



### 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.	Portia C.
Diana B.	

### 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 Gainesville AL

July 2018

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Executive Director

**Tamiria Long-Jones**

Director of Resident Care

**Howard Podolsky**

Director of Maintenance

**Robert Schwab**

Director of Hospitality

**Lillian Dantzcher**

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 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 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.

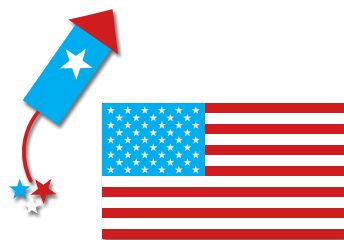
### Dare To Be Bare

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.



1415 Fort Clarke Boulevard  
Gainesville, Florida 32606  
352-702-9370





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30 Coffee and News-B <b>1</b> 10:15 Stretch and Tone-B 11:15 Brain Games for Bucks-B 1:30 Bible Study-B 1:30 Group Crossword-T 2:00 Rock and Reminisce-FP 3:00 Door Decorating and More!-CR 4:00 Sweet Tea and Friends-B 7:00 Masterpiece Mystery	9:30 Coffee and News-B <b>2</b> 10:15 Zumba Silver-B 11:00 Bistro Bunch-B 1:30 Movie Matinee-T 1:30 Black Jack for Fun-B 2:30 Ice Cream Shoppe Memories-B 3:30 Walking Club-FP 4:00 Birdwatcher's Club-BY 6:15 TCM-Stage Struck-C	9:30 Coffee and News-B <b>3</b> 10:00 Stretch and Tone-T 11:00 Group Gaming Hour-B 1:30 Patriotic Crafting -B 2:30 Get Your Just Desserts!-B 3:30 Color Me Pretty-CR 3:30 Rocking and Reminiscing-FP 4:00 Healing Hands -B 6:00 Wii Game Night!-T	<b>Independence Day 4</b> 9:30 Coffee and News-B 10:15 Pilates for Patriots!-B 11:00 Table Gaming-B <b>12:00 Family Lunch Celebration</b> <b>1:00 Patriotic Sing-a-Long!-B</b> 2:30 Uncle Sam Sundaes-B 3:30 Walking Club-FP 4:00 Patriotic Movie-T	9:30 Coffee and News-B <b>5</b> 10:15 Senior Yoga-B 11:00 Play in the Pub -B 1:30 Black Jack for Kicks-B 1:30 Classic Movies-T 2:00 Relaxing Rockers-FP <b>2:30 Resident Birthday Party-B</b> 3:30 Group Crossword-B 6:30 Wii Team Play-T	9:30 Coffee and News-B <b>6</b> 10:15 Beach Volleyball-B 11:00 Brain Challenge-B 1:30 Chariots of Fire-T 1:30 Puzzlemania-B 2:30 Summer Smoothies-B <b>3:00 Camp Harbor Chase-B</b> 3:00 Front Porch Reminiscing-FP 4:30 Walking Club-FP	9:30 Coffee and News-B <b>7</b> 10:15 Dancing with the Stars-B 11:00 Group Gaming-B <b>1:30 Tour de France Begins!-B</b> <b>2:30 A Taste of France-B</b> 3:00 Birdfeeders Club-BY 3:00 Rocking and Talking-FP 4:00 Weekend Wine Club-B 6:15 TCM-Twelve Angry Men-C	
9:30 Coffee and News-B <b>8</b> 10:15 Stretch and Tone-B 11:15 Brain Games-B 1:30 Bible Study-B 1:30 Group Crossword-T 2:00 Rock and Reminisce-FP 3:00 Dazzling Digits!-CR 4:00 Sweet Tea and Friends-B 7:00 Masterpiece Mystery	9:30 Coffee and News-B <b>9</b> 10:15 Zumba Silver-B 11:00 Bistro Bunch-B 1:30 Classic Westerns -T 1:30 Group Crossword-B 2:30 Make a Sundae on Monday!-B 3:30 Music with Larry and Laura!-B 3:30 Rock and Reminisce-FP 6:00 TCM-The Steel Helmet-C	9:30 Coffee and News-B <b>10</b> <b>10:00 Accessory Shop-T</b> 11:00 Group Gaming-B 1:30 Beat Black Jack -B 1:30 Classic Movie Matinee-T 3:00 Color Me Pretty-CR 3:30 Rocking and Reminiscing-FP 4:00 Healing Hands -B 6:00 Wii Game Night!-T	9:30 Coffee and News-B <b>11</b> 10:15 Stretch and Tone-B <b>10:30 Lunch at La Fiesta-FP</b> 11:15 Champion Challenge-B 1:30 Group Crossword-B <b>2:00 Publix Trip-FP</b> 3:00 Snacking Happy-B 4:00 Birdfeeders Club-BY 5:45 TCM-The Asphalt Jungle-C	9:30 Coffee and News-B <b>12</b> 10:15 Stretch and Breathe-B 11:00 Play in the Pub-B 1:30 Black Jack for Kicks-T 1:30 Classic Movies-T 2:00 Relaxing Rockers-T 2:30 Cool Off with a Float!-B 3:30 Group Crossword-T 6:30 Wii Team Play-T	9:30 Coffee and News-B <b>13</b> 10:15 Morning Volley!-B 11:00 Brain Challenge-B 1:30 Classic Movie Matinee-T 1:30 Superstition and You-B 2:30 Sundaes on Friday <b>3:00 Camp Harbor Chase-B</b> 3:30 Sea Life Crafts and Tales-B 4:30 Walking Club	1:30 Classic Movies-B <b>14</b> 9:30 Coffee and News-B 10:15 Senior Yoga-T 11:00 Group Gaming-B 1:30 Color Me Pretty-CR 2:00 Rocking and Relaxing-FP 2:30 Sweet Treats-B 3:00 Healing Hands-B 3:30 Walking Club-FP 4:30 Cool Down and Stretch!-T	
