

For Your Information

Snack Attack: Daily

Music N Sunshine: Daily

Speedsters C: 9:35am, W&F

Price Is Right: 10:00am, M-F

Stroll: 11:15am & 4:00pm Daily

Popcorn Time: 3:30pm Daily

Music N Chats: 6:00pm Daily

Bronze Age Map is Oldest of Its Kind

A stone slab held privately for more than 100 years has turned out to be the oldest known map of European territory, the Sci-News website reports. The Bronze Age map, about 13-feet long by 7-feet wide, dates from 2150–1600 B.C., and was originally found in France in 1900. It went to a private collection, then a museum and was ultimately found in a castle cellar in 2014.

The slab appears to depict an area along the river Odet, and the central motif suggests an enclosure in an area with three river springs—the Odet, the Isole and the Stêr Laër. Archeologists believe the ancient map may have been used to manage the territory and control its land. The slab was used in a burial at the end of the early Bronze Age, and markings that seem to represent the distribution of elite graves in the territory could be linked to soil fertility.



HarborChase
Assisted Living • Memory Care



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Huntsville The Sound

July 2021

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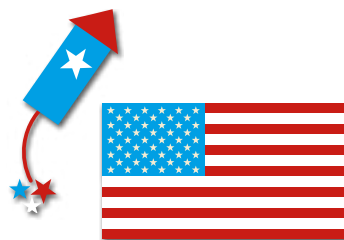
Fourth of July Fun Facts

We celebrate the nation's independence on July 4 and commemorate the official adoption of the Declaration of Independence, which occurred in 1776. But the majority of the Founding Fathers didn't sign the document on that day, which you likely already know. John Hancock did, though. He was the first of the 56 to sign, and subsequently his name became synonymous with "signature." As we celebrate our nation's independence, consider these other Fourth of July fun facts to get into the holiday spirit.

- The Continental Congress actually approved the content of the Declaration of Independence on July 4.
- Three U.S. presidents have passed away on the Fourth of July: James Monroe, John Adams and Thomas Jefferson.
- One U.S. president was actually born on July 4: Calvin Coolidge.
- There have been a grand total of 28 versions of the American flag.
- The majority of the Declaration of Independence signers, well over half, were slave owners, while some were extreme abolitionists.
- Parades are a staple of the Fourth. The shortest Independence Day parade, barely over a half-mile, occurs in a little place called Aptos, California.
- Other July 4 staples are food and alcohol. Typically, Americans spend over \$6 billion on food around the Fourth, and \$1.5 billion on beer and wine.
- They also consume roughly 150 million hot dogs on the holiday.
- Independence Day fireworks displays number about 15,000, spanning from the smallest to largest of cities. Smaller towns spend an average of \$8,000 to \$15,000 on their colorful collaborations.
- The oldest Fourth of July celebration occurs in Rhode Island. The town of Bristol has been celebrating the holiday since 1785. Now, the quaint town begins its festivities on June 14, Flag Day, and concludes the fun on July 4 with a 2.5-mile parade.


