



Notable Quotable

“National parks are the best idea we ever had. Absolutely American, absolutely democratic, they reflect us at our best rather than our worst.”

~ Wallace Stegner, author and environmentalist



July Horoscopes and Birthdays

In astrology, those born July 1–22 are Cancer’s Crabs. Crabs like to retreat into their “shells” and enjoy spending time at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo’s Lions. These “kings of the savanna” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Carl Lewis – July 1, 1961
Thurgood Marshall – July 2, 1908
Frida Kahlo – July 6, 1907
Satchel Paige – July 7, 1906
Tom Hanks – July 9, 1956
Arthur Ashe – July 10, 1943
Henry David Thoreau – July 12, 1817
Harrison Ford – July 13, 1942
Regina Belle – July 17, 1963
Carlos Santana – July 20, 1947
Ernest Hemingway – July 21, 1899
Amelia Earhart – July 24, 1897
Vivica A. Fox – July 30, 1964

Happy July Birthdays!!!

07/02 – Lavon Whitaker

07/20 – Etta Mae Busk

07/03 – Maria Denney

07/27 – Dee Venlet

07/08 – Bettie Jones

07/30 – Joan Beebe



Rock-Hard Artwork

July 3 is International Drop a Rock Day, a day when people all around the world will participate in the simple act of painting rocks and leaving their small pieces of artwork in places for others to find and enjoy. These small acts of public art are like small, warm hugs for passersby. While it is easy to find rocks to paint while strolling your neighborhood, landscaping and gardening stores often sell rocks for minimal cost. First, make sure to wash your rock of any dirt and debris. Some

choose to apply a basecoat of paint to create a blank canvas, while others love the look of bare rock as a background. Acrylic paint is perfect for painting rocks, but some people choose paint pens for their ease of use. Lastly, applying a spray sealer will ensure that your artwork lasts, but some enjoy the notion that rock art is temporary. When the paint rubs off over time due to natural wear and tear, someone else will get to paint a fresh message or picture.

Arbor Hills Grapevine

July 2021

Resources

Mary Gaudet
Executive Director

Lori Merrill
Resident Relations Director

Luis Casiano
Food Service Director

Ramon Miranda
Maintenance Director

Kaitlyn Askey
Activities Director

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

Beauty/Barber with Courtney Tuesday
9:00am-12pm, Thursday, and Friday
9:00am-3:00pm

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

Happy Fourth of July! Celebrate Independence!

Every country in the world has July 4 on its calendar—but only the United States of America has the Fourth of July! It’s the most popular and most widely celebrated of all the secular holidays.

It’s the date written on the Declaration of Independence, when Americans proclaimed their freedom from Great Britain. It’s a patriotic, flag-flying, parade-watching, hotdog-eating, firecracker exploding holiday that brings families, neighborhoods, cities—the whole country—together to celebrate freedom and summertime.

Parades, picnics, barbecues, music, and most of all, fireworks, make the Fourth of July a special celebration across the country. Since 1976, New York City has had the largest fireworks display. Sponsored by Macy’s, it an explosive extravaganza with more than 22 tons of colorful pyrotechnics exploded over the East River. The Boston Pops Orchestra’s yearly music and fireworks celebration over the Charles River Esplanade in Boston has been televised nationally since 1973. And, of course, fireworks on the Capitol

lawn in Washington, D.C., typically attract more than a half a million people. Detroit celebrates with its Canadian sister-city Windsor, Ontario, commemorating the Fourth of July and Canada Day (July 1) in a blowout called the International Freedom Festival. Fireworks ignited on barges floating on the Detroit River between the two cities create a fitting and spectacular end to the celebration.

How do you celebrate? I know for me it’s a cookout of hamburgers and hotdogs followed by a big box of fireworks from the local Walmart. However you celebrate, enjoy celebrating your freedom as a proud red, white, and blue-blooded American!



July Activity Highlights

- 07/02 – There will be an open house from 11-2pm including an ice cream bar that you are more than welcome to enjoy!
- 07/02 – Deborah Mims will be here for happy hour at 3pm!
- 07/04 – Eddy Rivers will be here to sing for you at 3pm in the Community Center, followed by a fireworks show out front at 8pm.
- 07/06 – Come voice your opinion at Town Hall, 10am in the Community Center
- 07/07 – Come talk about your tastes and dietary concerns in the Private Dining room at 1pm, Culinary Committee.
- 07/09 – Happy Hour with Geri Blount the Guitar Gal at 3pm!
- 07/12 – Bid for some goodies at the Lima Bean Auction at 3pm.
- 07/13 – The bus will be leaving at 11:30am to have lunch out at Cheddars. Yum!
- 07/16 – Welcome back Jenifer Roys for Happy Hour at 3pm!
- 07/20 – Go shopping at the Lakeside Village Shopping Center at 1pm.
- 07/23 – Welcome back Deborah Mims as she sings all your favorites at 3pm.
- 07/26 – Spend your Bingo Bucks at the Bingo store, 3pm Community Center.
- 07/28 – Wine and Cheese Club will be in the Social Kitchen at 3pm.
- 07/30 – Welcome Sonny Allday to Happy Hour at 3pm.