9:30 Coffee and News-B <b>15</b> 10:15 Senior Yoga-B 10:15 Wake Up to the Classics-B 11:00 Brain Games-B 1:30 Walking Club-FP 1:30 Worship Service-B 2:30 Sundaes on Sunday-B 3:00 Rocking and Reminiscing-FP 3:30 Dazzling Digits-CR	9:30 Coffee and News-B <b>16</b> 10:15 Flexible Seniors-B 11:00 Bistro Bunch-B 1:30 Black Jack for Bucks-B 2:30 Ice Cream Dreams-B 2:30 Jon Copps Sings!-B 3:30 Walking Club-FP 4:30 Cool Down Stretch-T 6:30 TCM-Mad Miss Manton-C	9:30 Coffee and News-B <b>17</b> 10:15 Zumba Silver-B 11:00 Group Gaming-B 1:30 Big Word, Little Words-T 1:30 Classic Movies-B 3:00 Baking Fresh Cookie-B 3:30 Dazzling Digits-CR 4:30 Rocking and Reminiscing 6:00 Wii Competition!-T	9:30 Coffee and News Chat-B <b>18</b> 10:15 Morning Volley-B <b>10:30 Nail Salon Trip</b> 11:00 Champion Challenge-B 1:30 Black Jack for Bucks!-B 2:00 Front Porch Rockers-FP <b>2:00 Publix Trip</b> 2:30 Soda Shop Memories-B 4:15 TCM-A Southern Yankee-B	9:30 Coffee and News-B <b>19</b> 10:15 Tone It Up!-B 11:00 Play in the Pub-B 1:30 Group Crossword-B 2:30 Hot Cookie Club-B 3:00 Painting Ceramics-CR 3:30 Rocking and Reminiscing-FP 4:00 Pub Games!-B 6:00 Wii are Champions-T	9:30 Coffee and News-B <b>20</b> 10:15 Senior Tai Chi-T <b>11:00 Art for Life-T</b> 1:30 Brain Challenge-B 1:30 Classic Romance-T <b>3:00 Camp Harbor Chase-B</b> 3:00 Making Indoor S'Mores!-B 3:30 Camp Crafting!-B 4:30 Rock and Reminisce-FP	9:30 Coffee and News-B <b>21</b> 10:15 Morning Volley-T 11:00 Group Gaming-B <b>1:30 Jim Seem on Guitar-B</b> 2:30 Sweet Treat Time-B 3:00 Movie-The Thin Man--T 3:00 Color Me Pretty-CR 4:00 Wine Down with Smooth Jazz-B 6:00 TCM-Brainstorm-C	
9:30 Coffee and News-B <b>22</b> 10:15 Stretch It Out!-B 11:00 Brain Games-B 1:30 Wii Sports!-T 1:30 Worship Service-B 2:30 Hot Cookie Club-B 3:00 Coffee and Black Jack-B 4:00 Rocking and Reminiscing-FP 7:00 Masterpiece Mystery-PBS-C	9:30 Coffee and News-B <b>23</b> 10:15 Sit and Be Fit!-B 11:00 Bistro Bunch-B 1:30 Group Crossword-B 2:30 Sundaes on Monday 3:00 Music with Jon Copps-B 3:00 Rock and Reminisce-FP 3:30 Splash of Color-CR 4:30 Wine Down with Classical Music-B	10:15 Coffee and News-B <b>24</b> 10:15 Yoga for Seniors-B 11:00 Champion Challenge-B 1:30 Birdfeeders Club-BY 2:30 The Hot Cookie Club-B 3:00 Day Spa Fun-CR 3:30 Walking Group-FP 4:00 Healing Hands-B 6:00 Wii Warriors!-T	9:30 Coffee and News-B <b>25</b> 10:15 Zumba Silver-B <b>10:30 TGIFriday Lunch-FP</b> 11:00 Group Gaming-B 1:30 Group Crossword-T <b>2:00 Publix Trip-FP</b> 2:30 Take a Sweet Break-B 3:00 Bingo Auction-B 3:00 Comedy Movie-T 4:00 Beer and Pub Games-B	9:30 Coffee and News-B <b>26</b> 10:15 Feel the Burn-B 11:00 Play in the Pub-B 1:30 Painting Ceramics-CR 2:30 Enjoy a Sweet Treat!-B 3:00 Sweet Tea with Alexa-B 3:30 Movie Matinee-T 3:30 Walking Club-FP 6:00 Wii Will Rock You!-T	9:30 Coffee and News-T <b>27</b> 10:15 Morning Volley-T 11:00 Brain Challenge-T <b>1:30 Western Themed Jewelry!-CR</b> 2:30 Hot Cookie Club-B <b>3:00 Camp Harbor Chase-B</b> 3:00 Reminiscing Rockers-FP <b>3:30 Country Music and Roping-B</b> 5:45 TCM-The Women-C	9:30 Coffee and News-B <b>28</b> 10:15 Morning Volley-B 11:00 Group Gaming-B 1:30 Group Crossword-B 2:30 Savor the Flavors-B 3:00 Color Me Pretty-CR 3:30 Weekend Rockers-FP 3:30 Backyard Gardening-BY 6:00 PBS-Lawrence Welk	
9:30 Coffee and News-B <b>29</b> 10:15 Stretch and Tone-B 11:00 Brain Games-B 1:30 Walking Club-FP 1:30 Worship Service-B 3:00 Western Matinee-T 3:00 Spiritual Crafting-B 4:00 Rock and Remember-FP 7:00 Masterpiece Mystery-C	9:30 Coffee and News-B <b>30</b> 10:15 Senior Yoga-B 11:30 Bistro Bunch-B 1:30 Classic Musicals-T 1:30 Gator Bead Work-CR 3:00 Ice Cream Shoppe-B 3:30 Reminiscing Porch Rockers-FP 3:30 Walking Club-FP 4:00 Cool Down and Stretch-T	9:30 Coffee and News-B <b>31</b> 10:15 Stretch It Out-B 11:00 Group Gaming-B 1:30 Black Jack for Bucks-B 2:30 The Hot Cookie Club-B 3:00 Alexa and Sweet Tea-B 3:00 Mystery Movie-T 3:30 Healing Hands-B 6:00 Wii Warriors!-T					<b>Key:</b> B .....Bistro CR .....Craft Room C .....All Community FP .....Front Porch T .....Theater BY .....Backyard MC .....Memory Care - The Cove