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HARBORCHASE OF HUNTSVILLE - SOUND CALENDAR

July 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:00 Fellowship, Beverages, and Berry Bar 4</p> <p>10:30 Patriotic Fitness Blender</p> <p>11:00 Stars and Stripes Cardio Parade</p> <p>1:00 Patriotic KABOOM! Bingo Hour</p> <p>2:00 Fire Cracker Party Popper Craft</p> <p>3:00 Sunday Evening Service</p> <p>4:00 Patristic Karaoke Idol</p> <p>6:00 Dot to Dot Puzzles and More!</p>	<p>9:30 Morning Ice Breaker: Find Someone Who... 5</p> <p>10:00 Morning Squeeze: Veggie Juicer</p> <p>10:45 Muscle Builder's Fitness Blender</p> <p>11:15 Walk the Walk Cardio</p> <p>1:00 Graham Cracker Subdivision Craft</p> <p>2:00 Lady Lucks Bingo Bonanza</p> <p>3:00 MadLib Monday: a Heroic Start!</p> <p>4:00 On This Day... The Year was 1959</p> <p>6:00 Spot the Object: Cathedral Edition</p>	<p>9:30 Name That Cake! 6</p> <p>10:00 Morning Joe over Dear Abby</p> <p>10:45 Lower Body Fitness Blender</p> <p>11:15 Kickin' Chicken Cardio Parade</p> <p>1:00 Trivia Tuesdays: Teams</p> <p>2:00 Boozin' Tuesdays: Fine Wine Selects</p> <p>3:00 Chopped Homemade Chicken and Waffles</p> <p>4:00 Bereshis Crossword Puzzlers and More</p> <p>6:00 Sweet and Salty Word Unscrambler</p>	<p>9:30 Bible Study with Dan Anderson 7</p> <p>10:30 Women's Bible Study with Traci Loveman</p> <p>11:00 Country Club Cardio Strollers</p> <p>12:00 Taste of Huntsville: Taco Mama!</p> <p>1:15 Mindful Meditation</p> <p>2:00 Strawberry Sundaes in the Courtyard</p> <p>3:00 Raise, Call, Pass: Poker Station</p> <p>4:00 Centerpiece Flower Arrangements</p> <p>6:00 Brain Teasers, Riddles, and More!</p>	<p>9:30 Brain Games: Start to Finish 1</p> <p>10:00 Canada's Select Brunch Spread</p> <p>10:45 Oh Canada! Fitness Blender</p> <p>11:15 Walk the Border Cardio Stroll</p> <p>1:15 Check it Out! at HarborChase Library</p> <p>2:15 Men's and Women's Book Club: Little Women/20,000 Leagues Under the Sea</p> <p>3:00 Manis with Tanzy!</p> <p>4:00 Thirsty Thursdays: Cocktail Mixer</p> <p>6:00 Book Club Study Guide Questions and Quizzes</p>	<p>9:30 Brains, Games, and Automobiles 2</p> <p>10:00 Current Events over Coffee, Tea, and Trail Mix</p> <p>10:45 Tricep Sculpting Circuit</p> <p>11:00 Park Rangers Cardio Excursion</p> <p>1:00 Virtual Travelogue: US State Parks</p> <p>2:00 Campfire Smores with Friends</p> <p>3:00 Let's Talk Travel</p> <p>4:00 Sensory Box: What Am I?</p> <p>6:00 Mix and Match: US National Parks</p>	<p>10:00 Weekend Breakdown Over Coffee and Tea 3</p> <p>10:45 Full Body Fitness Blender</p> <p>11:00 Cross Country Cardio</p> <p>1:00 Are You Smarter Than A Redneck?</p> <p>2:00 Redneck Low Country Boil</p> <p>3:00 Name the State!</p> <p>4:00 Say What? Colloquium Studies</p> <p>6:00 NASCAR Viewing Party</p>
<p>10:00 Fellowship, Beverages, and Doughnuts 11</p> <p>10:30 Freeze Frame Yoga</p> <p>11:00 Cardio Cool Down</p> <p>1:00 Let's Make Our Homemade Slurpee</p> <p>2:00 Homemade Slupees on the Porch</p> <p>3:00 Sunday Evening Service</p> <p>4:00 Historical Rewind: America's First Slurpee</p> <p>6:00 Quiz Whiz: What Slurpee Flavor are You?