

Orchard

HEIGHTS

Gracious Retirement Living

3650 South Highway 27 • Clermont, FL 34711 • Phone (352) 242-2235 • www.seniorlivinginstyle.com

JULY 2020

ORCHARD HEIGHTS STAFF

Managers..... DAVE & BJ DREW
Assistant ManagersSTEVE &
KIMBERLY ROGERS
Executive Chef..... OSCAR M. GUZMAN
Activity CoordinatorYVONNE KECK
MaintenanceJOE O'FARRIL
TransportationED PREMO

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping

Tuesday, 9 a.m.-3 p.m.: Appointments

Wednesday, 9 a.m.: Outing

Thursday, 9 a.m.-3 p.m.: Appointments

Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

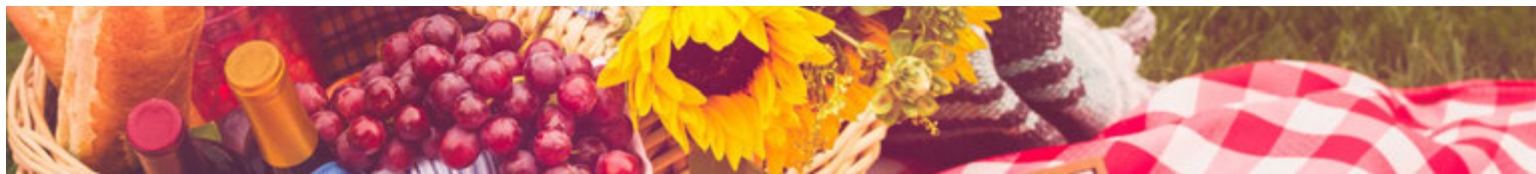
Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.



Katharine Lee Bates was a prolific American writer, college professor, scholar and social activist.



This-n-That, Here-n-There



May birthday babies!



Enjoying the Corvette Parade while maintaining social distance



Orlando's Corvette Club drive by made our day!





Best Dog Breeds for Seniors

Everyone should have the opportunity to share their life with a dog. They are faithful companions who fill our days with joy and offer unquestioning love. The golden years of our life are usually associated with a slower, quieter time, and having a dog by your side will fill your life with love and chase away any loneliness.

A Dog For Every Kind of Senior

Furbabies are perfect for any type of senior, whether you're still active and want a friend to take hikes with or you live alone and love the idea of a pup cuddled in your lap. However, there are some things to consider when choosing your senior years' companion.

Even if you've always owned dogs, you may not have the energy for endless games of fetch that a high-energy breed demands. Most seniors prefer low-maintenance dogs who enjoy long, relaxing afternoons. They should also be light enough to pick up if necessary. You may no longer have the strength to lug around a 70-pound pooch.

Another consideration is those energetic puppy years. If you're ready for the potty and behavior training a new pup will need, then, by all means, purchase a puppy. If you want to avoid all that, you may want to consider a middle-aged dog. Usually, dogs of this age are already housebroken and have basic training, but they are still young enough to avoid the health issues that develop later in life.

If you have grandkids who come to visit, you'll also want a dog who's kid-friendly. Some breeds are known for being skittish around younger people, so it's essential to find a dog who will love both you and your whole family.

Choose a Breed, Any Breed

The truth is, there is no wrong breed to choose. As you get older, though, you will want a dog who fits your lifestyle to a tee. Just ensure the dog is in good health, and you are good to go. Here are some breeds that many seniors find to be the perfect companions for their golden years:

1. Bichon Frise

These white balls of fur are the ideal companion for those who love joyful and affectionate dogs. Not only are they relatively simple to train, but they also are extremely friendly. This dog usually reaches no more than 12 pounds, making them the perfect lap pet. They only require moderate exercise, so a quick walk around the neighborhood should keep them happy and healthy. Their fluffy mass of hair does require some maintenance, but it's nothing an occasional trip to the dog groomers can't fix.



