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*Committed to Brevard,
Dedicated to Seniors*

Find us on 

Service and Sacrifice

"To ease another's heartache is to forget one's own."
—Abraham Lincoln

Benefits of Nostalgia

Research shows that a trip down memory lane may actually improve health in the present moment.

A 2018 study found that older adults who discussed nostalgia-inducing scents experienced fewer symptoms of depression and anxiety compared to the control group.

Scientists have also found that when people with dementia engaged in positive nostalgic activities like watching old films, they experienced physiological benefits like decreased heart rate and inflammation.

Individual approaches to healthy aging should be discussed with health care providers.

Stars, Stripes and Saturdays

The next year that Independence Day will fall on a Saturday is 2037.

Remember Beneficiaries

Experts recommend annually reviewing primary and secondary beneficiaries on 401(k)s, life insurance, bank accounts and other estate-planning assets. Set a reminder for this financial housekeeping when completing taxes for an easy 10-minute update that can save your loved ones from confusion in the future.



Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.

56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.

Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.



Self-Care Starters

International Self-Care Day is observed July 24 to represent the 24/7 need to commit to our own needs. These daily practices can improve well-being: meditation, journaling, exercise and hydration.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 6:30 A Movie	 6 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 Fried Chicken in both Cafe areas 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	 7 World Chocolate Day 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 12:00 B Lodge Pizza Party 1:00 K Bingo 1:00 A Ping Pong 2:00 C Episcopal Communion 2:00 B Private Event 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:00 B Rummikub 6:30 A Movie	1 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 I Dog Visits 1:00 F Passport: Japan 2:00 B AAUW Book Club 2:00 A Yoga with Lauren 3:00 K Wine Down Wednesdays	2 9:30 C RC Mass 10:00 A Line Dancing 10:30 B Sarah Ruth Circle 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 5:00 Brew Crew in Private Dining Room 6:00 B Rummikub	3 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 B Book Discussion Group 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 3:00 K Birthday Party	4 Independence Day 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 11:00 Main Meal, Cookout 1:00 K Bingo 1:00 A Ping Pong 1:30 D Scrabble 3:00 4th of July Party 4:00 Musical Performance by Steve Trismen and John Stineman 6:30 A Movie
12 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 6:30 A Movie	13 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	14 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping Pong 2:00 Cottages Block Party 2:00 C Episcopal Communion 2:00 B Private Event 2:30 E Episcopal Coffee 6:00 B Rummikub 6:30 A Movie	15 National Gummi Worm Day 8:00 B Continental Breakfast 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 B Recycled Card Group 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 1:00 F Passport: Japan 2:00 B Archives Committee Meeting 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays	16 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 11:30 K Inn Pizza Party 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 5:00 Vino Ladies' Guild in Private Dining Room 6:00 B Rummikub	17 National Tattoo Day 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 G Picnic at Sycamore Flats 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:30 K Temporary Tattoos	18 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping Pong 1:30 D Scrabble 3:00 A Musical Performance by The Pisgah Jazztet 6:30 A Movie
19 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 6:30 A Movie	20 National Fortune Cookie Day and National Lollipop Day 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 B Veterans' Coffee and Conversation 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 4:00 E Monday Mixers	21 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping Pong 2:00 C Episcopal Communion 2:00 A Health Talk 2:00 B Private Event 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:00 B Rummikub 6:30 A Movie	22 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 1:00 F Passport: Japan 1:15 B UU's 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays 6:30 A Musical Performance by Two Step Too	23 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 6:00 B Rummikub	24 Christmas in July Theme Night 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 G Trip to Oskar Blues Brewery 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 4:00 G Special Drinks	25 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping Pong 1:30 D Scrabble 6:30 A Movie
26 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 4:00 E Vespers Committee Meeting 6:30 A Movie	27 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 L Library Committee Meeting 10:50 A Chair Yoga DVD 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	28 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 Lodge Open House 1:00 A Ping Pong 2:00 C Episcopal Communion 2:00 B Private Event 2:30 E Episcopal Coffee 6:00 B Rummikub 6:30 A Movie	29 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 I Dog Visits 1:00 F Passport: Japan 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays	30 National Cheesecake Day 9:30 C RC Mass 10:00 A Line Dancing 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 Cheesecake in both Cafe areas 2:00 A Cornhole 3:00 D Scrabble 3:00 F Trivia 6:00 B Rummikub	31 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 Wandering Pam's Pub	



Mind-Blowing Brain Facts

Think on these facts in honor of your most complex organ to observe World Brain Day on July 22.

The brain consumes 20% of the body's energy.

There are more connections in the brain than there are stars in our galaxy.

A person uses their entire brain, in contrast to the popular myth that only 10% is used.

Happy Livers and Knees Full of Love

Ancient Mesopotamians had so much love in their ... livers. Researchers studying texts from 3,000 years ago have found that people related love to their livers and knees, in the same way that people across cultures today often relate love to the heart.

Mmm, Chocolate ... With Chili Peppers?

World Chocolate Day on July 7 may bring to mind truffles and favorite candy bars, but the use of chocolate far precedes today's sweet treats. Around 4,000 years ago, the Mayans used chocolate drinks to mark important ceremonies. The ancient drink was often made with chili peppers, honey and water.



July Fun Days

7 World Chocolate Day
10 French Fry Day
15 Gummi Worm Day
17 Tattoo Day
20 Fortune Cookie Day
20 Lollipop Day
30 Cheesecake Day

The Price of Proofreading

In 1962, NASA's unmanned Mariner 1, set to probe Venus, was destroyed minutes after launch thanks to a missing symbol in the code, which sent the spacecraft off course and millions of dollars up in smoke.

July Birthdays

2 Patricia (Trisha) Keyes
2 Phyllis Sheldon
4 Kathie Blozan
5 Nancy Shelbourne
6 Barbara Levy
7 Barbara Meyer
8 Judith Baghose
10 Adele Colston
11 Vel Pointer
15 Bonnie Arbuckle
15 Richard (Dick) Fudge
15 Rose Wimsatt
16 Frank Spellmon
18 Thomas Bunney
19 Evon Merrell
20 Sandra Gresham
22 David Neumann
24 Joann Claytor
26 Lorene Macemore
27 Carolyn Gordon-Loebig
29 Beverly Outlaw
29 Judith (Judy) Pierce
31 Joan Bloom