</p>	<p>9:30 Brain Games: 10 Words or More! 12</p> <p>10:00 Christian Devotionals over Veggie Spread</p> <p>10:30 Jelly Belly: Abdominal Strength Training</p> <p>11:00 Morning Cardio Parade</p> <p>1:00 Top Chef: Homemade Jello Delights</p> <p>2:00 Scrabble and other Table Top Games</p> <p>3:00 MadLib Mondays: Sweet Treats</p> <p>4:00 Sensory Station: DIY Space Stand</p> <p>6:00 Where's Waldo Puzzler</p>	<p>9:30 Imagination Workshop 13</p> <p>10:00 Musical Performance by Tom Bougher</p> <p>11:00 Out to the Pasture Cardio Stroll</p> <p>1:00 Cowbell Fitness Circuit</p> <p>2:30 Chess, Checkers, and Battleship Tournament</p> <p>3:00 Country Western Costume Party</p> <p>4:00 Trivia Tuesdays Animal Farm</p> <p>6:00 Evening Crossword Puzzler</p>	<p>9:30 Bible Study with Dan Anderson 14</p> <p>10:30 Women's Bible Study with Traci Loveman</p> <p>11:00 Vineyard Stroll Cardio</p> <p>1:15 Mack Truck Fitness Blender</p> <p>2:00 Top Chef: Mack and Cheese Bites</p> <p>3:00 Penny Ante with Prizes</p> <p>4:00 Centerpiece Flower Arrangement</p> <p>6:00 Evening Sudoku, Crosswords, and Word Searches</p>	<p>9:30 Check it Out! at HarborChase Library 15</p> <p>10:00 Men's and Women's Book Club: Little Women/20,000 Leagues Under the Sea</p> <p>10:30 Visiting with Huntsville Fire Department</p> <p>1:15 Sunset Yoga and Meditation</p> <p>2:00 Bean Bag Toss on the Porch</p> <p>3:00 Current Events over Evening Joe</p> <p>4:00 Peaceful Cardio Cool Down</p> <p>6:00 Book Club Study Guide Questions and Quizzes</p>	<p>9:30 Brain Teasers: Rebus Puzzles 16</p> <p>10:00 Current Events over Cherry Tartes</p> <p>10:45 Cherry Topper Fitness Stepper</p> <p>11:15 Walk the Walk Cardio</p> <p>1:00 Chopped! Sugar-free Cherry Icebox</p> <p>2:00 My Best Day: Celebrating Lorraine Lee!</p> <p>3:00 Taste Test Our Sweet Treats</p> <p>4:00 Cherry Barrel Toss with Prizes</p> <p>6:00 Fill in the Blank Word Scrambler</p>	<p>10:00 Weekend Break Down over Coffee and Tea 17</p> <p>10:30 Core Fitness Blender</p> <p>11:00 Saturday Morning Strollin'</p> <p>1:00 Guess the Amount with Prizes</p> <p>2:00 Peach Ice Cream Refresher's on the Porch</p> <p>3:00 HarborChase Lottery Hour</p> <p>4:00 HarborChase Community Scavenger Hunt</p> <p>6:00 Mini Mystery and other Puzzling Riddles</p>
<p>10:00 Fellowship, Beverages, and Zoo Keeper Awareness Study 18</p> <p>10:30 Balance Strength Training</p> <p>11:00 Wild Life Cardio Safari</p> <p>1:00 Virtual Tour of Chatanooga</p> <p>2:00 Show Your Stripes Get to Know You Better</p> <p>3:00 Sunday Evening Service</p> <p>4:00 Sunday Night Cinemas: "We Bought a Zoo"</p> <p>6:00 Brain Games Saints Edition</p>	<p>9:30 Fellowship, Beverages, and Chorus Class 19</p> <p>10:30 Live Music with the Steve Spray Band!</p> <p>11:00 What's that Word?</p> <p>1:15 115p Monday Yoga Mojo</p> <p>2:30 Afternoon Daiquiri Cooldown</p> <p>3:30 MadLib Mondays: Tropical Vacation</p> <p>4:00 Tour of the Wall of Fame</p> <p>6:00 Color by the Numbers</p>	<p>9:30 Brain Games: a Ball About Me 20</p> <p>10:00 Indoor Bowling Tournament</p> <p>10:45 Moon Walk Cardio Parade</p> <p>11:00 Morning Joe over the History of Moon Day</p> <p>1:15 Moon Bounce Squats Fitness</p> <p>2:00 Boozin' Tuesdays: Peppermint Schnapps</p> <p>3:00 Galactic Paint n' Sip</p> <p>4:00 Trivia Tuesdays: Science Circuit</p> <p>6:00 Spot the Alien!</p>	<p>9:30 Bible Study with Dan Anderson 21</p> <p>10:30 Women's Bible Study with Traci Loveman</p> <p>11:00 Roll the Dice and Share a Slice</p> <p>1:15 Abdominal Ab Blaster and Cardio Strollin'</p> <p>2:00 Make it Fancy: Hot Dog Grillers</p> <p>3:00 Mystery Item Sensory Box with Prizes</p> <p>4:00 The Price is Right with Prizes</p> <p>6:00 Spot the Difference</p>	<p>9:30 Check it Out! at HarborChase Library 22</p> <p>10:00 Men's and Women's Book Club: Little Women/20,000 Leagues Under the Sea</p> <p>11:15 Beach Walker's Cardio</p> <p>1:15 Island Fitness Mixer</p> <p>2:00 Coffee, Tea, and Mango Juice Refresher</p> <p>3:00 Mango Madness Hand and Nail Spa</p> <p>4:00 Thirsty Thursdays: Mango Smoothie Mixer</p> <p>6:00 Reading Group Study Guide Questionnaire</p>	<p>9:30 Brain Busters: Wacky Worded Phrases 23</p> <p>10:00 Fresh Fruit Smoothies on the Porch</p> <p>10:45 Glutes and Thighs Toning Exercise</p> <p>11:15 Gorgeous Grandma's Gallivant Parade</p> <p>1:00 Celebrating July Birthdays</p> <p>2:00 Let's Get Glam!