**We hope you
all had a
wonderful
Father's Day
and thank
you for
joining us at
Dad's Diner
for some fun
and treats!**



Star-Spangled Banner

(solution)

O say can you **see** by the **dawn's**
early **light**

What so **proudly** we hailed at the
twilight's last gleaming

Whose broad **stripes** and bright
stars through the **perilous** fight

O'er the **ramparts** we watched,
were so **gallantly** streaming?

And the rocket's red **glare**, the
bombs **bursting** in air

Gave **proof** through the **night** that
our **flag** was still there

O say does that star-spangled
banner yet wave

O'er the land of the **free** and the
home of the **brave**



What Am I? Answer: Statue of Liberty



For more than 130 years, the Statue of Liberty has served as a monument to freedom and friendship. From the immigrants who got their first glimpse of her as they sailed by en route to nearby Ellis Island to the everyday citizens who donated their pocket change to support the construction of her pedestal, Lady Liberty has delighted and inspired millions of people from around the world.

Approximately four million people visit the Statue of Liberty every year. Despite its worldwide fame, visitors are somewhat limited by the availability and cost of tickets as well as the time required to make the trip across the harbor to Liberty Island. Given New York City's many attractions, some visitors snap their photos from afar.

How Friends Keep Us Young At Heart

By Carol Marak

Staying socially active enriches our lives, and creating intergenerational friends keeps us young at heart and mind. But, how does an older person create a mutually beneficial relationship with someone a decade or so younger without making them feel like they're being groomed to be the absent child?

I've always had older and younger friends. I've been lucky that way and now that I'm older, and have no children, I don't worry that a younger friend will ever feel like I treat her or expect her to take the role of my (absent) child, nor would I want to be her surrogate mom. On the other hand, I would never treat an older friend as my mother/father or aunt/uncle. The trick is not to make defensive jokes or remarks about how old I am nor do I force my wisdom and experience on them. I see each person (older or younger) as whole and complete.

Most of us make friends with people because we like them. We have interests or experiences in common. They make us laugh. They make us feel special. And we should do the same for them. There's always room for more friends in our lives. So why allow a random factor like an age to stand in the way?

And most understand that having friends is important, but they have no idea how important it really is. Scientists are starting to discover that having friends who care about us is really a vital part of living. And it's a very good predictor of good health, success, and happiness.

Why Friends Matter

A study by Gallup showed if you hang around people having a nutritious and healthy mindset, you are more than five times as likely to have a very healthy diet yourself.

- Scientists have found that being lonely is more dangerous than air pollution, obesity, or excessive drinking.
- Individuals who are not lonely have as many problems as lonely people. But when you're lonely, the problems faced stress you more and for a longer time. People with active social groups are able to move past stress faster. It's believed that their friends make that possible.
- When an individual stresses, their friends remind them of their value, giving the person the ability to quickly move out of feeling negative.
- Friendship is the leading factor of happiness.
- We learn to make friends accidentally. No one, even our parents, teach us how to do it.

Friendships can't be looked at as either black or white; either we are best friends forever, or not at all. Holding a hard and fast rule about friendships will hurt you. Try to focus on ranges of friendships from acquaintances, to very casual, to very close. Having a broad and interesting social circle is key to happiness. With casual friends, your investment of time and energy is just smaller, and you share less intimate information.



Star-Spangled Banner

Fill in the missing lyrics and then find the words in the puzzle.
Search vertically, horizontally, diagonally, forward, and backward.

O say can you ____ by the ____
early ____

What so ____ we hailed at the
____ last gleaming

Whose broad ____ and bright
____ through the ____ fight

O'er the ____ we watched, were
so ____ streaming?

And the rocket's red ____, the
bombs ____ in air

Gave ____ through the ____
that our ____ was still there

O say does that star-spangled
____ yet wave

O'er the land of the ____ and
the home of the ____



P	R	E	N	N	A	B	J	S	Y	P	G
F	J	K	R	T	E	Y	E	S	L	E	N
A	N	B	R	A	V	E	R	W	D	R	I
N	I	G	H	T	L	A	R	S	U	I	T
U	L	Z	O	S	M	G	T	F	O	L	S
I	U	C	C	P	T	H	F	P	R	O	R
S	N	W	A	D	G	A	O	L	P	U	U
A	M	R	L	I	T	F	R	A	A	S	B
D	T	E	L	M	O	H	V	S	Z	G	T
S	E	I	Y	O	O	E	G	Y	O	B	X
L	W	R	R	Y	S	T	R	I	P	E	S
T	O	P	Y	L	T	N	A	L	L	A	G

What Am I?

Do you know what I am? Here are 10 clues:

1. My origins date back to 1865.
2. I owe my life and longevity to a unique partnership.
3. Poetry really speaks to me; it's at the core of my foundation.
4. Many people have supported me throughout my lifetime.
5. Independence Day is my favorite holiday.
6. In recent years, certain world events isolated me.
7. I have several twins around the world.
8. Some consider me a movie star.
9. Lightning strikes scare me.
10. At one time in my past, people really nicked and dined me.



Answers on Page 6

Eddy Rivers
Independence Day Show!
3pm Community Center

Followed by...

Fireworks out Front at 8pm!



Culinary Committee!

Private Dining 07/07 at 1pm
Share your thoughts and
Recommendations for our
Arbor Hills Menus



LUNCH OUT!
Cheddar's
SCRATCH  KITCHEN



BUS LEAVES AT 11:30AM 07/13



Shopping at the
Lakeside Village
Shopping Center
07/20 at 1pm