

### **July Birthdays!**

Barbara T	7-12
Walter K	7-14
Shirley M	7-19
Susan S	7-20
Olga V	7-23
Mae Ginna S	7-23
Jim B	7-25
Dalila M	7-28
Charles M	7-30

#### **Welcome New Residents!**

Dick S.

Wanda M.

Frances S. Diana B.

Portia C.

# Give Your Body a Boost with Blueberries

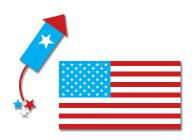
Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- 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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The HarborChase Wire: A Monthly Publication of HarborChase Gainesville MC

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#### **Directors**

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**Executive Director** 

**Tamiria Long-Jones** 

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**Howard Podolsky** 

Director of Maintenance

**Robert Schwab** 

Director of Hospitality

Lillian Dantzscher

**Business Office Manager** 



#### **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 4th 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 Gainesville • The Cove





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Stride and Stroll 10:00 Morning Chair Yoga 10:30 Family Feud Champs 1:30 Bible Study 1:30 Spiritual Sing-Along! 3:00 Scrumptious Snacks 3:30 Canada Trivia 4:00 Hangman Competition 6:30 Name that Tune	9:30 Stride and Stroll 10:15 Stretch Your Body 11:00 Daily Devotional 1:30 Big Word, Little Word 2:00 Amazing Creations 2:30 Reminiscing 3:30 This Day in History 4:00 Garden Sunshine 7:00 Lawrence Welk	9:00 Garden Strolling 10:00 Volley Time! 11:00 Celebrate Our Pets! 1:30 True or False 2:00 Independence Day Anticipation! 3:00 Big Band Favs 4:00 Patriotic Trivia 5:30 All American Board Games 6:30 Healing Hands	9:00 Stride and Stroll! 10:00 Patriotic Songs in the Garden 10:30 Watermelon Refreshment 11:30 Independence Day Poems 1:30 Patriotic Memories & Music 2:00 Popsicle Reminisce 3:30 Volleyball Challenge 4:30 Classic Karaoke 7:00 Patriotic Movie	9:00 Jack Lalane in the AM! 10:00 Strength & Balance 10:30 Family Feud Fun! 11:00 Beach Craft 1:15 Beach Party Music 2:30 Resident Birthday Celebration 3:30 Volleyball Challenge 4:30 Art in the Afternoon 6:00 Relax at the Spa	9:30 Walk Through the Garden 10:00 Strength Builders 10:30 Pictionary Challenge 1:00 Whimsical Word Search 2:00 Rock N Roll Favorites 3:00 Camp HarborChase 5:00 Wine Down for the Night 7:00 Funny Girl in Theater	9:00 Morning Stroll 10:00 Movin' to the Beat 10:30 Cove Rhythm Band 11:00 Viva la Race! 11:30 French Music 1:30 Bicycle Crafts 2:30 Cycling Trivia 3:30 French Picnic 4:30 Golden Girls 6:00 Following the Tour de France!
9:00 Stride and Stroll 10:00 Morning Chair Yoga 10:30 Family Feud Champs 1:30 Bible Study 1:30 Spiritual Sing-Along! 3:00 Self-made Snacks 3:30 Live Music on the Piano 4:00 Hangman Competition 6:30 Name that Tune	9:30 Stride and Stroll 10:15 Silver Sneakers Exercise 11:00 Daily Devotional 1:30 Big Word, Little Word 2:00 Amazing Creations 2:30 Reminiscing 3:30 This Day in History 4:00 Garden Sunshine 7:00 Lawrence Welk	9:00 Garden Strolling 10:00 Volley Time! 11:00 Celebrate Our Pets! 1:30 True or False 2:00 Zoo Event 3:00 Big Band Favs 6:00 World Environment Day 7:00 Finish the Phrase 7:30 Soothing Hand Massages	9:00 Stride and Stroll!  10:30 Ray & Kay Live Music  10:30 Butterfly Garden  11:30 Family Feud  1:30 Riddles, Jokes & Poems  2:00 Let's Make a Snack!  3:30 Volleyball Challenge  4:00 Art to Tranquil Music  7:00 Walking Club & Movie	9:00 Jack Lalane in the AM! 12 10:00 Strength & Balance 10:30 Family Feud Fun! 11:00 Beach Craft 1:15 Beach Party in the Garden 2:30 Beach Boys Music 3:00 Volleyball Challenge 4:00 Relax at the Spa 6:00 Surfing USA	9:30 Morning Stride and Stroll  10:00 Joke Time!  1:30 Painting Class with Claire  3:00 Camp HarborChase  4:00 Corn Hole Contest  6:30 Finish the Phrase  7:00 Comedy Show-Jerry Lewis  11:00 Weather Trivia	9:30 Joints in Motion 10:00 Balloons All Over! 11:00 Nursing Memories 1:00 Time w/Tinker! 2:00 Nursey Nutrition 2:30 Garden Adventures 3:00 Shirley's Root Beer Floats 3:30 Shirley's Favorite Music 6:00 Shirley's Time at the Spa
