

## 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

## Management Team

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**Angie Johnson**

BOM/Administrator

**Shannon Key**

RCC

**Mary Holley**

Director of Sales

**Brent Keeton**

Director of Maintenance

**Darlene Hubbard**

Director of Life Enrichment

## 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.

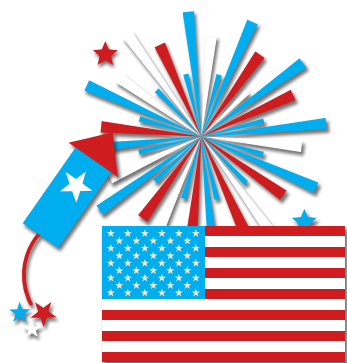
## Dare To Be Bare

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
<p>9:00 Read All About It News <b>1</b></p> <p>10:00 Trail Blazers</p> <p>2:00 Church Of Christ Service</p> <p>3:30 Family Scrapbooking</p> <p>6:30 Person, Place Or Thing</p> <p>7:00 Prayer Circle</p> <p>8:00 Evening Pilates</p> <p>9:00 Nightline News</p>	<p>9:00 Community Coffee <b>2</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>2:00 What's Cooking In Darlene's Kitchen?</p> <p>3:30 Health Focus/Drink Your Water!</p> <p>6:30 Mental Aerobics</p> <p>7:30 Name That Tune</p> <p>8:00 World News Tonight</p> <p>9:30 Tranquil Yoga</p>	<p>8:30 Energizing Yoga <b>3</b></p> <p>10:00 Dog Days Of Summer Fun Facts</p> <p>2:00 Sunday School Lesson</p> <p>3:30 Shaking Memories Loose/American Patriotic Songs</p> <p>6:30 Minute To Win It!</p> <p>7:30 Person, Place Or Thing</p> <p>8:30 TV Comedy Trivia</p> <p>10:00 Slumber Stretch</p>	<p><b>INDEPENDENCE DAY 4</b></p> <p>9:00 History Of The 4th Of July</p> <p>10:00 Fireworks Word Search Challenge</p> <p>2:00 Positively Patriotic Fashion Show</p> <p>3:30 Step In Strength</p> <p>6:30 American Flag Fold &amp; Color Representation</p> <p>7:30 Mental Aerobics</p> <p>9:30 Stress Buster Tai Chi</p>	<p>9:00 News Currents <b>5</b></p> <p>10:00 Power Walkers</p> <p>2:30 Bingo Blast</p> <p>3:30 Cracker Jack Fun Facts</p> <p>6:30 This Was The Year/1994</p> <p>7:30 Laughing Yoga</p> <p>8:30 Good Humor Days</p> <p>10:00 Slumber Stretch</p>	<p><b>CAMP HARBORCHASE 6</b></p> <p>9:00 Community Coffee</p> <p>10:30 Zumba Gold</p> <p>2:30 Local 4-H Club Cookie Creations w/Recipe Cards</p> <p>3:30 Spirit Of America Banners &amp; Flags</p> <p>6:30 Friday Funnies</p> <p>7:30 Word Play Challenge</p> <p>9:30 Meditation &amp; Relaxation</p>	<p><b>TOUR DE FRANCE 7</b></p> <p>9:00 Hometown News</p> <p>10:00 Trail Blazers</p> <p>2:00 History Of The Race/Tour de France</p> <p>3:30 Times Magazine Review</p> <p>4:30 Wisdom Of Aging</p> <p>6:30 Charades Challenge</p> <p>7:30 Poker Face</p> <p>8:30 Best Of SNL</p> <p>10:00 Late Night Dominoes</p>
<p>8:30 Read All About It News <b>8</b></p> <p>10:00 Trail Blazers</p> <p>2:00 Church Of Christ Service</p> <p>3:30 Family Scrapbooking</p> <p>6:30 Person, Place Or Thing</p> <p>7:00 Prayer Circle</p> <p>8:00 Evening Pilates</p> <p>9:00 Nightline News</p>	<p>9:00 Community Coffee <b>9</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>2:00 Culinary Sensations</p> <p>3:30 Health Focus/Summer Berries</p> <p>6:30 Mental Aerobics</p> <p>7:30 Name The...Trivia</p> <p>8:00 World News Tonight</p> <p>9:30 Tranquil Yoga</p>	<p>8:30 Energizing Yoga <b>10</b></p> <p>10:00 Tuesday Tunes/The Rolling Stones</p> <p>2:00 Sunday School Lesson</p> <p>3:30 Lady Liberty Facts &amp; Trivia</p> <p>6:30 Minute To Win It!</p> <p>7:30 Person, Place Or Thing</p> <p>8:30 TV Comedy Trivia</p> <p>10:00 Slumber Stretch</p>	<p>9:30 Hometown News <b>11</b></p> <p>10:30 Chair ChaCha</p> <p>2:00 Tickets &amp; Tours: Asian Gardens</p> <p>3:30 Step In Strength</p> <p>6:30 Scrapbook This!</p> <p>7:30 Mental Aerobics</p> <p>8:30 Stress Buster Tai Chi</p> <p>10:00 Sleepless Scrabble</p>	<p>9:00 News Currents <b>12</b></p> <p>10:00 Power Walkers</p> <p>2:30 Bingo Blast</p> <p>3:30 Vacation Destinations</p> <p>6:30 Foods That Shaped America</p> <p>7:30 Laughing Yoga</p> <p>8:30 Good Humor Days</p> <p>10:00 Slumber Stretch</p>	<p><b>CAMP HARBORCHASE 13</b></p> <p>9:00 Community Chatter</p> <p>10:00 Zumba Gold</p> <p>2:30 Ice Cream Treats With Local VBS</p> <p>4:00 Rubik's Cube Trivia</p> <p>6:30 Wheel Of Fortune Marathon</p> <p>7:30 Name That Tune</p> <p>9:00 Mexican Train/Dominoes</p> <p>10:30 Meditation &amp; Relaxation</p>	<p>9:00 Java Jolt <b>14</b></p> <p>10:00 Power Walkers</p> <p>2:00 Person, Place Or Thing</p> <p>3:30 Minute To Win It</p> <p>6:30 Benefits Of Laughter</p> <p>7:30 Menagerie Mania/Shark-The Great White Tooth</p> <p>8:30 Best Of SNL</p> <p>10:00 Slumber Stretch</p>