</p> <p>3:00 Handsome Men and Gorgeous Gals Photography Booth</p> <p>4:00 Brain Games: Praying Man</p> <p>6:00 Reader's Digest Selections</p>	<p>10:00 Weekend Run Down over Tea 24</p> <p>10:30 Booty Beats Fitness Blender</p> <p>11:00 Gallivant and Gander Cardio</p> <p>1:00 Model Airplane Workshop</p> <p>2:00 Seven Wonders Virtual Tour: Statue of Zeus at Olympia</p> <p>3:00 Take Flight: Airplane Flying Competition</p> <p>4:00 Saturday Night Drive In: Amelia</p> <p>6:00 Unexpected Mysteries: Bermuda Triangle</p>
<p>10:00 Sharing Fellowship and Beverages 25</p> <p>10:30 Soulful Chair Dancing</p> <p>11:00 Jazzy Feet Cardio Parade</p> <p>1:00 Hot Fudge Sundae Cool Down</p> <p>2:00 Finish the Line!</p> <p>3:00 Sunday Evening Service</p> <p>4:00 Wine and Cheese Soiree</p> <p>6:00 Mix and Match Scripture and More!</p>	<p>9:30 Candy Trivia and Fun Facts 26</p> <p>10:00 Coffee Milkshakes in the Courtyard</p> <p>10:45 Group Board Game Hour</p> <p>11:15 Pep in Your Step Cardio</p> <p>1:15 Energized Fitness Blender</p> <p>2:00 Bingo, Plinko, Trivia and More!</p> <p>3:00 MadLib Mondays: Summer Vacation</p> <p>4:00 Community Scrabble with Friends</p> <p>6:00 Brain Games: Alphabet Candy</p>	<p>9:30 Think Fast! Five Minute Word Puzzles 27</p> <p>10:00 Indoor Four Square Tournament</p> <p>10:45 Hop Scotch Cardio</p> <p>1:00 Sunrise Yoga</p> <p>2:00 Boozin' Tuesdays: Scotch on the Rocks</p> <p>3:00 On This Day over Homemade Parfaits</p> <p>4:00 Trivia Tuesdays: Are You Smarter Than a Fifth Grader</p> <p>6:00 Words with Friends</p>	<p>9:30 Bible Study with Dan Anderson 28</p> <p>10:30 Women's Bible Study with Traci Loveman</p> <p>11:15 Walker Texas Ranger Cardio Strollin'</p> <p>12:00 Taste of Huntsville: West End Grill</p> <p>1:15 Salsa Chair Dancing Fitness</p> <p>2:00 Chocolate Milkshake Cooldown</p> <p>3:00 Teams Riddles and Scavenger Hunt</p> <p>4:00 Name the Artist!</p> <p>6:00 Behind the Music: Willie Nelson</p>	<p>9:30 Check it Out! at HarborChase Library 29</p> <p>10:00 Men's and Women's Book Club: Little Women/20,000 Leagues Under the Sea</p> <p>11:00 Tiger's Path Cardio Stroll</p> <p>1:15 Tiger Chi Fitness Blitz</p> <p>2:00 All About Tigers over Coffee and Tea</p> <p>3:00 Hand, Nail, and Facial Spa Day</p> <p>4:00 Thirsty Thursdays: Tiger's Blood Cocktails</p> <p>6:00 Book Club Study Guide Questions and Quizzes</p>	<p>9:30 Mental Flex: Analogical Puzzlers 30</p> <p>10:00 Coffee, Tea, and Biscuits Over Religious Studies</p> <p>10:45 Cha Cha Slide Dance Fitness</p> <p>11:15 Walk About Cardio Strollers</p> <p>1:00 Iron Chef: Sugar-free Cheesecake Competition</p> <p>2:00 July House Warming Party!</p> <p>3:00 Put Your Palates to the Test</p> <p>4:00 Name the Tune!</p> <p>6:00 Escape the Maze</p>	<p>10:00 High Tea with Avocado Toast 31</p> <p>10:30 Nose to Toes Fitness Blender</p> <p>11:00 Continental Cardio Strollers</p> <p>1:00 Upcycled Dog Toys Craft</p> <p>3:00 Hound Dog Karaoke Idol</p> <p>4:00 Saturday Evening Cinemas: Turner and Hooch</p> <p>6:00 International Religious Word Scramblers</p>