Bichon Frise

2. Cavalier King Charles Spaniel

If you're looking for a little snuggle buddy, there's no breed quite like this one. This quintessential lap dog is happy just to sit with you as you watch TV or read. They remain quite small, usually no more than 18 pounds, and have very few grooming needs. A good brush and an occasional ear cleaning will do the trick.



Cavalier King Charles Spaniel

(Continued on page 6.)

JULY 2020

Birthdays

MaryLou Hutchenson, 1st
Marilyn Arnsberger, 2nd
John Russell, 4th
Judy Kearney, 6th
Ruth Frey, 12th
Flo Garafola, 16th
Sunny Adler, 18th
Jack Greenhill, 21st
Mary Potter, 25th
Ginny Gillette, 27th

Anniversaries

Wayne & Cindy
Etheridge, 7/3/1982
Charles & June Dinn,
7/17/1954

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Fire Pit, FP
Fitness Center, FC
Front Lobby, Lobby
Grand Piano, GP
Grandma's Kitchen, GK
Library, LIB
Main Entrance
Canopy, Canopy
Movie Theater, MT
Raised Bed Gardens, Garden
Shuffleboard Court, SC
Sitting Arbor, SA
Swimming Pool, Pool
TV Room, TV

Dining
Schedule

8 a.m. — Breakfast
12:30 p.m. — Dinner
5:30 p.m. — Supper
(Unless otherwise
announced.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			Matinee, MT 1	Matinee, MT 2	Matinee, MT 3	INDEPENDENCE DAY 4
			8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	Matinee, MT
			9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	6:45 Billy's Rock & Roll Hour, AR
			9:30 Chair Exercise with Ben, AR	9:30 Fit-Beat Drumming, AR	9:30 Tai Chi, AR	8:00 Walking in the Sunshine, Lobby
			10:00 Get Crafty, AR	10:00 Happy Hour, GK	10:00 Happy Hour, GK	9:00 Our Daily Bread, CH
			2:00 Trivia, AR	10:30 Free Blood Pressure Screening, AR	10:30 Comedy Radio, AR	9:30 Chair Exercise with Paul, AR
			2:00 The Poker Club, BR	11:45 Residents' & Chef's Meeting, DR	1:30 Canasta, BR	10:00 Shuffleboard, SC
			2:45 Choir Practice, AR	2:00 Volleyball, AR	2:00 Bean Bag Baseball, AR	2:00 Bridge, BR
			7:00 Western Wednesday at the Movies, MT	3:00 Orchard Heights Derby, AR	2:00 The Poker Club, BR	2:00 Penny Poker, BR
				7:00 Action Movie Night, MT	3:00 Bingo, AR	4:00 Men's Bible Study, LIB
					7:00 Date Night Flick: Romance, MT	4:00 Sit N Stitch, AR
						7:00 Flick Night, MT
5	Matinee, MT 6	Matinee, MT 7	Matinee, MT 8	Matinee, MT 9	Matinee, MT 10	Matinee, MT 11
8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby
9:30 Non-Denominational Sunday Service, MT	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH
2:00 Penny Poker, BR	9:30 Chair Exercise with Ben, AR	9:30 Fit-Beat Drumming, AR	9:30 Chair Exercise with Ben, AR	9:30 Fit-Beat Drumming, AR	9:30 Tai Chi, AR	9:30 Chair Exercise with Paul, AR
2:00 Women's Bible Study, LIB	10:00 Happy Hour, GK	10:30 Catholic Hour of Prayer, CH	10:00 Get Crafty, AR	10:00 Happy Hour, GK	10:00 Happy Hour, GK	10:00 Shuffleboard, SC
3:00 Bingo Resident Volunteer, AR	2:00 The Poker Club, BR	10:30 Adult Coloring with Chede & Friends, Bistro	2:00 Trivia, AR	10:30 Free Blood Pressure Screening, AR	10:30 Comedy Radio, AR	2:00 Penny Poker, BR
7:00 "The Crown" Series, MT	2:00 Volleyball, AR	11:00 Dominoes, TV	2:00 The Poker Club, BR	10:30 Free Blood Pressure Screening, AR	1:30 Canasta, BR	2:00 Bridge, BR
	3:00 Penny Poker, BR	11:45 Residents' & Managers' Meeting, DR	2:45 Choir Practice, AR	2:00 Volleyball, AR	2:00 Bean Bag Baseball, AR	4:00 Men's Bible Study, LIB
	3:00 Rummikub, Bistro	1:30 Bridge, BR	7:00 Western Wednesday at the Movies, MT	3:00 Orchard Heights Derby, AR	3:00 Bingo, AR	4:00 Sit N Stitch, AR
	3:00 Board Games!	2:00 Zumba, AR		7:00 Action Movie Night, MT	7:00 Date Night Flick: Romance, MT	7:00 Flick Night, MT
	7:00 Comedy Night, MT	3:00 "T" for Tuesday Bingo, AR				
