

# livfun

*The Ackerly at Timberland*

JULY 2020 · STORIES OF OLD GLORY

## Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

**“Yankee Doodle Dandy” (1942)** – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

**“The Longest Day” (1962)** – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

**“Glory” (1989)** – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

**“Independence Day” (1996)** – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind

make this action movie a favorite decades after it premiered.

**“Miracle” (2004)** – This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

**“Captain America: The First Avenger” (2011)** – With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

**“Hidden Figures” (2016)** – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.

## A ‘Beautiful’ Tribute

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, *The Congregationalist*, on July 4, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.



## A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial’s most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war’s cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder “Freedom is not free” is engraved on the pool’s stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall’s polished surface also reflects the memorial’s 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.

## In the Swim

When the summertime temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men's suits covered their chests and legs.
- The term "swimming suit" was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.
- In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.
- On July 5, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.
- Movie actresses Rita Hayworth, Ava Gardner and Brigitte Bardot helped popularize the bikini.
- The invention of nylon and spandex made swimsuits more flexible and formfitting.
- Surfing culture and the beach party films of the 1950s and '60s sparked new and colorful swimsuit fashions for both women and men.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some people now opt to wear swim shirts with a UPF rating, indicating a fabric's ultraviolet protection factor, indicating how much of the sun's UV rays it blocks.

## Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

**Hands** – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

**Wrists and arms** – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

**Legs** – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

**Body stretch** – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then "open the book" by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.

## July Birthdays

MarJean Moore, 11th

### THE ACKERLY

AT TIMBERLAND

A LEISURE CARE PREMIER COMMUNITY

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## A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit [www.leisurecare.com/communication-plan](http://www.leisurecare.com/communication-plan). Please contact your management team if you have any questions.

## Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

### Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

### Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

## Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

## Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

## Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4							7
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

## Sundae Edition

**Q:** Why did the news reporter go to the ice cream parlor?

**A:** She wanted to get the scoop!

## THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R  
R M N A N G

I Z E S O T A H A W N E W M O T F K E I  
N O C O N N E C I A O R E E C E L S B N  
O N T T U C I T D I N O G X I N O A R I  
R A E X A S O H A I E E S S E N R A G A  
T N A O K L A C O L O N C S I W I D E A  
H E D A M O H O D A R E O N S I N L O I  
C V A N E W H A E I Y W O H A N A O R G  
A R O L I N A M R N O R K I I S I U M I  
P E N N S Y L P I D N A M O F I L A C S  
Y W A I N A V S H I A I A T O R N I A S  
O M I N G S I P P I E N V N S N I R U O  
M I S S I S N M N M D A E O O O A H I M  
S A S N A K E I A A N N R M U R T A O O  
M Y K R E J W C G R A I L O T T O T W N  
A K E S R R A H I Y L A A R H H K U A T  
S C N E H K A N S A S L K A C D A A N A  
S U T Y O D E D E L A A S I L L I N O A  
A N G T O N I E R A W A W E S T V I I T  
C I H S A W S L A N D L A I N I G R S O  
H U S E T T S A M A B A S O U T H D A K

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

## Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes


1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

9	2	1	6	4	7	8	5	3
4	6	3	2	5	7	1	8	9
5	1	8	9	7	6	3	4	2
2	9	7	4	3	1	6	8	5
8	4	6	5	2	8	1	7	9
3	8	2	3	9	4	2	5	7
1	5	7	9	6	1	8	3	4
3	4	6	5	2	8	1	7	9
6	8	5	3	1	9	4	2	7
7	3	4	2	8	5	9	6	1
9	2	1	6	4	7	8	5	3

