

Notable
Quotable

“Here men from
the planet Earth set
foot upon the moon.
July 1969 AD. We
came in peace for
all mankind.”

~ Neil Armstrong,
Astronaut

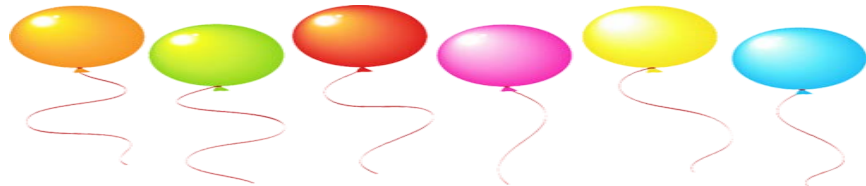
July Horoscopes and Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, bold, and unafraid of the limelight. Leos’ social natures also make them excellent friends and bosses.

Thurgood Marshall – July 2, 1908
Abigail Van Buren – July 4, 1918
Ringo Starr – July 7, 1940
Tom Hanks – July 9, 1956
Henry David Thoreau – July 12, 1817
Ingmar Bergman – July 14, 1918
Roald Amundsen – July 16, 1872
Phyllis Diller – July 17, 1917
Nelson Mandela – July 18, 1918
Don Knotts – July 21, 1924
Walter Payton – July 25, 1954
Stanley Kubrick – July 26, 1928
Henry Ford – July 30, 1863



Lavon Whitaker	7/2
Paula Eaves	7/3
Etta Mae Busk	7/20
Barbara Gray	7/22
Delores Venlet	7/27
Joan Beebe	7/30



We wish you all a very blessed birthday!!

Arbor Hills Grapevine

July 2019

Resources

Mary Gaudet
Executive Director

Robin Moran
*Community
Director*

Mark Robison
*Food Service
Director*

Ramon Miranda
*Maintenance
Director*

Jo Jones
Activities Director

Lori Merrill
Resident Relations

**Physician
Transport with
Paul**
*Monday (south
side), Wednesday
and Friday*

**Beauty/Barber
with Courtney**
*Tuesday,
Thursday and
Friday (Please
schedule
appointments with
receptionist)*



Arbor Hills Independent
Living Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805

From the Community Director

My goodness, it is July already!
Where has this year gone?

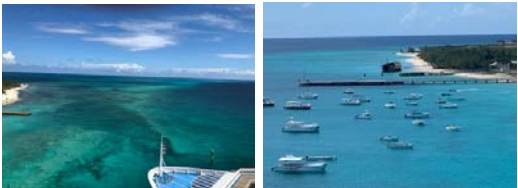
I have had several people ask about my vacation. It was a wonderful experience and we had an amazing time! We visited the Dominican Republic and Grand Turk of the Turks and Caicos Islands, both of which were beautiful and unique in their own way.

Amber Cove, Dominican Republic was beautiful but also a very poor. My husband and I went zip lining in the mountains there about 40 minutes away from the port. Zip lining was so much fun but it also gave us the opportunity to see how their people lived. We saw whole families riding on scooters. Yes, whole families. They are not much for driving laws there. We were also able to see houses without floors or windows and kitchens that were outside under what we would have as pole barns. We even saw a cemetery that had what looked like dog houses as tombstones. Family members were able to place flowers in the little houses for their loved ones. The experience was very humbling and made us realize how blessed we are to live in the United States.



Amber Cove, Dominican Republic

Grand Turk, Turks and Caicos was the most beautiful place I have ever seen. The water was beautiful turquoise and the sand was warm and white. The water was so clear that we were able to see tropical fish and even a barracuda! The weather was warm and breezy and palm trees provided the perfect amount of shade. The people there were very friendly and made us feel so welcome. If you ever get the chance to vacation there, I highly recommend it.



Grand Turk, Turks and Caicos

May you all have a great month and Happy Independence Day!!

Resident Spotlight



For those that do not know this beautiful couple, let us introduce Fred and Jean Cox. Both Fred and Jean were born in Gloversville, New York. Fred and Jean met during World War II at a bowling alley. They were introduced to each other by Fred's brother. Fred said it was love at first sight and Jean immediately knew he was the one she would spend the rest of her life with. They have now been married for an astonishing 69 years and were blessed with 3 children; a son and 2 daughters. They also have 8 grandchildren and 5 great grandchildren.