<p><b>ICE CREAM DAY 15</b></p> <p>9:00 Sundae Toppings Word Search Challenge</p> <p>10:00 Trail Blazers</p> <p>2:00 Church Of Christ Service</p> <p>3:30 All Things Ice Cream Social</p> <p>6:30 Ice Cream Trivia/Top Ice Cream Flavors</p> <p>7:30 Mexican Dominoes</p> <p>8:30 Mental Aerobics</p> <p>9:30 Laughing Yoga</p>	<p>9:00 June Quick Quiz <b>16</b></p> <p>10:30 Body Rock Fitness</p> <p>2:00 Celebrity Dish (Cooking)</p> <p>3:30 The Jubilation Of July</p> <p>6:30 Wheel Of Fortune Marathon</p> <p>7:30 Mental Aerobics</p> <p>8:30 Poker Face</p> <p>10:00 Sleep Well Relaxation Tips</p>	<p>9:00 Summertime Humor <b>17</b></p> <p>10:00 Power Walkers</p> <p>2:00 Sunday School With Sue Spain</p> <p>3:30 Soda Fountain Delights/Soda Jerk Lingo</p> <p>6:30 Card Sharks/Poker</p> <p>7:30 Tuesday Tunes &amp; Trivia</p> <p>8:30 Guess The Year</p> <p>10:00 Relaxing Yoga</p>	<p>9:00 Country Crosswords <b>18</b></p> <p>10:30 Chair Cha-cha</p> <p>2:00 Polish Me Pretty</p> <p>3:30 Name That Tune</p> <p>6:30 Trail Blazers</p> <p>7:30 Mexican Dominoes</p> <p>8:30 Person, Place Or Thing?</p> <p>10:00 Stress Buster Stretch</p>	<p>9:00 Coffee Chat/News Currents <b>19</b></p> <p>10:00 Happy Trails Walk Adventure</p> <p>2:30 Bingo Bonanza</p> <p>4:00 'Olympics Of The Forest' Fun Facts</p> <p>7:30 Famous Routes Trivia</p> <p>9:00 Tranquil Tai Chi</p> <p>10:00 Sleepless Scrabble</p>	<p><b>CAMP HARBORCHASE 20</b></p> <p>9:00 USA Today Review</p> <p>10:30 Zumba Gold</p> <p>2:00 Hula Hoop &amp; Corn Hole Competition</p> <p>4:00 Moon Landing Trivia</p> <p>6:30 Friday Funnies</p> <p>7:30 Mental Aerobics</p> <p>9:00 Stress Buster Tai Chi</p> <p>10:00 Sleepless Scrabble</p>	<p>9:00 Coffee Corner <b>21</b></p> <p>10:00 Step In Strength</p> <p>2:00 Junk Food Day Trivia</p> <p>3:30 Mermaids &amp; Mythology</p> <p>6:30 Poetry Pals</p> <p>7:30 Name That Tune</p> <p>8:30 Best Of SNL</p> <p>10:00 Slumber Stretch</p>
<p>9:00 Tai Chi Tone Up <b>22</b></p> <p>10:00 Only In America...</p> <p>2:00 Church Of Christ Service</p> <p>3:30 Heirloom Journals</p> <p>6:30 Name The ... Trivia</p> <p>8:30 State Nick Names Match Up</p> <p>9:00 ESPN News</p> <p>10:00 Meditation For Relaxation</p>	<p>9:00 Ice Cream Cone Birthday Trivia <b>23</b></p> <p>10:30 Sittercise w/Darlene</p> <p>2:00 HarborChase Best Bites</p> <p>3:30 National Hotdog Day Fun Facts</p> <p>6:30 Walk Fit</p> <p>7:30 Checkers Competition</p> <p>8:30 Movie Theatre Magic/Second Hand Lions</p> <p>10:00 Zen Meditation</p>	<p>9:00 Person, Place Or Thing <b>24</b></p> <p>10:00 Bluegrass Pilgrims</p> <p>2:00 Sunday School Lesson</p> <p>3:30 Pedometer Pals</p> <p>6:30 Name That Tune Crossword Challenge</p> <p>7:30 Card Sharks</p> <p>8:30 Tuesday Tabloids</p> <p>10:00 Tranquil YOGA</p>	<p>9:00 National News <b>25</b></p> <p>10:30 Chair Cha-cha</p> <p>2:00 Science For Seniors/Which way Is Up?</p> <p>3:30 Walk Fit</p> <p>6:30 July In History</p> <p>7:30 Pastime Faces &amp; Places</p> <p>9:00 Late Night Dominoes</p> <p>10:30 Zen Meditation</p>	<p>9:00 News Currents <b>26</b></p> <p>10:00 Power Walkers</p> <p>2:30 Bargain Bingo</p> <p>4:00 Person, Place Or Thing</p> <p>6:30 Wheel Of Fortune Marathon</p> <p>8:30 Movie Magic/Alice In Wonderland</p> <p>10:00 Relaxing Yoga</p>	<p><b>CAMP HARBORCHASE 27</b></p> <p>9:00 Community Chatter</p> <p>10:30 Zumba Gold</p> <p>2:30 Happy Hour Birthday Party</p> <p>4:00 Bug's Bunny Birthday Trivia</p> <p>6:30 Girl Scout Troop Campfire Sing Along</p> <p>7:30 ESPN Sports Talk</p> <p>8:30 S'mores Galore!</p> <p>10:00 Evening Pilates</p>	<p><b>DAY OF THE COWBOY 28</b></p> <p>9:00 Java Jolt</p> <p>10:00 Trail Blazers</p> <p>2:00 Cowboy Day Trivia</p> <p>3:30 Name That Country Tune</p> <p>6:30 Two stepping Line Dance</p> <p>8:00 Cowboy Cinema/Tombstone</p> <p>10:00 Slumber Stretch</p>
<p>9:00 Foods Of Summer <b>29</b></p> <p>10:00 Power Walkers</p> <p>2:00 Church Of Christ Service</p> <p>3:30 Brain Bafflers</p> <p>6:30 NASA Trivia &amp; Fun Facts</p> <p>7:00 Guess The Decade</p> <p>7:25 Night Time News</p> <p>10:00 Evening Pilates</p>	<p><b>FRIENDSHIP DAY 30</b></p> <p>10:30 Body Rock Fitness</p> <p>2:00 Summer Bites</p> <p>3:30 Friendship Social</p> <p>6:30 Power Walkers</p> <p>7:30 Puzzling Adventures</p> <p>8:30 Dice Blackjack</p> <p>9:00 Music Moments/Jazz Greats</p> <p>10:00 Late Night News</p>	<p>9:00 Step In Strength <b>31</b></p> <p>10:00 Tone &amp; Stretch</p> <p>2:00 Sunday School Lesson</p> <p>3:30 Pedometer Pals</p> <p>6:30 Person, Place Or Thing</p> <p>7:30 Seven Word Brain Game</p> <p>8:30 Tuesday Tabloids</p> <p>10:00 Tranquil YOGA</p>				

