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*A Place To Call Home*

Find us on 

**Your Friendly Team**

**General Manager**

Frances Trupiano

**Office Manager**

Tanisha Harris

**Resident Care Director**

Kay Holmes, LPN

**Maintenance Director**

Chip McKenney

**Sales Director**

Eliza Warner

**Dining Services Director**

Rinesa Harrison

**Activities Director**

Amy Burdick

**Wellness Coordinator**

Cheri Strachan



**Celebrating Our Semiquincentennial**

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

**Independence Day by the Numbers**

*150 million.* Hot dogs eaten on the Fourth of July.

*56.* Signers of the Declaration of Independence.

*2.5 million.* Approximate population of the U.S. in July 1776.

*342 million.* Approximate population of the U.S. today.

**Two-Finger Method for Sunscreen Application**

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.



**Remember Beneficiaries**




Experts recommend annually reviewing primary and secondary beneficiaries on 401(k)s, life insurance, bank accounts and other estate-planning assets. Set a reminder for this financial housekeeping when completing taxes for an easy 10-minute update that can save your loved ones from confusion in the future.

**Self-Care Starters**

International Self-Care Day is observed July 24 to represent the 24/7 need to commit to our own needs. These daily practices can improve well-being: meditation, journaling, exercise and hydration.

**An Extra Layer of Protection**

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>LOCATION OF ACTIVITIES</b> (A) ACTIVITY ROOM (C) CHAPEL (DR) DINING ROOM (G) GARDEN (AL) ASSISTED LIVING (IL) INDEPENDENT LIVING (4) 4TH FLOOR GAME ROOM		1 10:00 MOVEMENT AND MOTION (DR) 10:45 BALLOON SWAT (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) <b>2:30 CHAIR DANCE (A)</b> 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	2 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) 1:00 WALMART SHOPPING (sign-up) <b>2:00 BOCCE BALL (IL-2)</b>	3 10:00 MOVE IT OR LOSE IT (DR) 10:45 HANDBELL CHOIR (DR) <b>1:00 ICE CREAM SOCIAL (DR)</b> 1:30 AL & IL BINGO BONANZA (A) <b>2:30 1ST BAPTIST CHURCH UKULELE BAND (DR)</b> 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	<b>Independence Day</b> 4 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)
5 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)	6 10:00 LET'S GET MOVING (DR) 10:45 LEFT, RIGHT, CENTER (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 6:30 HAND & FOOT (4)	7 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCE BALL (IL-2) <b>2:00 BALANCE CLASS (A)</b> 6:30 HAND & FOOT (4)	8 10:00 MOVEMENT AND MOTION (DR) <b>10:45 WORD ASSOCIATION (AL-1)</b> 1:00 CORNHOLE CHALLENGE (AL-2) <b>2:30 ESTATE PLANNING WITH LIFE AND LEGACY LAW CENTER (A)</b> 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	9 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 1:00 CROSSWORD CHALLENGE (A) 1:00 DOLLAR GENERAL MARKET SHOPPING (sign-up) 1:00 POKER GAME (AL-2) <b>2:00 BOCCE BALL (IL-2)</b>	10 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) <b>10:45 USA TRIVIA (Front Lobby)</b> 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) <b>2:00 FOOD DEMONSTRATION (DR)</b> 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	11 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) <b>6:30 MUSICAL MEMORIES with RAY (DR)</b> 6:30 SKYJO (4)
12 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)	13 10:00 LET'S GET MOVING (DR) 10:45 JOURNALING CLUB (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) <b>3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2)</b> 3:15 CELL PHONE ASSISTANCE CLASS (A)	14 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCE BALL (IL-2) <b>2:30 CUMBERLAND BLUFF BAND (DR)</b> 6:30 HAND & FOOT (4)	15 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 NAME THAT TUNE (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) <b>2:00 MEET AND GREET (A)</b> 3:30 MUSIC WITH LETA (4) <b>3:30 WINE DOWN WEDNESDAY (DR)</b> 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	16 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) <b>11:30 JULY BIRTHDAY STEAK AND CAKE (DR)</b> 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) 1:00 SCENIC DRIVE (sign-up) <b>6:30 BOARD GAME NIGHT (A)</b>	17 10:00 MOVE IT OR LOSE IT (DR) <b>10:30 CRAFTING WITH AMY (A)</b> 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) <b>2:30 BOCCE BALL (IL-2)</b> 3:00 MUSIC WITH LETA (AL-2) <b>3:30 PET VISIT WITH BENTLEY AND STELLA (Front Lobby)</b>	18 9:00 COMMUNITY JIGSAW PUZZLE (A) <b>10:45 BIBLE STUDY WITH LANCE THOMPSON (C)</b> 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)
19 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO <b>3:30 JULY JEOPARDY (A)</b> 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)	20 9:00 COMMUNITY JIGSAW PUZZLE (A) <b>10:00 LET'S GET MOVING (DR)</b> 10:45 LEFT, RIGHT, CENTER (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A)	21 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCE BALL (IL-2) <b>2:00 BALANCE CLASS (A)</b> 6:30 HAND & FOOT (4)	22 10:00 MOVEMENT AND MOTION (DR) 10:45 ADD-ON STORY TELLING (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) <b>2:30 CHAIR DANCE (A)</b> 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	23 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) <b>11:30 LUNCH BUNCH (sign-up)</b> 1:00 CROSSWORD CHALLENGE (A) 1:00 POKER GAME (AL-2) <b>2:30 JAMMIN' DOWN with RAY (DR)</b>	24 10:00 MOVE IT OR LOSE IT (DR) <b>10:45 SUMMER TRIVIA (Front Lobby)</b> 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4)	25 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) <b>6:30 MUSICAL MEMORIES with RAY (DR)</b> 6:30 SKYJO (4)
26 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)	27 10:00 LET'S GET MOVING (DR) 10:45 JOURNALING CLUB (A) 1:00 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) <b>3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2)</b> 3:15 CELL PHONE ASSISTANCE CLASS (A)	28 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (AL-1) 1:00 BOCCE BALL (IL-2) <b>2:30 DEBBI BAILES AND DANCERS (DR)</b> 6:30 HAND & FOOT (4)	29 10:00 MOVEMENT AND MOTION (DR) 10:45 MUSICAL TRIVIA (AL-1) 1:00 CORNHOLE CHALLENGE (AL-2) <b>2:00 TOWN HALL MEETING (DR)</b> 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (4)	30 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) 10:45 DOMINOES (AL-1) 1:00 CROSSWORD CHALLENGE (A) <b>1:00 KROGER SHOPPING (sign-up)</b> 1:00 POKER GAME (AL-2)	31 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) <b>10:45 YAHTZEE (A)</b> 1:00 WORD SEARCH (AL-1) 1:30 AL & IL BINGO BONANZA (A) <b>2:30 BOCCE BALL (IL-2)</b> 3:00 MUSIC WITH LETA (AL-2)	



