

A 'Beautiful' Tribute (Continued)

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne."

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.

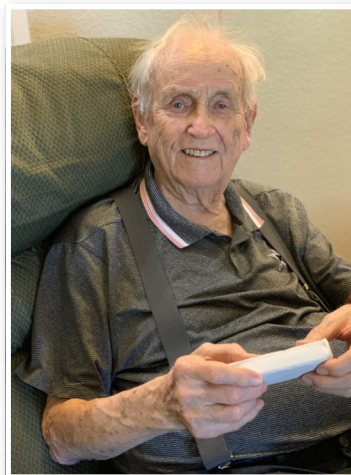


A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial's most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war's cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder "Freedom is not free" is engraved on the pool's stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall's polished surface also reflects the memorial's 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.



Ketchup on Some French Fry History

"Do you want fries with that?" It's a question that many folks answer with an enthusiastic "Yes!" In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it's difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested them at a White House dinner in 1802. By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.

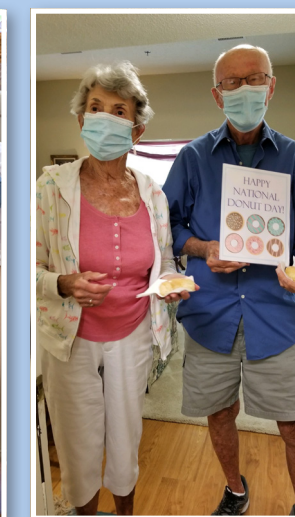


Dear Residents, Families and Friends

Happy Summertime! The hotter temperatures are here again! If you are walking outside, please try to do it first thing in the morning when the temperatures are down. Also, please try to remember to drink plenty of water throughout the day. I know this summer may look different than others, but the high temperatures remain the same!

Please remember that you should all be wearing a mask if you are outside of your apartment or even when you answer your door. Also, we have iPads and laptops set up for FaceTime visits or TeleDoc appointments. If you have questions regarding virtual appointments or would like to schedule an appointment, please see the front desk.

Again, I want to say a huge "Thank you!" to the entire staff. The dining staff, caregivers, housekeepers, concierge team, activity team, night monitors, office staff and maintenance staff have all gone above and beyond! Their job might look a little different, but the passion for what they do has stayed the same!



Happy July,
Erin Montgomery
Executive Director

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Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

(Continued on back.)



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

Birthdays

Gema Garcia, 2nd (Employee)
Ann Francis, 2nd
Blanche Collins, 3rd
Lu Cinde Reeder, 4th
Nell Boyd, 4th
Liz Glass, 4th
Albert Pursell, 4th
Tessie Quick, 5th (Employee)
Bruce Bachelder, 14th
Doris Taylor, 14th
Christine Kovach, 15th (Employee)
David Neustupa, 15th
Norma Choate, 18th
Larry Dreyer, 19th
Vanessa Reyes, 20th (Employee)
Carlos Rodriguez, 22nd (Employee)
Kenneth Call, 24th
Bea Weaver, 28th
Jennifer Diaz, 29th (Employee)
Ken Amlung, 29th
Mari Sanchez, 30th (Employee)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h3>Transportation Schedule</h3> <p>Monday, 10 a.m. Grocery Stores Tuesday & Thursday, 10 a.m. Walmart Wednesday, 10 a.m. Post Office/Bank</p> <p>Thursday, 2:30 p.m. Misc. Errands Friday, 9:30 a.m. Express Errands Friday, TBA Field Trips/Outing</p>						
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 ⁵</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ⁶</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>Chocolate Day ⁷</p> <p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>Second Half of the Year ¹</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>9:30 Balance Class w/Legacy, CR ²</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p>	<p>Superman Day ³ Wear Red, White or Blue Colors</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Red, White and Blue Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>INDEPENDENCE DAY ⁴</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 ¹²</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>National French Fries Day ¹³</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>3:00 Do You Ketchup w/ Those Fries?, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>Chick-Fil-A's Appreciation Day ¹⁴</p> <p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>Coca Cola Day ⁸</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Coca Cola Floats, B</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>9:30 Balance Class w/Legacy, CR ⁹</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>2:00 Busy Hand Club, R66</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p>	<p>Piña Colada Day ¹⁰</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Let's Have a Pina Colada Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors ¹¹</p> <p>10:30 Coffee & Conversation, L</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 ¹⁹</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>National Lollipop Day ²⁰</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>3:30 Lollipop Trivia, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR ²¹</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>National Ice Cream Month ²²</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Ice Cream Time, CR</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>9:30 Balance Class w/Legacy, CR ²³</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>2:00 Busy Hand Club, R66</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p>	<p>World Emoji Day ¹⁷ National Watermelon Month</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 You Are One in a Melon Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors ¹⁸</p> <p>10:30 Coffee & Conversation, L</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 ²⁶</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>National Lollipop Day ²⁰</p> <p>9:30 Exercise w/Jacque of A.R.T., CR ²⁷</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR ²⁸</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>National Ice Cream Month ²²</p> <p>9:30 Exercise w/Jacque of A.R.T., CR ²⁹</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>Cheesecake Day ³⁰</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p>	<p>National Tequila Day ²⁴</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Tequila, Lime and Sunshine Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors ²⁵</p> <p>10:30 Coffee & Conversation, L</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 ²⁶</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ²⁷</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR ²⁸</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ²⁹</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>Cheesecake Day ³⁰</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p>	<p>10:00 Current Events Coffee & Snacks Friday Social, L ³¹</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Hand & Foot Card Game, B</p>	