

Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

AUGUST 2020

SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN
Executive Chef.....ALESSANDRA "ALEX"
MCBRIDE
Sous ChefJOSUE LUNA
Activity CoordinatorMARYBETH
MALONEY THICKE
MaintenancePAUL GONZALES
Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only
Hair, Nails, Facials
First Floor, Scholl Canyon Estates
818-551-1949

HAWTHORN
SENIOR LIVING

A Groovy Look at Tie-Dye

It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.





Carl's Corner

- **Why did the chicken go to the seance?**

To get to the other side?

- **Did you hear about the new restaurant named Karma?**

They don't have a menu. You get what you deserve.

- **What did the Tin Man say after being run over by a steamroller?**

"Curses! Foil again."

- **What do you call a magic dog?**

A Labracadabrador.

- **What is it when a rooster stares at a pile of lettuce?**

A chicken sees a salad.

- The bartender says, "We don't serve time travelers here."

A time traveler walks into a bar.

- If you jump off a bridge in Paris, you'd be in Seine.
- There are three types of people in the world.

Those who can count and those who can't.

- **What is the difference between a rabbit and a plum?**

They are both purple, except for the rabbit.

- **Patient to psychiatrist:** "I'm addicted to **hokey pokey**."

"You'll need to turn yourself around."

What is red and bad for your teeth?

A brick.

A Brief History of Fair Foods

From pie-eating contests to funnel cakes, food has always been a central part of state and county fairs. This was especially true of the first World's Fairs, where hungry visitors were met with a thrilling introduction to delicacies from exotic locales like China, Turkey and Morocco. However, the exhibitions of the late 1800s didn't exactly feature the salty, greasy, eat-on-the-go snacks of today's fairs. Visitors to Paris' Exposition Universelle in 1889, for instance, plowed through over 400,000 dozen oysters a day and around 100,000 pounds of cheese a week.

As the 20th century dawned, popcorn was popularized at the 1901 Pan-American Exposition in Buffalo, New York. Vendors grabbed the attention of hungry visitors by chanting rhymes like "Lovely eyes come shine and glitter; buy your girl a popcorn fritter." Charming, sure, but it just doesn't have the staying power of "An apple a day keeps the doctor away," first coined at the 1904 St. Louis World's Fair by Missouri fruit specialist J.T. Stinson.

The 1904 St. Louis Louisiana Purchase Exhibition is a favorite among fans of fair food. The list of treats attributed to that fair is long, if somewhat inaccurate, and includes hot dogs, hamburgers, ice cream cones, banana splits, iced tea, Dr. Pepper, cotton candy and peanut butter. In reality, hot dogs had existed in some form in Germany for years, and iced tea had been mentioned on menus for at least 40 years before the fair. Travelers to Germany had reported eating ice cream from edible cones in Düsseldorf since the late 1800s, and Dr. Pepper had been sold in Waco, Texas, since 1885. While these foods may have first been popularized at the fair, St. Louis can't take all the credit for some of our favorite snacks.

Today, visiting carnivals is a favorite summer pastime for many people around the world, and the food is always the main attraction! Nowadays, carnivals may not serve anything as fancy as oysters (who knows, some might!), but the unique dishes of today's carnivals and fairs are still something to experience. From classics like corn dogs to new favorites like deep-fried Oreos, there is definitely something for everyone!

