

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
Independent & Assisted Living
Memory Care



*Celebrating
Senior Living*

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July 2018

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Happy Birthday!

Frankie P./AL.....July 4th
Carolyn K./AL.....July 16th



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

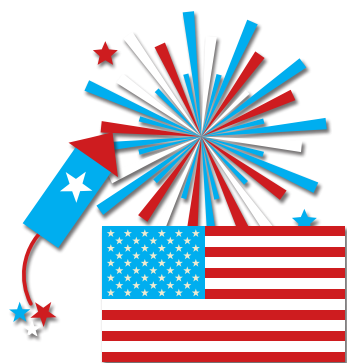
On a hot, sunny day in France, an innovative engineer was struck with an idea. Louis Réard found himself at the helm of a pivotal movement in fashion history on July 5, 1946. It was the dawn of the bikini. Following material rations during World War II, a natural progression began to occur in the amount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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9:00 Zip 35501 News 10:00 Trail Blazers 2:00 Faith & Revival Hour w/Church Of Christ 3:30 Family Scrapbooking 6:30 Person, Place Or Thing? 7:00 Zip Code Fun Facts 8:30 Evening Pilates 10:00 Nightline News	9:00 Community Coffee 10:30 Sit & Be Fit 2:00 What's Cooking In Darlene's Kitchen? 3:30 Health Focus/Drink Your Water! 6:30 Mental Aerobics 7:30 Name That Tune 8:30 World News Tonight 9:30 Tranquil YOGA	9:00 Energizing Yoga 10:00 Dog Days Of Summer Fun Facts 2:00 Sunday School Lesson 3:30 Shaking Memories Loose/American Patriotic Songs 6:00 Pedometer Pals 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	INDEPENDENCE DAY 9:30 History Of The 4th Of July 10:00 Fireworks Word Search Challenge 2:00 Positively Patriotic Fashion Show 3:30 Step In Strength 6:30 American Flag Fold & Colors Representation 7:30 Brain Bafflers 9:30 Stress Buster Tai Chi	9:00 News Currents 10:00 Trail Blazers 2:00 Bingo Bonanza 3:30 Cracker Jack Fun Facts 6:30 This Was The Year/1994 7:30 Laughing Yoga 8:30 Good Humor Days 10:00 Slumber Stretch	CAMP HARBORCHASE 9:00 Community Coffee 10:30 Zumba Gold 2:30 Local 4-H Club Cookie Creations W/Recipe Cards 3:30 Spirit Of America Banners & Flags 6:30 Minute To Win It! 7:30 Friday Funnies 8:30 Mental Aerobics 10:00 The Chimes of Tai Chi	TOUR DE FRANCE 9:00 Hometown News 10:00 Walk Fit 2:00 History Of The Race/Tour De France 3:30 Time Magazine Review 4:30 Wisdom Of Aging 6:30 Mexican Train/Dominoes 8:30 Brain Games 9:00 Tone & Stretch YOGA		
9:00 Zip 35501 News 10:00 Silver Sneaker Walkers 2:00 Faith & Revival Hour w/Church Of Christ 3:30 Family Scrapbooking 6:30 Person, Place Or Thing? 7:00 Prayer Circle 8:30 Evening Pilates 10:00 Nightline News	9:00 Community Coffee 10:00 Resident Council Meeting 2:00 Culinary Sensations 3:30 Health Focus/Summer Berries 6:30 Mental Aerobics 7:30 Name The... Trivia 8:30 World News Tonight 9:30 Tranquil YOGA	9:00 Energizing Yoga 10:00 Tuesday Tunes/The Rolling Stones 2:00 Sunday School Lesson 3:30 Lady Liberty Facts & Trivia 6:00 Pedometer Pals 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	9:30 Hometown News 10:30 Cha Cha In Your Chair 2:00 Tickets & Tours: Asian Gardens 3:30 Step In Strength 6:30 Scrapbook This! 7:30 Hobbies Trivia 8:30 Poker Face 10:00 Sleepless Scrabble	9:00 News Currents 10:00 Celebration Of Faith With Todd Hunter 2:00 Bingo Blast 3:30 Vacation Destinations 6:30 Foods That Shaped America 7:30 Laughing Yoga 8:30 Person, Place Or Thing 10:00 Slumber Stretch	CAMP HARBORCHASE 9:00 Community Chatter 10:30 Zumba Gold 2:30 Ice Cream Treats With Local VBS 4:00 Rubik's Cube Trivia 6:30 Wheel Of Fortune Marathon 7:30 Name That Tune 9:00 Mexican Train/Dominoes 10:00 Relaxing Yoga	9:00 Coffee Corner 10:00 Trail Blazers 2:00 Person, Place Or Thing 3:30 Minute To Win It! 6:30 Benefits Of Laughter 7:30 Menagerie Mania/Shark-The Great White Tooth 10:00 Slumber Stretch		
ICE CREAM DAY 9:00 Sundae Toppings Word Search Challenge 10:00 Trail Blazers 2:00 Church Of Christ 3:30 All Things Ice Cream Social 6:30 Ice Cream Trivia/Top Ice Cream Flavors 7:30 Domino's Competition 10:00 Laughing YOGA	9:00 Coffee Chat 10:30 Sit & Be Fit 2:00 Celebrity Dish 3:30 The Jubilance Of July 6:30 Person, Place Or Thing 7:30 Card Sharks/UNO 8:30 Name The ... Trivia 9:00 Zen Meditation	9:00 Summertime Humor 10:00 Trail Blazers 2:00 Sunday School Lesson 3:30 Soda Fountain Delights/Soda Jerk Lingo 6:30 Checkers Competition 7:30 Tuesday Tunes & Trivia 8:30 Guess The Year 10:00 Tranquil YOGA	9:00 Country Crosswords 10:30 Chair Chacha 2:00 Polish Me Pretty 3:30 Name That Tune 6:30 Trail Blazers 7:30 Person, Place Or Thing? 9:00 Mexican Dominoes 10:00 Chimes Of Tai Chi	9:00 Coffee Chat/News Currents 10:00 Happy Trails Walk Adventure 2:30 Bingo Bonanza 4:00 'Olympics Of The Forest' Fun Facts 7:30 Person, Place or Thing 8:30 Tranquil Stretch 10:00 Sleepless Scrabble	CAMP HARBORCHASE 9:00 USA Today Review 10:30 Zumba Gold 2:00 Hula Hoop & Corn Hole Competition 3:30 Moon Landing Trivia 7:30 Mental Aerobics 8:30 Friday Funnies 9:00 Stress Buster Tai Chi 10:00 Sleepless Scrabble	9:00 Coffee Corner 10:00 Step In Strength 2:00 Junk Food Day Trivia 6:30 Poetry Pals 7:30 Name That Tune 8:30 Colors Of Spring 9:00 Mermaids & Mythology 9:30 Relaxing YOGA		
9:00 Tai Chi Tone Up 10:00 Only In America ... 2:00 Church Of Christ Service 3:30 Pedometer Pals 6:30 State Nicknames Match 7:30 Name The ... Trivia 8:30 Dominoes Challenge 10:00 ESPN News	9:00 Ice Cream Cone Birthday Trivia 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites 3:30 National Hotdog Day Fun Facts 6:30 Silver Sneakers 7:30 Checkers Competition 8:30 Movie Theatre Magic/Second Hand Lions 10:00 Zen Meditation	9:00 Person, Place Or Thing 10:00 Bluegrass Pilgrims 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Card Sharks 7:00 Name That Tune Crossword Challenge 8:30 Tuesday Tabloids 10:00 Tai Chi & Me	9:00 National news 10:30 Chair Cha Cha 2:00 Science For Seniors/Which Way Is Up? 3:30 Walk Fit 6:30 Mental Aerobics 7:30 Dominoes Challenge 8:30 July In History 10:00 Tranquil YOGA	9:00 News Currents 10:00 Step In Strength 2:30 Bargain Bingo 4:00 Person, Place Or Thing 6:30 Wheel Of Fortune Marathon 8:00 Movie Magic/Alice In Wonderland 9:30 Mexican Train/Dominoes 10:00 Tranquil YOGA	CAMP HARBORCHASE 9:00 Community Chatter 10:30 Zumba Gold 2:30 Happy Hour Birthday Party 4:00 Bug's Bunny Birthday Trivia 6:30 Girl Scout Troop Campfire Sing Along 7:30 S'mores Galore 8:30 Brain Games Trivial Quiz 10:00 Tranquil YOGA	DAY OF THE COWBOY 9:00 Java Jolt 10:00 Trail Blazers 2:00 Cowboy Day Trivia 3:00 Name That Country Tune 6:30 Two Stepping Line Dance 8:00 Cowboy Cinema/Tombstone 10:00 Slumber Stretch		
9:00 Foods Of Summer 10:00 Walk Fit 2:00 Faith & Revival Hour 3:30 Brain Bafflers 6:30 NASA Trivia & Fun Facts 7:30 Poetry Pals 8:30 Nightline News 9:00 Tone & Stretch Yoga	FRIENDSHIP DAY 9:00 Community Coffee 10:30 Fit & Fabulous 2:00 Summer Bites 3:30 Friendship Social 6:30 Dice Blackjack 7:00 Puzzling Adventures 8:30 Music Moments/Jazz Greats 9:00 Tranquil YOGA	9:00 Person, Place Or Thing 10:00 Tone & Stretch 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Card Sharks 7:00 Seven Word Brain Game 8:30 Tuesday Tabloids 10:00 Tai Chi Tone Down						

