

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.

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.

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.



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 will be the 32nd Summer Games.
- They are 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.
- 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.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan.
- Team USA will wear eco-friendly competition uniforms designed by Nike. The company says it used recycled materials to make the red, white and blue gear.
- The competition will travel to Paris for the 2024 Games.



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JULY 2021

Dear Residents, Families and Friends

We have been granted full visitation in both Independent and Assisted Living. I know everyone is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe. This month, we are going to be talking about hydration during the summer heat. Getting enough water every day is important in keeping your body functioning correctly. Your body needs more water when you're in warmer climates and physically active. It's easy to go about your day without thinking about how much water you've had to drink or forget to take those sips until you start to feel bad. But, especially in the summer heat, water is vital to helping your body stay healthy and hydrated. Please check your monthly calendar for more activities and events. If you have any questions, don't hesitate to stop by my office.

Sincerely,

Jennifer True
Executive Director



Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.

Ice pops can be fruity or creamy. For fruity treats, combine fresh fruits with juice and a sweetener, such as a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice.

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.

Store-bought ice pop molds are handy, but all you need are some wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a 1/4-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.

Remove the frozen pops by dipping the molds into a bowl of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.



