

SOMETHING NEW!

The Calendar has a few new opportunities for all of you who want to participate in ways to stay healthy. We have a combination of yoga, balance, and chair exercises at 11am Monday thru Thursday each week. We also focused on balance programming in our Friday Coffee Hour with the Audiology Clinic and Hydration program. Hearing issues and dehydration can be a major causes of balance issues. This is the second hottest June on record so load up on decaffeinated liquids and certain fruits and veggies to stay hydrated. This also helps avoid confusion and unsteadiness.



July Trivia:

1957 American Bandstand debuted

Famous Seniors:

When this 78 year old's fingers became too stiff to hold a needle to embroider on canvas, she began to paint in oils. These brightly-colored paintings of rural America became popular.

-ANNE MARY MOSES or GRANDMA MOSES

Dog Days of Summer: July 3 – August 11

Puzzle of the Month: What goes up the hill, down the hill, and yet stands still?

-A road!



Harrison Heights

Harrison Happenings

July

2020

“Come as strangers, live as friends”



RED, WHITE, AND BLUE

Many of us understand the stars and stripes of our nation's flag but not the significance of the colors. The Red, White, and Blue that we pay homage to so frequently from Memorial Day through the 4th of July.

Back in June of 1777, The Second Continental Congress commissioned a Marine Committee to design the United States flag. The request was to include 13 stripes, alternating red and white, and 13 white stars on a blue background representing a new constellation. Today our flag still displays the 13 stripes, depicting the original 13 colonies but now includes 50 stars because of our 50 states. Now you know the reasoning behind the design but why the colors?

Originally there was no significance in the colors. Mike Buss, a flag expert with the American Legion, says that the most obvious reason for the colors is due to the mother country's Union Jack colors. Since then, a few people have tried to put reasoning to the colors. Charles Thompson, Secretary of the Continental Congress explained the significance of the colors to Congress this way: the stripes represent the original 13 Colonies and the stars represent the 50 states of the Union. The colors of the **flag** are symbolic as well; **red** symbolizes hardiness and valor, **white** symbolizes purity and innocence, and **blue** represents vigilance, perseverance and justice. Buss went on to say, “For us veterans, the flag represents why we served. We were there because the flag represented our freedoms — freedom of speech, freedom of the press, freedom of religion.”

I would say that it's with pride, gratitude, and respect that the majority of Americans continue to honor our beloved Red, White, and Blue whenever the grand ole flag is raised or passes by in a parade. Let us never take it for granted.

Quote of the Month: “A swarm of bees in May is worth a load of hay, a swarm of bees in June is worth a silver spoon, but a swarm of bees in July is not worth a fly.” Proverb

COMMUNITY INFORMATION

COMMUNITY MANAGER:

LORI DYKE

MAINTENANCE TECH:

JESSE CIHAL

OFFICE PHONE

& AFTER HOURS

EMERGENCY SERVICE #:

402-933-8080

MANAGER EMAIL:

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RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM9A HOLDINGS, LLC

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Lunch Bunch is Back!

July 8th at Noon

Dairy Queen \$8



July 22 at Noon

Chick-Fil-A \$8

Sign-up Sheet will be in the Mail Room!



It's Time to Celebrate!

July 15 @ Noon!

Enjoy the Q Street

Barbershop Quartet

Hot Dogs and Birthday Cake! We'll spread out to accommodate our crowd and social distancing!

Sign-up

Sheet in













Mail Room!



More New for You!

Friday afternoons have become our “unwind” time. We're introducing “Mindful Moments” at 2:00 each Friday with different ways to end your week. Some are reflective, some are relaxing, and one of them is “Wine and Cheese with a Circle of Friends” Don't miss out!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day – “O” Canada! 11am-Dance Exercise Patriotic Music 2pm– Connect Quest Kitchen Scavenger Hunt 6:30pm- BINGO	2 11am-Seated Stretch 1pm– Crafts and Coloring Patriotic Coloring Sheets and Bomb Pop Treats! 2pm– BINGO	3 Office Closed	4 Independence Day 
5 Full Moon 6pm “We Bought A Zoo” 	6 11am-Tai Chi 2pm– Scholar Hour Remember When American Bandstand 	7 National Strawberry Sundae Day 11am-Balance Training 2pm– Building Walk 2pm– You Be the Judge	8 11am-Dance Exercise American Bandstand Style Noon– Lunch Bunch: Dairy Queen \$8 2pm– Connect Quest Call or Write a Friend 6:30 BINGO	9 11am-Seated Stretch 1pm Crafts and Coloring 2pm– BINGO 3pm– Connect 55+ Meeting 	10 10am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments Travel America’s National Parks	11
12 6pm “Where’s Amelia Earhart?” 	1 International Puzzle Day & Barbershop Music Appreciation Day 10:30 Book Club 11am-Tai Chi 2pm– Scholar Hour Jigsaw Puzzle Contest!	14 Chick-Fil-A Cow Appreciation Day 11am-Balance Training 2pm– Building Walk 2pm– You Be the Judge	15 11am-Dance Exercise Noon: Monthly Birthday Party! Barbershop Quartet, Hot Dogs, and Ice Cream Treats 2pm– Connect Quest Crossword Puzzle 6:30pm– BINGO	16 11am-Seated Stretch 1:00pm– Crafts and Coloring 2pm– BINGO 	17 65th Anniversary of Opening Disneyland 10am-Coffee Hour 11am– Exerpath 2pm– Mindful Moments Relax and Enjoy the Music of the 3 Tenors	18
19 National Ice Cream Day 6pm “Saving Mr. Banks” 	20 11am-Tai Chi 2pm– Scholar Hour Jeopardy Game –You be the Contestants 	21 10am Veteran’s Coffee  11am-Balance Training 2pm– Building Walk 2pm– You Be the Judge	22 National Hot Dog Day 11am-Dance Exercise To Disney Tunes Noon: Lunch Bunch: Chick-Fil-A \$8 2pm– Connect Quest Word Search 6:30pm– BINGO	23 Gorgeous Grandma Day & Hula Hoop Day 11am-Seated Stretch Work out using Hula Hoops 1pm– Crafts and Coloring 2pm– BINGO	24 10am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments Circle of Friends with Wine and Cheese	25 National Wine & Cheese Day and National Hot Fudge Sundae Day
26 6pm “The Art of Racing in the Rain” 	27 11am-Tai Chi 2pm– Scholar Hour Disney Trivia	28 11am-Balance Training 2pm– Building Walk 2pm– You Be the Judge 	29 11am-Dance Exercise 2pm– Connect Quest Viewing of “The Cheap Detective” in the Library with pop-corn 6:30pm– BINGO	30 11am-Seated Stretch 1pm– Crafts and Coloring 2pm– BINGO	31 10am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments An up-close look at the World’s Best Waterfalls	