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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- 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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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.

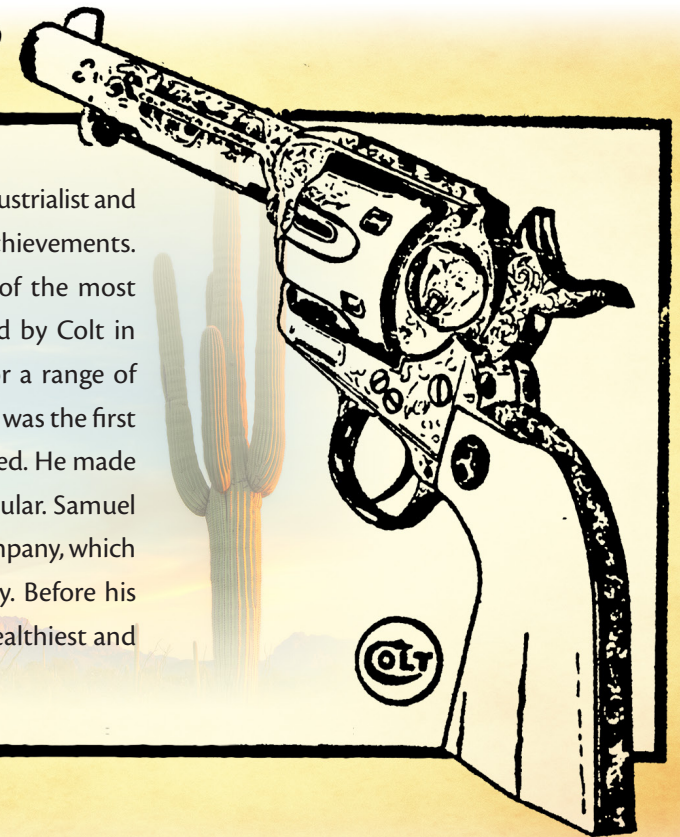
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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