		7:00 Drama Night at the Movies, MT				
12	Matinee, MT 13	Matinee, MT 14	Matinee, MT 15	Matinee, MT 16	Matinee, MT 17	Matinee, MT 18
8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby
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2:00 Women's Bible Study, LIB	10:00 Happy Hour, GK	10:30 Adult Coloring with Chede & Friends, Bistro	10:00 Get Crafty, AR	10:30 Chef's Corner: Flavors of the Season, GK	10:00 Happy Hour, GK	10:00 Shuffleboard, SC
3:00 Bingo Resident Volunteer, AR	2:00 The Poker Club, BR	10:30 Catholic Hour of Prayer, CH	2:00 Trivia, AR	10:30 Free Blood Pressure Screening, AR	10:30 Comedy Radio, AR	10:30 Caregivers' Support Group by Angels Care, CH
7:00 "The Crown" Series, MT	2:00 Volleyball, AR	11:00 Dominoes, TV	2:00 The Poker Club, BR	10:30 Free Blood Pressure Screening, AR	1:30 Canasta, BR	2:00 Bridge, BR
	3:00 Penny Poker, BR	1:30 Bridge, BR	2:45 Choir Practice, AR	2:00 Volleyball, AR	2:00 Bean Bag Baseball, AR	2:00 Penny Poker, BR
	3:00 Rummikub, Bistro	2:00 Zumba, AR	7:00 Western Wednesday at the Movies, MT	3:00 Orchard Heights Derby, AR	2:00 The Poker Club, BR	2:00 Penny Poker, BR
	3:00 Board Games!	3:00 "T" for Tuesday Bingo, AR		7:00 Action Movie Night, MT	3:00 Bingo, AR	4:00 Men's Bible Study, LIB
	7:00 Comedy Night, MT	7:00 Drama Night at the Movies, MT			7:00 Date Night Flick: Romance, MT	4:00 Sit N Stitch, AR
						7:00 Flick Night, MT
19	Matinee, MT 20	Matinee, MT 21	Matinee, MT 22	Matinee, MT 23	Matinee, MT 24	Matinee, MT 25
8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby
9:30 Non-Denominational Sunday Service, MT	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH
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2:00 Women's Bible Study, LIB	10:00 Happy Hour, GK	10:30 Adult Coloring with Chede & Friends, Bistro	10:00 Get Crafty, AR	10:00 Happy Hour, GK	10:00 Happy Hour, GK	10:00 Shuffleboard, SC
3:00 Bingo Resident Volunteer, AR	2:00 The Poker Club, BR	10:30 Catholic Hour of Prayer, CH	2:00 Trivia, AR	10:30 Free Blood Pressure Screening, AR	10:30 Comedy Radio, AR	2:00 Penny Poker, BR
7:00 "The Crown" Series, MT	2:00 Volleyball, AR	11:00 Dominoes, TV	2:00 The Poker Club, BR	10:30 Free Blood Pressure Screening, AR	1:30 Canasta, BR	2:00 Bridge, BR
	3:00 Penny Poker, BR	1:30 Bridge, BR	2:45 Choir Practice, AR	2:00 Volleyball, AR	2:00 Bean Bag Baseball, AR	2:00 Penny Poker, BR
	3:00 Rummikub, Bistro	2:00 Zumba, AR	7:00 Western Wednesday at the Movies, MT	3:00 Orchard Heights Derby, AR	2:00 The Poker Club, BR	2:00 Penny Poker, BR
	3:00 Board Games!	3:00 "T" for Tuesday Bingo, AR		7:00 Action Movie Night, MT	3:00 Bingo, AR	4:00 Men's Bible Study, LIB
	7:00 Comedy Night, MT	7:00 Drama Night at the Movies, MT			7:00 Date Night Flick: Romance, MT	4:00 Sit N Stitch, AR
						7:00 Flick Night, MT
26	Matinee, MT 27	Matinee, MT 28	Matinee, MT 29	Matinee, MT 30	Matinee, MT 31	
8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	8:00 Walking in the Sunshine, Lobby	
9:30 Non-Denominational Sunday Service, MT	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	9:00 Our Daily Bread, CH	
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	3:00 Penny Poker, BR	1:30 Bridge, BR	2:45 Choir Practice, AR	2:00 Volleyball, AR	2:00 Bean Bag Baseball, AR	
	3:00 Rummikub, Bistro	2:00 Zumba, AR	7:00 Western Wednesday at the Movies, MT	3:00 Orchard Heights Derby, AR	2:00 The Poker Club, BR	
	3:00 Board Games!	3:00 "T" for Tuesday Bingo, AR		7:00 Action Movie Night, MT	3:00 Bingo, AR	
	7:00 Comedy Night, MT	7:00 Drama Night at the Movies, MT			4:15 Monthly Birthday Celebration by Angels Care, AR	
					7:00 Date Night Flick: Romance, MT	