Both Fred and Jean worked for General Electric. Fred was an Engineer and Jean was a Business Manager. They moved to Lakeland in 1987. Fred and

Jean love to bowl, play golf and go to musicals. Jean also loves to shop at Bealls.

When asked what they like best about Arbor Hills, Fred and Jean said they love the staff who is caring and incredible. They also said that it is very welcoming and clean here. Happy hour is their favorite activity as they love dancing. They also love that the staff participates in activities.

We asked Fred and Jean if they had any words of wisdom. Fred said, "Always work hard and stay happy!" Jean, equally wise said, "Enjoy life! It is not a rehearsal." Both statements are great advice.

Fred and Jean are a wonderful couple and a true blessing to have as residents at Arbor Hills.

Jean's Spagetti and Meatballs



Ingredients

- Ground Beef
- Bread Crumbs
- Parsley
- Parmesan Cheese
- Black Pepper
- Garlic powder
- 1 egg beaten
- Onion
- Garlic
- Olive Oil
- Tomatoes
- Sal
- Sugar
- Bay Leaves

Directions

Add ground beef, bread crumbs, parsley, parmesan cheese, black pepper, garlic powder and 1 beaten egg together in a bowl and mix well. Form the mixture into balls and bake until cooked.

Sauté the onions and garlic in olive oil. Stir in the tomatoes, salt, sugar and bay leaves. Cover and simmer for one hour. Add the meatballs and simmer for an additional 30 minutes. Serve with your favorite pasta and enjoy!

But Is It Art?



The red and white cans are modeled after the Cornell University football team's red and white uniforms.

On July 9, 1962, artist Andy Warhol unveiled his exhibit of 32 Campbell's soup cans at the Ferus Gallery in Los Angeles, California. Each painting depicted a different flavor of the ubiquitous soup. This was Warhol's first solo exhibition of pop art, but the question remained: was it art? Warhol had often used familiar images from American consumer culture as his subject. His soup cans, unlike the mass-

produced soup produced at the Campbell's factory, were individually painted to look exactly alike. What drew Warhol to Campbell's? He had the same Campbell's soup for lunch for 20 years. The exhibit caused a mild stir for its novelty, yet over the years, Andy Warhol and Campbell's Soup have become strange bedfellows, more famous together than alone.

Sky-High Ambition

Before becoming a pilot of world renown, Amelia Earhart was a rough and tumble girl who sought adventure wherever she could find it in her small hometown of Atchison, Kansas. She was born on July 24, 1897, to Sam and Amy Earhart. Amy did not believe in molding her daughters into "good little girls," but instead dressed them in pants and allowed them to roam the neighborhood with rifles, hunting rats. It was out of this adventurous youth that the aviation hero Amelia Earhart was born.



To stay awake on long flights, Earhart did not drink coffee but used smelling salts.

Earhart's first encounter with an airplane did not occur until around 1918, when she visited the Canadian National Expedition in Toronto. A World War I flying ace was demonstrating death-defying maneuvers when he spotted Earhart on the ground. In an attempt to fluster her, he dove close overhead, but Earhart stood her ground. It was at this moment that Earhart reported thinking "that the little red airplane said something to me as it swished by." Two years later, U.S. Army Air Service pilot Frank Hawks gave

Earhart a plane ride and rekindled her desire to take up flying. She worked multiple jobs to scrape together enough money for flying lessons. Just two years after her introduction to flying from Hawks, Earhart flew to 14,000 feet, setting a world record for female pilots. It was the first of many records she would set.

After Charles Lindbergh flew solo across the Atlantic in 1927, the stage was set for a woman to complete the same feat. At first, pilot Amy Guest expressed interest, but she ultimately declined, deeming the trip too perilous. It was Earhart who was chosen for the honor, and upon completion of the trans-Atlantic flight with a small team, she was hailed as a national hero. But the allure of crossing the Atlantic solo loomed large, and in 1932, she completed her famous solo Atlantic flight. Five years later, in 1937, Earhart disappeared on her attempted flight around the world, a sad and tragic loss. But Earhart's legacy continues to inspire adventurers to this day.