4th OF JULY

HAPPY INDEPENDENCE DAY

HOME OF THE BRAVE

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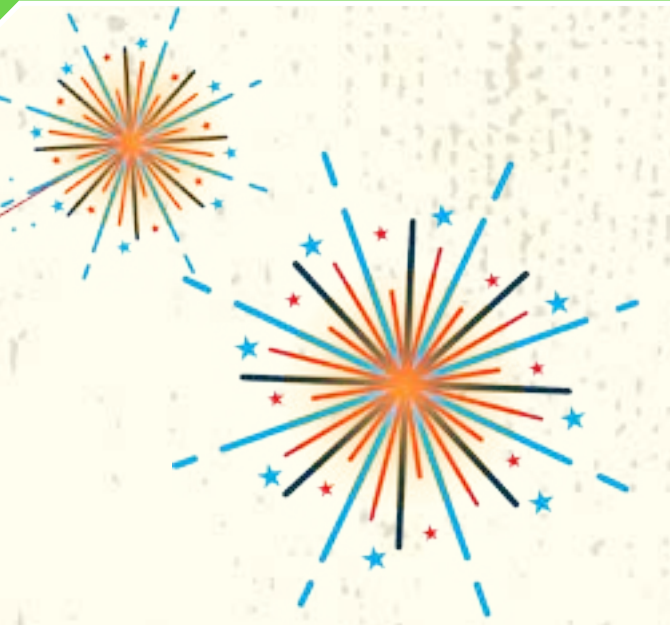
- APPLE PIE
- BARBECUE
- BLUE
- CONSTITUTION
- COURAGE
- FIGHTING
- FIREWORKS
- FLAG
- FREEDOM
- HOLIDAY
- HOME OF THE BRAVE
- INDEPENDENCE
- LADY LIBERTY
- OLD GLORY
- PARADE
- RED
- STAR SPANGLED BANNER
- STARS
- STRIPES
- THIRTEEN COLONIES
- UNCLE SAM
- UNITED STATES
- VICTORY
- WHITE

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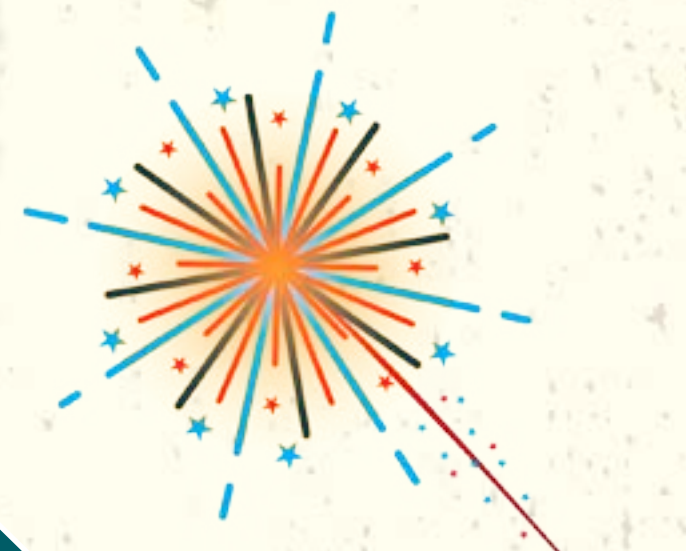
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MEDIUM



Not Just a Fad: The Mediterranean Diet Promotes Healthy Aging

If you've ever seen an advertisement in a health magazine or on TV, you're familiar with some of the popular "fad" diets. Like the Atkins diet or the HCG diet, these diets promise noticeable results in a short period of time. And while these trendy diets may cause some people to shed pounds quickly, they do not help sustain long-term nutrition, don't encourage healthy aging and can sometimes be downright dangerous. One diet is continuously awarded as the best diet (and has even won the "Best Overall Diet" Award by U.S. News & World Report for four consecutive years!): the Mediterranean diet.