The 50 States



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> Activity/ Game Room, ARL Assisted Living, AL Channel 981, 981 Columbia Room, CR Cornell's Restaurant, CR Courtyard, CY Dining Room, DR</p>	<p>Entertainment Room, ER Flag Pole, FP Lobby, LB Maritime Room, MR Miller's Pub, MP Off Campus, OC PrimeFit Gym, Gym TV Room, TVR</p>	<p><b>Transportation</b> Sunday, TBD: TBD</p> <p><b>Birthdays</b> MarJean Moore, 11th</p>	<p>1</p> <p>9:00 ● Baking Square, DR 10:00 ● Ball Toss, MR 11:00 ● Music Appreciation, MR 2:00 ● Bingo!, MR 3:00 ● Afternoon Walk, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie, MR</p>	<p>2</p> <p>9:00 ● Baking Square, DR 10:00 ● Puzzles &amp; Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR</p>	<p>3</p> <p>9:00 ● Baking Square, DR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Art Coloring, MR 3:00 ● Balloon Volleyball, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>4</p> <p><b>INDEPENDENCE DAY</b></p> <p>9:00 ● Baking Square, DR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, MR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>
<p>5</p> <p>9:00 ● Baking Square, DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, MR 2:00 ● Book Club, MR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>6</p> <p>9:00 ● Baking Square, DR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● Singalong, MR <b>1:30 ● Music Therapy with Alexis, TVR</b> 2:00 ● Bingo!, MR 3:00 ● Mad Libs, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>	<p>7</p> <p>9:00 ● Baking Square, DR 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR</p>	<p>8</p> <p>9:00 ● Baking Square, DR 10:00 ● Ball Toss, MR 11:00 ● Music Appreciation, MR 2:00 ● Bingo!, MR 3:00 ● Afternoon Walk, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie, MR</p>	<p>9</p> <p>9:00 ● Baking Square, DR 10:00 ● Puzzles &amp; Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR</p>	<p>10</p> <p>9:00 ● Baking Square, DR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Art Coloring, MR 3:00 ● Balloon Volleyball, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>11</p> <p>9:00 ● Baking Square, DR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, MR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>
<p>12</p> <p>9:00 ● Baking Square, DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, MR 2:00 ● Book Club, MR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>13</p> <p>9:00 ● Baking Square, DR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● Singalong, MR 2:00 ● Bingo!, MR 3:00 ● Mad Libs, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>	<p>14</p> <p>9:00 ● Baking Square, DR 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR</p>	<p>15</p> <p>9:00 ● Baking Square, DR 10:00 ● Ball Toss, MR 11:00 ● Music Appreciation, MR 2:00 ● Bingo!, MR 3:00 ● Afternoon Walk, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie, MR</p>	<p>16</p> <p>9:00 ● Baking Square, DR 10:00 ● Puzzles &amp; Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR</p>	<p>17</p> <p>9:00 ● Baking Square, DR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Art Coloring, MR 3:00 ● Balloon Volleyball, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>18</p> <p>9:00 ● Baking Square, DR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, MR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>
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<p>26</p> <p>9:00 ● Baking Square, DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, MR 2:00 ● Book Club, MR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	<p>27</p> <p>9:00 ● Baking Square, DR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● Singalong, MR 2:00 ● Bingo!, MR 3:00 ● Mad Libs, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR</p>	<p>28</p> <p>9:00 ● Baking Square, DR 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR</p>	<p>29</p> <p>9:00 ● Baking Square, DR 10:00 ● Ball Toss, MR 11:00 ● Music Appreciation, MR 2:00 ● Bingo!, MR 3:00 ● Afternoon Walk, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie, MR</p>	<p>30</p> <p>9:00 ● Baking Square, DR 10:00 ● Puzzles &amp; Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR</p>	<p>31</p> <p>9:00 ● Baking Square, DR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Art Coloring, MR 3:00 ● Balloon Volleyball, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie, MR</p>	 <p><b>opal key</b></p> <ul style="list-style-type: none"> <li>Physical</li> <li>Social</li> <li>Experiential</li> <li>Emotional &amp; Spiritual</li> <li>Creative &amp; Artistic</li> <li>Therapeutic</li> <li>Sensory</li> </ul>