


THE Falls River Court Lifestyle



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MEMORY CARE COMMUNITY

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JULY 2024

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.

Old Faithful. One of the most famous features of Yellowstone National Park in Wyoming, this geyser erupts about every 90 minutes, spraying water and steam more than 180 feet high.

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.

Space Needle. Built for the 1962 World's Fair, this observation tower is now an iconic part of Seattle's skyline and among the most popular tourist attractions in the Pacific Northwest.

Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." — Peter Marshall



HAPPY
Fourth of July

JULY 2024

Red, White and Blue Watermelon Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

**“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Floor Tic Tac Toe 2:30 Music w/ Luke	2 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Reminisce Game (LR) 2:00 July 4 Celebration (LR)	3 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Fork Art 3:00 Music with John	4 Independence Day 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 2:00 Movie of Choice w/ Popcorn Puff (LR)	5 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Shaving Cream Marble Painting 2:15 Happy Hour	6 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
7 9:30 Worship Program 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	8 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Guess What's in the Bag (LR) 2:00 Interactive Conversation	9 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Parachuting Game 2:00 Ice Cream Social (LR)	10 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Creative Art 3:00 Music with John	11 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Scenic Ride 2:00 Making Marble Sun Catchers	12 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 2:15 Happy Hour 4:00 Music with Christian	13 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
14 9:30 Worship Program 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	15 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Balloon Tennis LR) 2:00 Reminisce Game (LR)	16 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Cup Race 2:00 Ice Cream Social (LR)	17 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 String Art 3:00 Music with John	18 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:30 Popsicles w/ Jazz (Outside) 3:30 Movercize with Rich	19 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Creative Art 2:15 Happy Hour	20 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
21 9:30 Worship Program 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	22 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Go Fish Game (LR) 2:00 Hole in One Game	23 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Tie Dye Caps 2:00 Ice Cream Social (LR)	24 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Creative Art 2:00 Smooth Jazz w/ Coloring 3:00 Music with John	25 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Coffee and Chat 2:00 Wiggle Art	26 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Abstract Water Art 2:15 Happy Hour	27 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
28 9:30 Worship Program 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	29 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Bean Bag Toss 2:00 Fancy Nails	30 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Sand Art 2:00 Ice Cream Social (LR)	31 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 2:00 July Birthday Celebration 3:00 Music with John			

Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

"America" ("My Country 'Tis of Thee"). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

"America the Beautiful." According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward, a church organist and choirmaster.

"You're a Grand Old Flag." Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

"Yankee Doodle." Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic and also influenced the works of George M. Cohan and John Philip Sousa.

An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Declaration Details

As freedom rings this Fourth of July, explore some facts about the Declaration of Independence.

Initial autograph. John Hancock, president of the Continental Congress, was the first to sign the document. His name is the largest, and the term "John Hancock" remains a common expression for a signature.

Striking script. Historians say Timothy Matlack, clerk to the secretary of the Congress, is most likely the scribe who wrote out the document's famous script using a quill pen and ink.

Dirty details. The bottom left corner of the document is marred by a handprint whose story and identification are unknown. It, along with other blemishes, has been left alone rather than risk damage by attempting to clean it.

Safe storage. During World War II, the declaration was moved from the Library of Congress in Washington, D.C., and stored at Fort Knox, Ky. In 1952, it was transferred to its permanent home in the nation's capital, the National Archives, where it is housed in a state-of-the-art case, designed to protect the antique parchment.

Colonial copies. Paper copies of the declaration were printed on the night of July 4, 1776, to be distributed throughout the Colonies. Only 26 of these versions exist today, and most are held in museums.

Happy Independence Day!

We hope you enjoy the Fourth of July holiday! Eat some apple pie, watch some fireworks and just make an All-American celebration out of this proud event.



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.

