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July 2021

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Party Like It's 1776

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence. In 1870, Independence Day became a federal holiday. This year, the U.S. celebrates its 245th birthday.

Stars in Soup

What better way to celebrate the Stars and Stripes than with ... a bowl of chicken soup? When Campbell's Chicken & Stars soup debuted in the 1960s, the company's colorful red, white and blue print ads showcased a bowl of the broth, filled with patriotic pasta that promised a "star-spangled sparkle."

Brainteaser

Question: Only one of the U.S. states uses a flag that is not in the shape of a rectangle. What state is it?

Answer: Ohio. Its flag has a swallowtail design.



A Sweet Pick

Summertime brings the fresh taste of ripe raspberries. If you look closely, a single berry is actually made up of about 100 tiny beadlike fruits, called drupelets, and each of those contains a seed. Red is the most common variety, but there are also golden, purple and black raspberries.

Just Be You

"Act as young as you feel. You're not getting older; you're getting more entitled to be your fabulous self." —Gwen Stefani

Blood Pressure and Weight Clinic

Our monthly blood pressure and weight check clinic will be temporarily cancelled due to the COVID-19 virus. Residents will be updated when the clinic resumes. Thank you for your patience.

Friendly Reminder

Ask Joey/Resident Council Meeting and Food Council Meetings are canceled until further notice.

'Lake' Is One

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

Tai Chi With Ralph

Due to the COVID-19 Guidelines set by LA County health and the CDC, our Tai Chi classes with Ralph will be temporarily cancelled. Residents will be updated on any changes. Thank you for your patience.



Trivia Whiz

Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

This year's competition is set to begin July 23. Closing ceremonies are scheduled for Aug. 8.

Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.

On the scene as the official mascot will be Miraitowa, pronounced "miray-towa." The anime-style superhero with catlike features gets its name from the Japanese words for future and eternity.

Athletes representing about 200 countries will compete in over 30 sports.

Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.

The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:

Boston Common. The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation of Boston.

Faneuil Hall. Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House. Over 5,000 Colonists packed Boston's largest public building at the time to rally

against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument. A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.



Live It Up on the Lawn!

Friends, fresh air and fun games. What could be better? Celebrate summer with these classic outdoor activities:

Cornhole. Scoring is simple for this laid-back beanbag toss: one point for landing a bag on the board and three for making it in. The first to score 21 points is the winner.

Horseshoes. The stakes are a little higher when you're pitching horseshoes, since landing a perfect ringer—when the horseshoe encircles the target—is a challenging goal.

Lawn bowling. Take advantage of sunny weather and go bowling outside! All you need are 10 plastic bottles to use as pins and a ball that's easy to roll, such as a beach ball or kickball. Fill the bottles with water, set 'em up and start bowling!

Bocce. An Italian variation of lawn bowling, bocce uses nine balls: four for each team, and one smaller target ball, called the jack. The jack is thrown first, then each team's players try to roll or bounce their balls to land closest to it. A makeshift bocce set can be made with a golf ball as the jack and eight tennis balls marked with colored tape.



Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round.

Whistle for the Wienermobile

It's a happy sight rolling down the street: a giant hot dog on wheels! Bringing "miles of smiles" has been the Oscar Mayer Wienermobile's mission since its 1936 debut.

Carl Mayer, nephew of the food company's founder and namesake, came up with the idea of a hot dog-shaped vehicle that could advertise their product on the streets of Chicago, as well as bring joy to Americans in the midst of the Great Depression. The first Wienermobile was 13 feet long and driven by Carl himself, who would poke his head out of the roof to wave and hand out samples.

World War II gas rationing prompted a hiatus, but in the '50s, five new Wienermobiles, each 22 feet long, began a cross-country tour, visiting schools and participating in parades. That decade, Oscar Mayer also created the Wiener Whistle, a tiny plastic whistle shaped like the Wienermobile, which was included in hot dog packages and handed out by the drivers, known as Hotdoggers.

Today's frankfurter fleet consists of six Wienermobiles all across America. Each vehicle is 27 feet long and 11 feet high, with ketchup- and mustard-colored seats, and a horn that blasts over 20 different versions of the Oscar Mayer Wiener jingle.

You can follow the Wienermobile's adventures on social media and request a visit to your community at OscarMayer.com.



BIRTHDAYS

July Birthdays

Be sure to wish a happy and healthy birthday to the following residents.

Residents:

- Amanda Issacs-Morgan-7/11
- Yuriko Honda-7/12

Popcorn Pick: 'The Muppet Movie'

On a trip across America, Kermit the Frog and his Muppet pals hit the road to make their dreams of breaking into show business come true. Their destination? Hollywood! This 1979 comedy was the first Muppet movie and delivers punchlines for all ages. Along with creator Jim Henson's cast of puppet characters, there are cameos by a legendary list of actors and comedians, including Milton Berle, Bob Hope, Edgar Bergen, Orson Welles, Richard Pryor and Cloris Leachman.

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>				1	2	3
4 Independence Day	5 Independence Day (Observed)	6	7	8	9 	10
11	12	13	14	15	16	17
18	19	20 	21	22	23	24
25	26	27	28	29	30	31

“This Month In History” JULY

1929: The first hotel built at a U.S. airport opens in Oakland, Calif.

1933: Major League Baseball holds its first All-Star Game at Chicago’s Comiskey Park.

1964: President Lyndon B. Johnson signs the Civil Rights Act into law.

1970: “American Top 40” debuts on seven radio stations. Created and hosted by Casey Kasem,

the countdown of the most popular songs in the U.S. is now heard all over the world.

1986: The 100th anniversary of the Statue of Liberty is commemorated with a four-day celebration in New York City.

1994: Crayola introduces a scented version of its crayons, called Magic Scents.

2000: At age 24, Tiger Woods wins the British Open and becomes the youngest golfer to complete a career grand slam in the sport.

2019: Marvel Studios’ superhero blockbuster “Avengers: Endgame” overtakes the 2009 sci-fi epic “Avatar” as the world’s highest-grossing movie of all time. “Avatar” reclaimed the spot in 2021 after it was rereleased in China.