The Men on the Moon



This year marks the 50th anniversary of NASA’s historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin “Buzz” Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong’s words captured the enormity of the moment: “That’s one small step for a man, one giant leap for mankind.” The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era “space race” between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon’s

Sea of Tranquility, Armstrong famously announced, “The Eagle has landed.” Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission’s commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous “small step.” Aldrin was not far behind, however, and his poetic description of the lunar landscape’s “magnificent desolation” has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as “Moon.”

The Paperback Revolution



Before 1935, there was no such thing as a quality paperback book. But on July 30 of that year, the very first Penguin books were published in paperback, marking the start of a publishing revolution. In truth, soft-covered dime novels and pulpy tabloid-style books had been around for 100 years or more, but the first respectable paperbacks were the brainchild of publisher Allan Lane. His publishing house was suffering

from declining sales. While on a train trip, Lane was perusing the book kiosks at the station. He was disappointed that he could find nothing worthy to read. It then occurred to him that he could fulfill that need by providing good quality books for the price of a pack of cigarettes. His Penguin imprint sold over three million copies in its first year. For this reason, July 30 is celebrated as Paperback Book Day.

Searching for July

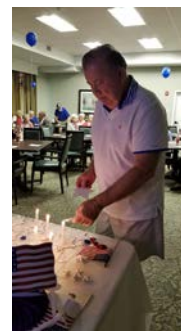
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W	N	U	P	P	M	N	U	D	I	L	B	A	X	A
K	X	R	R	S	A	M	Z	R	H	X	N	S	P	B
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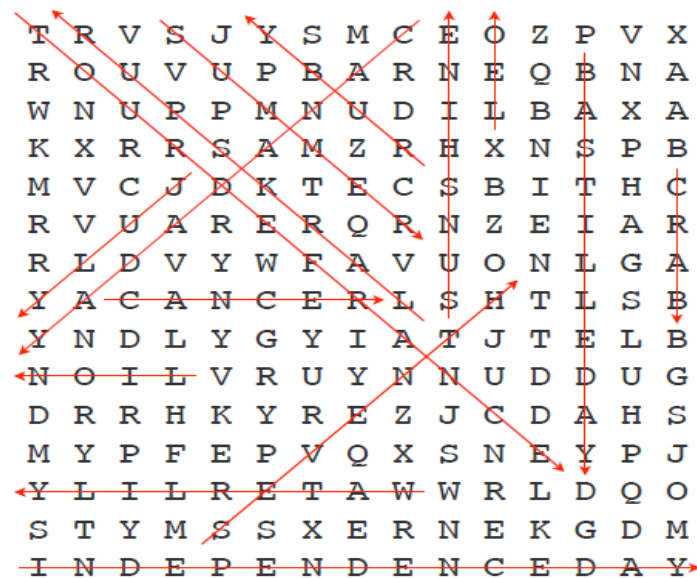
BASTILLE DAY	JULY	SEVENTH
CANADA DAY	LARKSPUR	SUMMER
CANCER	LEO	SUNSHINE
CRAB (Cancer)	LION (Leo)	TOUR DE FRANCE
INDEPENDENCE DAY	RUBY	WATER LILY

Past Activities and Events



Searching for July

(solution)



Activities Bulletin

Tuesday, July 2nd - Let your voice be heard in the Town Hall Meeting. 10:15am in the Community Center

Wednesday, July 3rd - Culinary Committee. We want you to LOVE our food. Committee meets at 10:00am in the craft room

Wednesday, July 3rd - Welcome out newest residents in the Community Center at 1:00pm. Cookies will be served!

Thursday, July 4th – Independence Day. Join us for an indoor picnic at 12:00pm and again at 7:00pm for a firework celebration!



Friday, July 5th – Eat, drink, dance and be merry at Happy Hour with Jenifer Roy at 3:45pm in the Community Center

Thursday, July 11th – Who can you outbid? The competition is fierce at the Lima Bean Auction. Join us at 3:00pm in the Community Center

Friday, July 12th – Eat, drink, dance and be merry at Happy Hour with Eddie Rivers at 3:45pm in the Community Center

Friday, July 19th – It's a Sock Hop! Happy Hour wth Jenifer Roy at 3:45pm in the Community Center

Friday, July 26th - Eat, drink, dance and be merry at Happy Hour with Sherrie Nosal at 3:45 in the Community Room