So, what is the Mediterranean diet? Why is it regarded as "the best"?

HarborChase Senior Living offers independent living, assisted living and memory care services at communities across the United States. We like to celebrate and encourage healthy aging at our communities through socialization, activity, and nutritious meals. We're answering what the Mediterranean diet is, why it's so good for you and how to incorporate it into your life.



Unlike other diets, the most important thing about the Mediterranean diet is that you focus on the overall quality of the foods you eat, rather than add or eliminate one single food.

More Than Just Food

In addition to the food, there are also several other aspects of the Mediterranean lifestyle that are key elements in this diet. In the United States, we might be used to eating meals in a rush or in front of the TV, but the Mediterranean culture enjoys relaxed and leisurely meals with friends and family and a glass of red wine. Sitting down and enjoying a meal with others can sometimes be just as important as what you are eating.

Another critical element in the Mediterranean lifestyle and diet is physical activity. In countries surrounding the Mediterranean, exercise doesn't necessarily mean carving out two hours a day to do heavy lifting at the gym. Walking is a central part of these cultures, and physical movement is naturally incorporated throughout the day.

Ways to Incorporate the Mediterranean Diet

One of the good things about the Mediterranean diet is that it doesn't take extensive knowledge

or planning to incorporate it into your life. These simple tips can help you get started:

- Eat more fruits and vegetables by having a salad for a starter, roasting them as a side, or snacking on them instead of chips
- Sauté food in olive oil instead of butter
- Choose whole grains over refined white bread and pasta
- Try to eat seafood twice a week by grilling or baking fatty fish
- Limit high-fat dairy by switching to low-fat Greek yogurt and hard cheeses
- Avoid red meats and sugars unless it's a special occasion
- Sit down at a table instead of in front of the TV to eat meals
- Incorporate more physical activity naturally into your life (take the stairs instead of the elevator, walk or ride a bike to places close by, take a walk every evening)

The Mediterranean diet is a delicious and nutritious way to eat that's associated with several benefits, including heart health, protection from disease and diabetes and overall healthy aging. Unlike some diets, the Mediterranean diet allows for endless variety and flavor, and, best of all, you don't need to travel beyond your kitchen to enjoy it!

<https://blog.harborchase.com/>

SUNSCREEN AND WHAT YOU SHOULD KNOW

During the hottest months of the year, and even the not-so-warm months, sunscreen is a must-have for anyone interested in stepping foot outside his or her home. Most people are aware of this fact. So make sure you choose the correct sunscreen for your skin type and apply it correctly. After all, misapplied sunscreen is basically useless in the fight against skin cancer and the addition of wrinkles.

Here are a few tips to ensure your skin is well protected:

- Liberally apply sunscreen indoors at least 15 minutes before you head outside. Sunscreen has to dry on your skin to be effective.
- Be sure to cover all exposed areas during the application process. This means all body parts, including

ears and toes, which might see a little bit of sunshine.

- Reapply often! Second and third coats of sunscreen are necessary when it comes to avoiding a sunburn. Every two hours a new layer of sunscreen should reach your skin, especially if water activities, sports or anything promoting sweatiness is involved.
- Does your sunscreen have an SPF of 30 or higher? If not, you need a new bottle. SPF 30+ is necessary to be effective. For lips, SPF 15 will do. The label should also say the product is water-resistant and that it protects skin from both UVB and UVA rays.

These tips should help you maintain a successful skincare routine and minimize your potential for sunburns.

EQUALITY FOR ALL



Differences in gender, national origin, religion and race have been the driving force behind discrimination for hundreds of years. This particular struggle continues to be an uphill battle, but some days great strides are made. July 2, 1964, was one of those days.

The state of Civil Rights in America changed when President Lyndon B. Johnson signed the Civil Rights Act of 1964. President John F. Kennedy was a strong Civil Rights advocate. Following his

assassination in 1963, Johnson took office and also pushed for similar Civil Rights legislation, resulting in the Civil Rights Act of 1964. Incidentally, Johnson signed the act with 75 pens that were distributed among those who supported the bill, including Civil Rights leaders and Congressmen.

The bill eventually broadened to include the disabled and elderly, among other minorities. Provisions were made to ensure equality for all.