9:30 Breath of Life 10:30 Worship Service 11:00 One of These Things 1:00 Word Riddles & Games 2:30 Volleyball w/Frankie Vali 3:30 Popsicle Memories 3:30 Sunday Reminisce in the Garden 6:00 Summertime Crafts 7:00 Evening Bingo!	9:00 Morning Stretch 10:00 Noodles Anyone? 10:30 Reading of Classic Fav 11:00 Brain Fit Fun 1:00 Country Music Karaoke 2:00 Finish the Story 3:00 Chocolate Heaven! 4:00 Garden Yoga 8:00 Judy Garland Movie	10:30 Relaxation Tips 11:00 Brain Fit Challenge 1:30 Forgiven Way Music 2:00 Favorite Animals Facts & Fun 2:30 Dean Martin Marathon 3:00 Devotional & Sing-A-Long 3:30 Fabulous Faces 4:00 Fresh Air & Sunshine 6:15 Evening Meditation & Bingo 8:00 Lawrence Welk Show	9:00 Morning Stroll 9:30 Get Up & Move! 10:00 Ray & Kay Music 10:30 Outing 1:30 Crossword Challenge 2:00 Living Room Reminisce 6:15 Reading Circle: Classic 7:00 Favorite Night Time Shows 8:00 Relaxing by the Radio	10:00 Forever Young Exercise  10:30 Finish the Phrase  1:30 Art walk with Shirley 3:30 Elvis &Other Favorites 4:00 Karoake Sing-A-Long 4:30 Shirley's Favorite Songs 6:15 Time in the Garden 8:00 Shirley's Movie of Choice	9:30 Yoga In the Morning! 10:00 Daily Devotional 10:30 Literature Favorites 1:00 Bible Trivia 1:30 Family Feud Champs 2:30 Let's Build Sundaes on Friday! 3:00 Camp HarborChase 6:00 Grumpy Old Men 11:00 Classic Rock Tribute	9:00 A Rose in the Garden! 9:30 Wake up & Noodle 10:00 The Locomotion Stroll 11:00 Visit From Tipper & Friends 1:30 Buttons & Bows Country Music 2:00 Country Music Karoake 4:00 Oprah Trivia 6:15 Lawrence Welk Bubbles 7:00 Hello Dolly Movie
9:30 Morning Stroll 10:00 Chair Fitness for All 11:00 Finish the Phrase 1:00 CornHole Competition! 2:00 Classic Cars & Guitars 2:30 Movie & Popcorn 4:00 Family Feud Champs 6:00 Healing Hands 7:00 PBS-Masterpiece Mystery	9:00 Morning Stretch 10:00 Keep It Up Stretch! 1:30 Ella Fitzgerald/Jazz Favs 3:30 Scintillating Cinnamon Buns 4:00 Bird Watching 6:15 Andy Griffith Show 7:00 World Traveling Reminisce 8:00 Comedy Movie & Popcorn 11:00 Family Feud	9:00 Great to Be Alive! 10:30 Bird Watching 1:00 Forgiven Way Live 2:15 Volleyball Challenge 2:30 Crafting for the Garden 3:30 Healthy Snacks 4:00 Elvis in the Living Room 6:15 July Treasures 7:00 Favorite Board Games 8:00 Mary Poppins Movie	9:00 Morning Stretch! 10:00 Volley Time to the Beat! 10:30 Beauty Shoppe 11:00 World Music Celebration 1:30 Bowling Champs! 2:30 Winter in Southern Hemisphere 3:00 Music Word Search 4:00 HouseHold Fun/Decorating 6:00 Coffee & News Chat	9:30 Morning Stretch/Exercise!  10:00 Brain Food  11:00 Riddles & Rhymes 1:30 Putting Practice 2:30 ShouldersNeck& Arms 3:00 Artist's Circle 3:30 Happy Hour! 4:00 Jitterbug/Twist n Stuff 6:30 Foosball Challenge!	10:00 Morning Exercise 10:30 Big Word, Little Word 11:30 Piano Sing-A-Long 1:00 Cowboy Roping! 1:30 Tending our Garden 2:30 Chuck wagon trivia and Treats! 3:00 Camp HarborChase 6:00 Summer Wordsearching 7:00 Western Movie Memories!	9:00 Sporting Team Updates 10:00 Movin in the AM 10:30 Steve on Piano Live 1:30 Saturday Favorites 2:45 Favorite Games 3:30 Music & Memories 4:00 Giant Crossword 6:00 SummerTime Trivia 7:00 Card Sharks
9:00 Stride and Stroll 10:00 Sittercise 11:00 Church Service & Hymns	9:00 Supercharge Your Day!! 9:30 Exercise in the Garden	9:00 Great to Be Alive! 10:00 Music & Magic 11:00 Garden Sing-A-Long	INDEPENDENCE			*