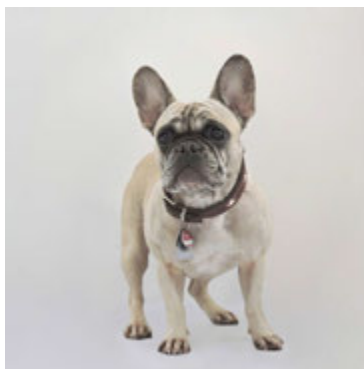


Best Dog Breeds for Seniors

(Continued from page 3)

3. French Bulldog

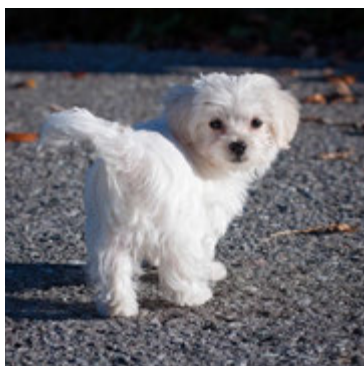
There's a reason why this breed is a favorite among celebrities. It's considered the pluckiest and most cheerful of dogs. When they're young, their compact, muscular frame will require some activity, so this breed may be a better match for active seniors who enjoy getting out. They need very little grooming. However, if you're planning to share a bed with this little guy, you may want to buy some earplugs — they snore.



French Bulldog

4. Maltese

The portable and fragile Maltese is one of the smallest dog breeds. Although they may seem timid, they are especially attuned to the feelings of their "pawrent." Though they love short, easy walks, they're just as content to lay on your lap and take a snooze. They don't really shed, but their hair can get quite long. So, be sure to make frequent trips to the groomers to keep them clipped short.



Maltese

5. Adopt a Mutt

Although it's unlikely you'll find a purebred at your local dog shelter, you will definitely find a pup with a heart of gold. These often overlooked dogs come in all shapes and sizes. You can speak to a shelter worker to determine the right fit for you, such as the dog's energy levels and any health needs. Chances are you will find a companion who appreciates your love all the more.

Once you do find the pup of your dreams, Furbo Dog Camera can help you keep tabs on your dog if you need to leave them at home.

9 Things You Didn't Know About the Fourth of July

Check out these facts you might not have known about the holiday.

