

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.

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.



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JULY 2021

Dear Residents, Family, and Friends

It has been a great month! We are showing great strides and looking forward to what the future holds. We have been granted full visitation in both Independent and Assisted Living. I know everyone here is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe.

I want to say thank you to everyone who has been so warm and welcoming. I have truly enjoyed getting to know this community, its residents, and the staff. If I have not had the pleasure to meet you yet, please stop by my office and introduce yourself. Being close to my residents is what makes my job fun and rewarding. You will see that the genuine dedication that I have for this job and each and every one of you shows in everything that I do.

Sincerely,
Jennifer True
Executive Director



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 is 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 to distinguish the teams from each other.



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. Dietitians say their potential benefits make eating them a habit you can feel good about.





INDEPENDENT LIVING

JULY 2021

Locations

- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday & Thursday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2:30 p.m. Misc. Errands
- Friday, 9:30 a.m. Express Errands
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Birthdays</p> <p>Gema Garcia, 2nd (Employee) Jennifer True, 3rd (Employee) Blanche Collins, 3rd Lu Cinde Reeder, 4th Nell Boyd, 4th</p>	<p>Tessie Quick, 5th (Employee) Charles Hilliard, 11th Bruce Bachelder, 14th David Neustupa, 15th Christine Kovach, 15th (Employee) Norma Choate, 18th Larry Dreyer, 19th</p>	<p>Jada Howard, 20th (Employee) Vanessa Reyes, 20th (Employee) Carlos Rodriguez, 22nd (Employee) Kenneth Call, 24th (Employee) Bea Weaver, 28th Jennifer Diaz, 29th (Employee)</p>		<p>9:45 Blood Pressure Clinic w/Legacy, CR ¹ 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O 3:15 Singalong Group, CR</p>	<p>9:00 Men's Coffee Group, B ² 10:00 Bible Study, CR 10:30 Bingo-cise 1:30 Game: Keep the Ball Up, CR 2:00 Card Games, B 3:30 Happy Hour, L</p>	<p>9:30 Walking Club ³ 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH</p>
<p>INDEPENDENCE DAY ⁴</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 3:00 Resident Choice Game, B</p>	<p>10:00 Get Fit! Chair Exercise, CR ⁵ 10:00 Shopping, O 11:00 Morning Devotional, CR 1:00 Bridge, F 2:00 Pokeno for Prizes, CR 3:15 Cornhole, CR 4:15 Ambassadors Meeting, CR</p>	<p>9:00 Walking Club, L ⁶ 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 11:00 Meet Your Neighbor Social, B 1:30 TED Talk, TH 2:30 Team Games, CR 3:30 Crafters Corner, CR</p>	<p>10:00 Chair Yoga & Stretch, CR ⁷ 10:00 Post Office/Bank, O 11:00 Morning Devotional, CR 1:00 Country Store 1:30 Singalong at the Senior Center, O 2:30 Walk It Out Wednesday, L 3:00 Dominoes Club, B 7:00 Evening Movie, TH</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR ⁸ 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O</p>	<p>9:00 Men's Coffee Group, B ⁹ 10:00 Bible Study, CR 10:30 Bingo-cise 1:30 Team Games 2:00 Card Games, B 3:30 Happy Hour, L</p>	<p>9:30 Walking Club ¹⁰ 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH</p>
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