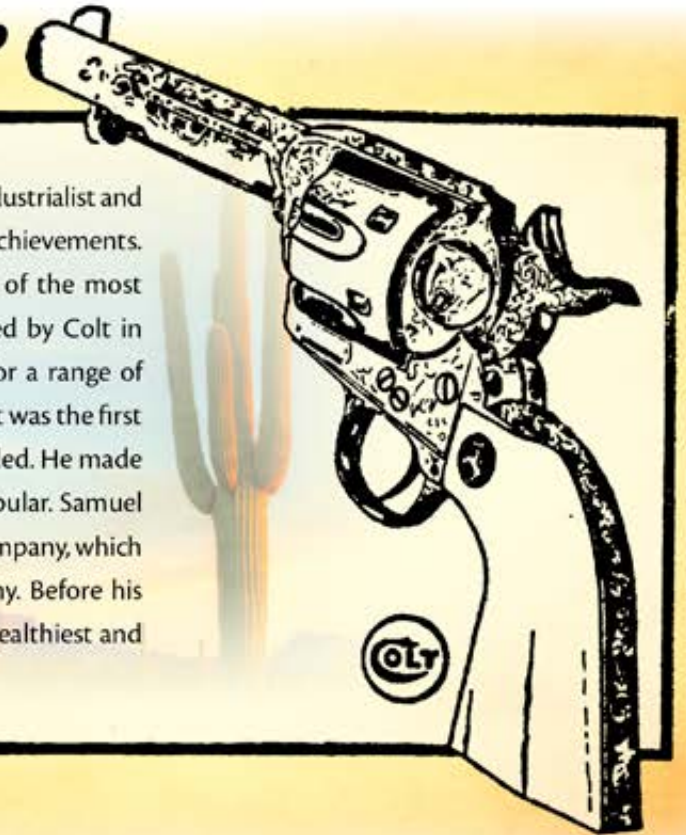
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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