### Mind-Blowing Brain Facts

Think on these facts in honor of your most complex organ to observe World Brain Day on July 22.

The brain consumes 20% of the body's energy.

There are more connections in the brain than there are stars in our galaxy.

A person uses their entire brain, in contrast to the popular myth that only 10% is used.

### Mirror, Mirror

About 8,000 years ago, the looking glass was really made out of polished obsidian, used by ancient people in modern-day Turkey. Around 3000 B.C., Egyptians crafted mirrors from highly polished copper and bronze. The Roman Empire advanced glassblowing techniques, which paved the way for today's modern glass mirrors.



### Talk About It

What do you think the United States will look like in another 250 years?

### Funny Foursomes

These barbershop quartets have award-winning pipes and amusing names. Here are some clever champions from the Barbershop Harmony Society:

1959: Four Pitchikers

1961: The Suntones

2022: Quorum

2024: Three and a Half Men



### BIRTHDAYS

RESIDENTS

03 - Hugh Travis

03 - Mary Lou Jarvis

17 - Mildred Gallaher

30 - Leta Linthicum

30 - Carolyn Davis



### Famous Faces Born in July

July 2, 1984: Johnny Weir

July 3, 1970: Audra McDonald

July 6, 1979: Kevin Hart

July 10, 1977: Chiwetel Ejiofor

July 18, 1967: Vin Diesel

July 25, 1955: Iman

July 29, 1966: Martina McBride

July 30, 1977: Misty Treanor

### Thank a Postal Worker

July 1 is National Postal Workers Day. With words or a sweet treat, thank one of the wonderful men and women who make sure our mail gets to us every day.



### Reason to Shell-ebrate

Bailey-Matthews National Shell Museum and Aquarium on Sanibel Island in Florida displays nearly 600,000 shells and 60 living mollusk species. Founding director Dr. R. Tucker Abbott asked his friend, actor Raymond Burr (famous for portraying Perry Mason), to pitch in for museum funding, along with local contributions, and the museum opened to the public in 1995.

### Mmm, Chocolate ... With Chili Peppers?

World Chocolate Day on July 7 may bring to mind truffles and favorite candy bars, but the use of chocolate far precedes today's sweet treats. Around 4,000 years ago, the Mayans used chocolate drinks to mark important ceremonies. The ancient drink was often made with chili peppers, honey and water.



### 'Awe' Is One

How many words can you come up with using the letters in "heat wave"?