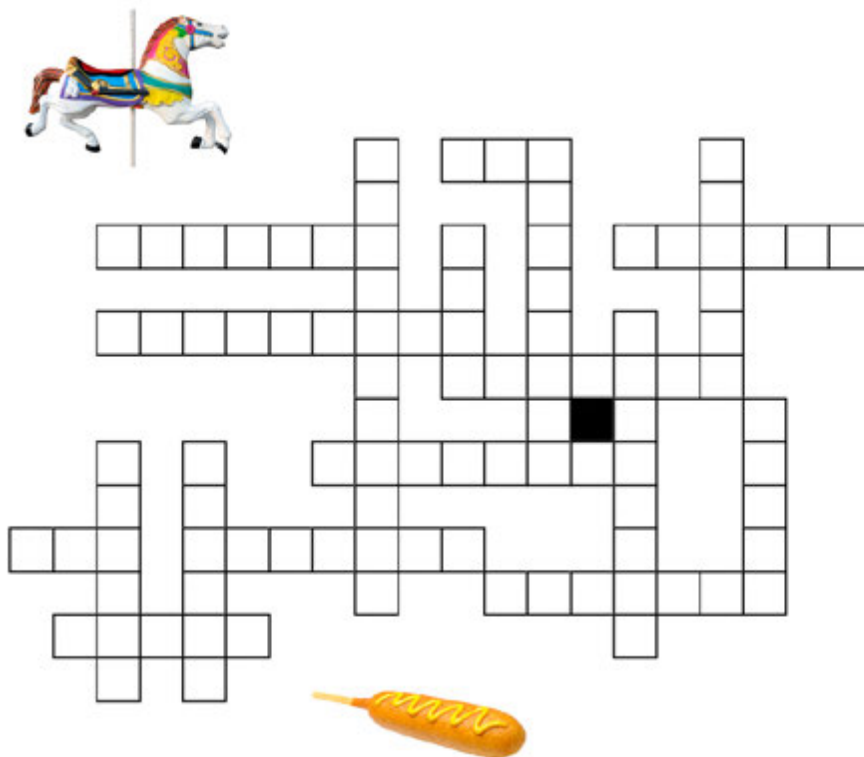
Adventures With Doug

Join us on August 4th in the theater at 3 p.m. for Adventures With Doug! You won't want to miss it!



At the Fair Crossword Challenge!

Fit the listed words into the crossword puzzle. Disregard any spaces! Answers can be found toward the back of the Newsletter.



FUN
PIE
SODA
GAMES
RIDES
ANNUAL
JUDGES
MIDWAY
TICKET
ANIMALS
CONTEST
CORN DOG
PEANUTS
BALLOONS
CAROUSEL
EXHIBITS
FRIED FOOD
COTTON CANDY

Anagram Challenge!

An anagram is a word or phrase formed by rearranging the letters of a different word or phrase. Below are 10 fair-themed anagrams! Put your thinking caps on and see how many you can solve! Good luck!

1. unf
2. odas
3. maesg
4. wamidy
5. cketit
6. rocn ogd
7. llboosna
8. totcon andcy
9. naialms
10. alnuna

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

Guava — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

Passion fruit — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

Lychee — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.



AUGUST 2020

Birthdays

Maria Sola, 11th
William Renuela, 22nd
Maria Cadena, 23rd

Transportation

Monday, 9:30 a.m.
1st, 3rd and 5th —
Ralph's and Post Office
2nd and 4th — Von's
and Rite Aid

Monday, 11 a.m.
1st, 3rd and 5th —
Von's and Rite Aid
2nd and 4th — Ralph's
and Post Office

Monday, 2 p.m.
CVS Pharmacy

Tuesday and Thursday,
By Appointment Only
Doctor & Medical
Appointments

Friday, 10:15 a.m.
1st — 99 Cent Store
2nd — Big Lots
3rd and 5th —
Trader Joe's/Walgreens
4th — Walmart

Friday, 2 p.m.
1st — Trader Joe's/
Walgreens
2nd — Target and Macy's
3rd — Dollar King
4th — T.J. Maxx, Ross,
Nordstrom Rack

“A dog is
a window
to Mother
Nature.”
—Cesar Millan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|---|
|  | | |  | | | 1 9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan |
| 2 10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn | 3 9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:15 Arts & Crafts 3:30 Game of Taboo | 4 9:30 Exercise with Weights 10:30 Fond Fair Memories 2:00 Treats with Janet 3:00 Ring Toss 3:30 Adventures with Doug | 5 9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Shopping! Destination TBD 2:00 Bingo by Pattern 3:00 Bible Study with Idell 3:00 Ping-Pong Toss! 6:45 Movie & Popcorn | 6 9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 2:00 Cooking Corner with Chef Alex 3:00 Bean Bag Baseball | 7 9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Shopping! Destination TBD 2:00 Bingo 6:45 Movie & Popcorn | 8 9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan |
| 9 10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn | 10 9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 2:30 Chef/Resident Meeting 3:30 Bowling Indoors! 3:30 Game of Taboo | 11 9:30 Exercise with Weights 11:00 Managers/Residents Meeting 3:00 Ring Toss  | 12 9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Shopping! Destination TBD 2:00 Bingo by Pattern 3:00 Bible Study with Idell 6:45 Movie & Popcorn | 13 9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 3:00 Bean Bag Baseball | 14 9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Shopping! Destination TBD 2:00 Bingo 6:45 Movie & Popcorn | 15 9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan |
| 16 10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn | 17 9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:15 Arts & Crafts 3:30 Game of Taboo | 18 9:30 Exercise with Weights 2:00 Treats with Janet 3:00 Ring Toss | 19 9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Shopping! Destination TBD 2:00 Bingo by Pattern 3:00 Bible Study with Idell 6:45 Movie & Popcorn | 20 9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 2:00 Cooking Corner with Chef Alex 2:30 Cooking Corner with Chef Alex 3:00 Bean Bag Baseball | 21 9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Shopping! Destination TBD 2:00 Bingo 6:45 Movie & Popcorn  | 22 9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan |
| 23 10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn  | 24 9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:30 Bowling Indoors! 3:30 Game of Taboo | 25 9:30 Exercise with Weights 3:00 Ring Toss | 26 9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Shopping! Destination TBD 2:00 Bingo by Pattern 3:00 Bible Study with Idell 6:45 Movie & Popcorn | 27 9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 1:00 Resident Raffle Prizes 3:00 Bean Bag Baseball | 28 9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Shopping! Destination TBD 2:00 Bingo 6:45 Movie & Popcorn | 29 9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan |
| 30 10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn | 31 9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:30 Game of Taboo |  | | | | |