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  
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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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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.

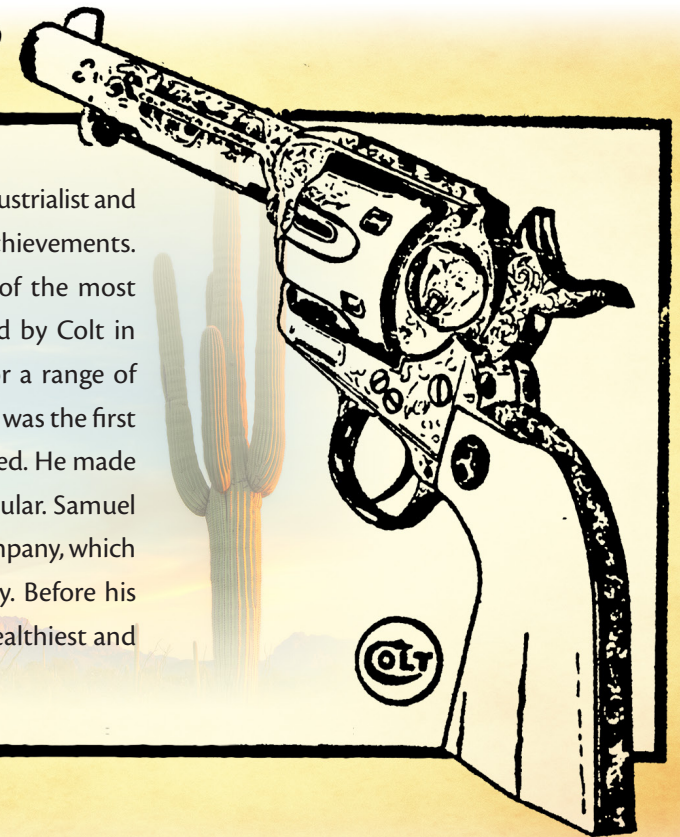
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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.

## 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