

A Crispy Classic

Crunchy, spicy or finger-lickin’ good ... no matter how you describe your favorite fried chicken, it’s become classic fare for summer picnics and family dinners. The earliest recipe for fried chicken was published by a British woman, Hannah Glasse, in her 1747 cookbook “The Art of Cookery Made Plain and Easy,” which was very popular throughout the Colonies. It instructed cooks to fry battered chicken pieces in hog’s lard. In 1824, American Mary Randolph published “The Virginia Housewife” and included a similar recipe. While enjoyed across the nation, fried chicken became strongly associated with Southern cooking. Through the early 20th century, the meal was mostly reserved for special occasions, since its preparation was time-consuming, and chickens were valued for laying eggs. After World War II, improved poultry farming and cooking methods made fried chicken a staple both at home and in restaurants.



Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America’s pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its “international orange” paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

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JULY 2018

An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.



The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw “U.S.” stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government. Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption “I Want You for U.S. Army” on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg’s Uncle Sam were also used as a call to action during World War II.

Soap Box Speedsters

Every July, hundreds of kids zoom down an Ohio track in sleek cars powered only by gravity. The drivers are in a race to win the title of world champion at the annual All-American Soap Box Derby. A national soap box derby program was the idea of newspaper photographer Myron Scott. In 1933, he spotted a group of boys racing homemade engine-less cars down a hill in Dayton, Ohio. The following year, Scott organized an official competition with more than 350 kids steering cars constructed out of items such as wooden crates and baby-buggy wheels. From the 1940s to the ’60s, soap box racing’s heyday, youngsters all over the country were building cars for derbies. Today’s sport is more high-tech, with fiberglass cars that can reach speeds up to 30 mph, but the goal remains the same: to teach kids construction and engineering skills, sportsmanship and friendly competition. Drivers ages 7 to 20 compete at the annual championship at Akron’s Derby Downs, a three-lane downhill racetrack. This year’s derby will take place July 15-21.

Red, White and Blue Dessert Recipe

Ingredients:

- 2 packages cream cheese, softened
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond
- 2 cups heavy whipping cream, whipped
- 2 quarts strawberries
- 2 quarts blueberries, divided

Directions:

Beat cream cheese, sugar and extracts until fluffy. Fold in whipped cream, place a third of the mixture in a four-quart bowl. Reserve 20 strawberry halves and 1/2 cup blueberries for garnish. Layer half of the remaining strawberries and blueberries for garnish. Spread the remaining cream mixture on top. Use the reserved strawberries and blueberries to make a “flag” on top.



ASSISTED LIVING

JULY 2018

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

Kim Byers, 29th (Employee)

Transportation Schedule

Thursday, 11:10 a.m.
Lunch Outings

“Far away in the
sunshine are my
highest aspirations.”
— Louisa May Alcott

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Sunday School, IA 1 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	2 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 July Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Gardening Tips, CY 6:45 Card Games, AR	3 9:45 Outside Walking in the Sun 10:00 Red, White & Blue Crafts, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:00 Songs of America, AR 3:30 Exploring Nature (Plants)	4 INDEPENDENCE DAY 10:00 Chair Exercise, AR 11:00 Flag Coloring (Adult Coloring), AR 2:00 4th of July Social With Entertainment, IL 3:15 4th of July at the Movies, AR	5 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Traveling Places (Video), AR 10:15 What's the Buzz?, AR	6 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in July, AR 2:00 Bingo With Prizes, AR 3:00 TGIF Summer Social, AR 6:00 Puzzles/Board Games, AR	7 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR
8 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	9 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 July Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Art Expression, AR 6:45 Card Games, AR	10 9:45 Outside Walking in the Sun 10:00 Lemonade and Reminiscing, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Watermelon Day, AR 3:30 Exploring Nature (Plants)	11 10:00 Chair Exercise, AR 10:30 World News, AR 2:00 Bingo Bucks, AR 3:15 Ice Cream Social, AR 6:45 Fun Flicks & Popcorn, AR	12 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:30 Physical Games (Golf), P 3:30 Traveling Places (Video), AR	13 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in July, AR 2:00 Hydration Information & Popsicle, AR 3:30 Drive-In Movie, AR 6:00 Puzzles/Board Games, AR	14 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR
15 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	16 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 July Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Outside With Juice, AR 6:45 Card Games, AR	17 9:45 Outside Walking in the Sun 10:00 Walking Warriors, AH 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Exploring Nature (Plants)	18 10:00 Chair Exercise, AR 10:30 World News, AR 2:00 Dehydration Awareness, AR 3:30 Bingo Bucks, AR 6:45 Fun Flicks & Popcorn, AR	19 9:45 Walking Club 10:00 Physical Games (Golfing), AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Traveling Places (Video), AR 6:00 Summer Sock Hop, AR	20 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in July, AR 2:00 Bingo With Prizes, AR 3:00 TGIF Summer Social, AR 6:00 Puzzles/Board Games, AR	21 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR
22 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	23 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 July Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	24 9:45 Outside Walking in the Sun 10:30 Drive-Thru Day Talk, AR 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Exploring Nature (Plants) 7:00 North Hampton Church of Christ, DR	25 10:00 Chair Exercise, AR 10:30 World News, AR 2:00 Bingo Bucks, AR 3:15 Ice Cream Social, AR 6:45 Fun Flicks & Popcorn, AR	26 9:45 Walking Club 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Yoga With Tina, AR 3:30 Traveling Places (Video), AR	27 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 It All Happened in July, AR 2:00 Bingo With Prizes, AR 3:00 TGIF Summer Social, AR 6:00 Puzzles/Board Games, AR	28 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 6:45 Checkers, AR
29 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	30 10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 July Word Games, AR 2:00 Bingo & Chocolate, AR 3:15 Art Expression, AR 6:45 Card Games, AR	31 9:45 Outside Walking in the Sun 10:00 Resident Council Meeting, AR 11:00 Coffee Cake and Coffee, AR 1:30 Nail Care (Satin Hands), AR 3:30 Exploring Nature (Plants)				