1. Congress didn't actually vote for independence on July 4th.

Twelve of thirteen states approved a resolution for independence on July 2nd, not July 4th, when the declaration was actually adopted. New York didn't vote until July 9th. Many of the signers didn't attach their names to the document until August 2nd.

John Adams famously insisted the annual celebration of independence be held July 2nd, not July 4th, and refused to attend any events on the latter day.

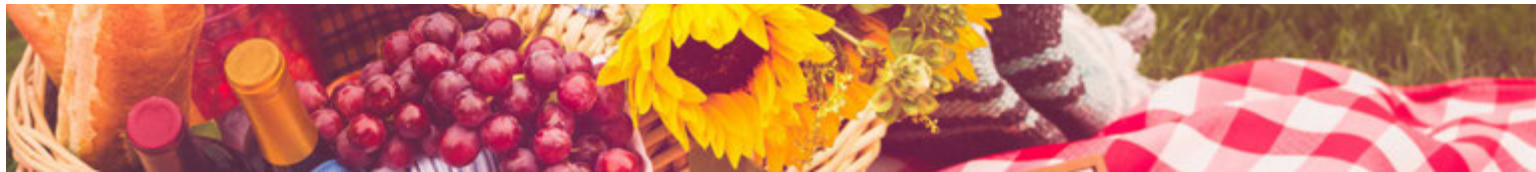
2. The Fourth of July didn't become an official holiday until over a century after America declared its independence.

In 1776, John Adams wrote in a letter to his wife, Abigail, that American independence should be celebrated with "pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."

Though early celebrations began the following year, the Fourth of July wasn't designated a federal holiday until 1870. In 1941, it became a paid holiday for federal employees.

3. During the Revolutionary War, George Washington gave his soldiers a special treat for the holiday.

On July 4, 1778, George Washington ordered a double ration of rum for his soldiers. He also ordered a cannon salute to celebrate the occasion.



Drinking was a large part of historical Fourth of July celebrations — it was traditional to drink 13 toasts, one for each state in the union.

4. In a bizarre coincidence, Thomas Jefferson and John Adams both died on July 4, 1826 — the nation's 50th birthday.

The two founding fathers and political adversaries died within five hours of each other.

As Adams lay on his deathbed, unaware that Jefferson had died earlier that day in Monticello, he reportedly spoke his last words: “Jefferson still survives.”

James Monroe was the third president to die on July 4th; he passed away in 1831.

5. Calvin Coolidge is the only president to be born on July 4th.

Coolidge, the 30th U.S. president, was born on Independence Day in 1872.

Other July 4th birthdays include first daughter Malia Obama, gangster Meyer Lansky, author Nathaniel Hawthorne and reality TV star Mike “The Situation” Sorrentino.

6. The United States isn't the only country to celebrate independence on July 4th.

The Philippines gained its independence from U.S. colonial control on July 4, 1946, and the day became a national holiday.

In 1962, however, the day was changed to June 12th in light of rising Filipino nationalism and resentment toward prior American colonialism. July 4th remains on the books as “Philippine Republic Day,” but isn't widely observed.

7. Celebrating with fireworks is as old as the holiday itself.

At the first Fourth of July celebrations, which took place in Philadelphia in 1777, revelers fired a cannon 13 times, once for each colony. That night, 13 fireworks were fired off from the city's commons.

The tradition has only blossomed since then. In 1934, an explorer in Antarctica set off fireworks to celebrate the holiday in relatively warm weather for the continent, 33 degrees below zero.

8. Today, fireworks are a massive industry.

According to the American Pyrotechnics Association, Americans spent over \$1 billion on fireworks in 2017. That number has roughly tripled over the last 20 years.

9. July 4th is the biggest hot dog day of the year.

Americans consume roughly 150 million hot dogs on the Fourth of July — enough to stretch from Washington, D.C. to Los Angeles five times.





3650 South Highway 27
Clermont, FL 34711



When the world
is staying apart,
we are coming
together.

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