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



## 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!



Meeting a box turtle!



Surprise birthday party for Hilda!



Enjoying the bamboo garden!



Debbie is ready for Flag Day!



Celebrating Father's Day!



# 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.



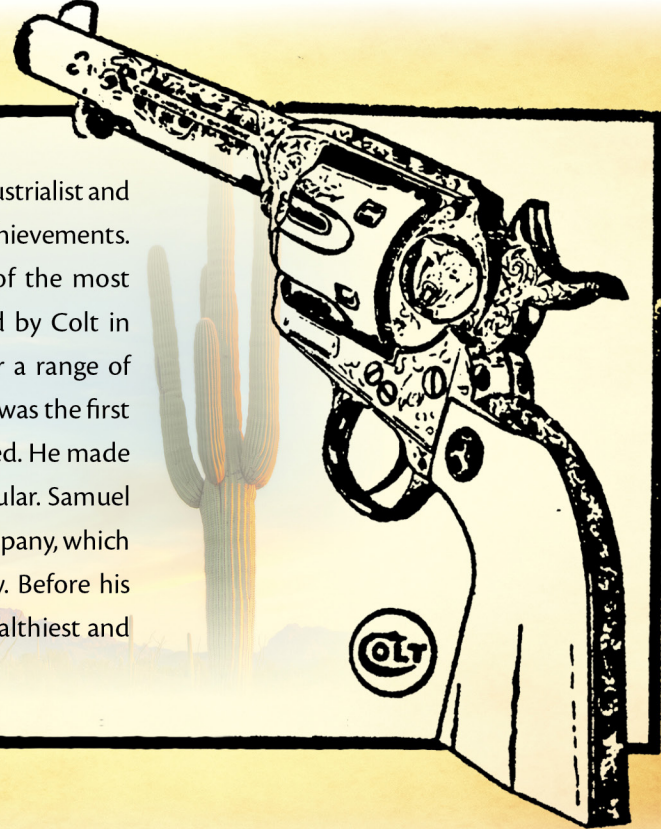
A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

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