Unfolding the History of Road Maps

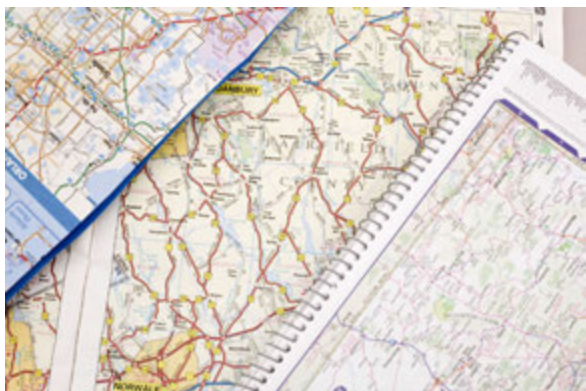
These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.



Fun at the Fair!

August is known as the time for state and county fairs! Join us this month as we bring the fair to life right here at Scholl Canyon! To kick things off, enjoy the Fair Food Fun Facts listed below, and look to the calendar for when to join in on all the fun!

1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog.
2. A giant butter sculpture of a cow has been an Iowa State Fair institution since 1911.
3. What popular state fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat.
4. Each year the Midwest Dairy Association names a new Dairy Princess at the Minnesota State Fair. The Dairy Princess' official title is Princess Kay of the Milky Way. A sculpture of the winner is carved out of a 90-lb block of butter!
5. California's State Fair is home to the oldest wine competition in North America, with over 2,800 entries a year.
6. The earliest funnel cakes came from the Pennsylvania Dutch.
7. In 2018, Ohio's State Fair was the first to serve burgers sandwiched between two donuts and topped with onions and green peppers.
8. Dr. Pepper was originally debuted at a state fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis.
9. You might think of cheese when you think of Wisconsin, but the most popular food at the Wisconsin State Fair is hands down the cream puffs. Over 350,000 of them are sold every year.
10. The Minnesota State Fair is known for its many kinds of food on a stick.



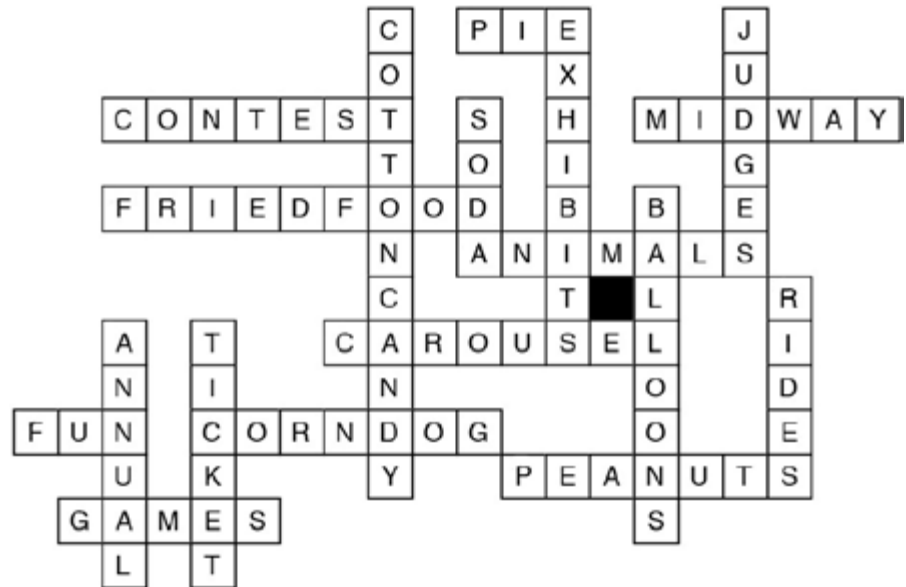


Answers: Anagram Challenge

Below are the answers to the 10 fair-themed anagrams. How well did you do?

1. Fun
2. Soda
3. Games
4. Midway
5. Ticket
6. Corn dog
7. Balloons
8. Cotton candy
9. Animals
10. Annual

Answers: At the Fair Crossword Challenge



At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.



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

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