Salon: Tuesday and Friday **Communion: Mon 10:30AM** 

1:30 Mixing up Favorite Foods

3:30 Live Music on the Piano

4:00 Winner's Favorite Show

7:00 Group's Favorite Movie

6:00 Evening Prayer Circle

2:00 Cooking in the Kitchen

3:30 Noble Acts of Kindness

10:30 Spiritual Sing-Along

4:00 Heros of Our Time

8:00 Super Hero Movie

1:00 Riddle Me This...

2:00 Clay Creations

2:00 Volleyball Challenge

2:30 Summer Crafting

3:00 Ice Cream & Music

4:00 Family Feud

4:00 Word Searches

6:15 Coffee & Music

8:00 Lawrence Welk

10:00 Family Feud



E D S P E N A W C S K H Y E S W C I

SPRINKLES STRAWBERRY

SUNDAE SWIRL SYRUP

**VANILLA** 

**WAFFLE CONE** 

WHIPPED CREAM

# Celebrating Senior Living!

## HarborChase of Gainesville Capturing Wonderful Memories





SFC Zoo teaching about reptiles!

Chef Bob's super banana split!

Happy birthday dear Eva!







Tasting "italian" margaritas!

aritas! Meeting a box turtle!

Surprise birthday party for Hilda!







Enjoying the bamboo garden!

Debbie is ready for Flag Day!

Celebrating Father's Day!



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:

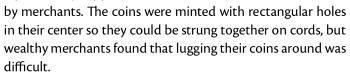
- The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The initial date the resolution of independence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

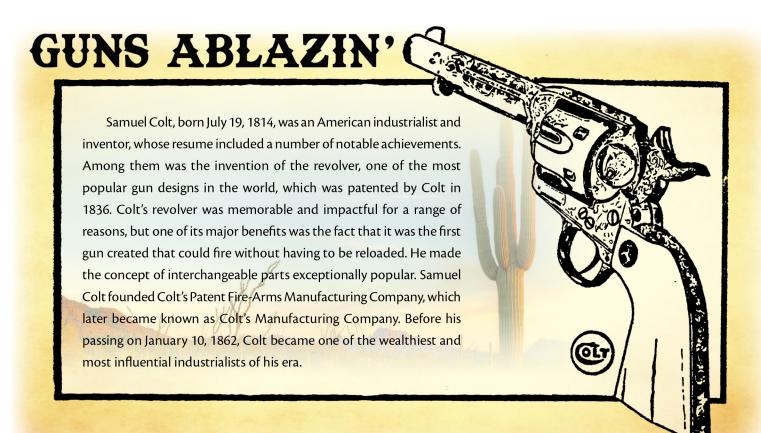


A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

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.





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