

# livfun

*The Ackerly at Timberland*

AUGUST 2020 · TOP OF THE CLASS



## Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape, and they could be made much faster and were more available as an everyday treat.

Marshmallows inspired the creation of many popular recipes and products, including s'mores, Rice Krispies Treats, Moon Pies and spreadable Marshmallow Fluff.

From miniature to jumbo shapes and a variety of colors and flavors, over 90 million pounds of marshmallows are eaten each year in the U.S.

## Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.

## August Birthdays

Heather Down, 1st	Shirley Stauffer, 14th	Gwyneth Rochlin, 18th	Albert Hanson, 24th	Ruth Nakata, 28th
Stephanie Nute, 7th	Wade Townsend, 14th	Ginny Fitzhenry, 24th	Jimmy Hicks, 28th	Joanne Johnson, 28th
Arlene Lee, 10th	Rosemary Pullin, 17th		Shirley Chin, 28th	

# Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it “the day we have been waiting for since Pearl Harbor,” U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany’s surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City’s Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan’s formal surrender took place a few weeks later on Sept. 2.

# Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called hamacas. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took hamacas back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel’s movement. Through the 20th century, hammocks were standard equipment on naval vessels.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock’s gentle rocking helps people doze off faster and get a deeper sleep.

# Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

**Mango** – This fruit’s thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

**Papaya** – The pear-shaped papaya’s soft, orange interior is rich in antioxidants. It’s often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

**Guava** – Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

**Passion fruit** – The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

**Lychee** – Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee’s flavor is described as light and floral, with hints of strawberry, watermelon and grape.

## THE ACKERLY

AT TIMBERLAND

A LEISURE CARE PREMIER COMMUNITY

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## A Message From Leisure Care

As you know, due to the continuing situation brought on by COVID-19, we have modified our schedule of activities in order to keep our residents and staff safe and healthy. Instead of the monthly calendar, we are using this space to provide additional activities you can do at your leisure. Again, we thank you for your support and cooperation as we settle into new routines.

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

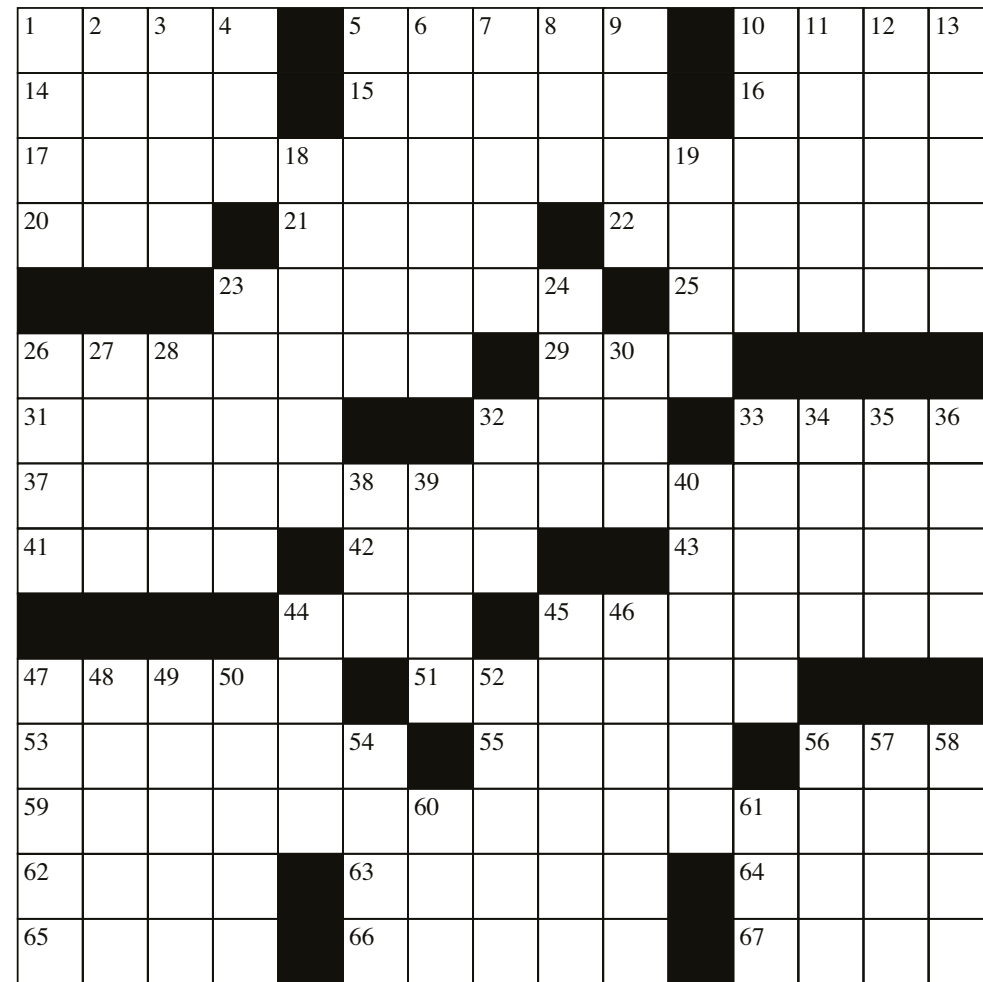
## Brain Bender: At the Beach

Leo, Sabrina and Vicky went to the beach. Each of them saw a sea creature—starfish, crab and jellyfish—and enjoyed a treat from the concession stand—ice cream, snow cone and hot dog. They also met new friends by joining in an activity—Frisbee, volleyball and flying a kite.

Using the clues, can you figure out how each person spent the day?

- Sabrina did not play volleyball, see a crab, or eat a snow cone.
- The person who flew a kite also saw a jellyfish.
- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

## Crossword Puzzle



### ACROSS

- Airport-to-hotel transports
- Wash
- Incline
- Make \_\_\_; sit
- Misshapen folklore man
- Hip sections
- Welterweight champ, once
- Morns, for short
- "I'm so hungry, I could \_\_\_ horse!"
- Northern part of Ireland
- In a risk-free manner
- Waterbirds
- Job applicant papers
- Tumor's suffix
- Love, in Livorno
- Representative: abbr.
- Word with horn or drum
- First Englishman to sail around the world
- Elected official: abbr.
- Kennel boarder
- Eagle's home
- "\_\_\_ got the whole world in His..."
- Items for baby
- Dwelling
- i.e.
- Warp
- Years in Mexico
- Prefix for center or gram
- Pat Nixon's predecessor
- Late coming back?
- Foot support
- Dill herb
- Comedienne Martha
- Grammar book chapter
- Rule out

### DOWN

- Hombre's home
- Former student, for short
- Works in a market
- Seated bath
- Attack with gunfire
- Boxes
- Flush type
- Univ. of Louisiana at Lafayette, for short
- \_\_\_ cheese dressing
- Hair solution
- Like a bird
- Muddy spots
- Man of the cloth
- Hole-enlarging tool
- Olympian Korbut
- Enjoys a water sport
- Name for a cartoon bear
- Scrape
- Muslim leader
- Teed off
- Rainier & McKinley: abbr.
- \_\_\_ up: misbehave
- British machine guns
- River in Switzerland
- Short theatrical sketch
- Uses one of the senses
- Gorilla
- Fit snugly together
- Breakfast request
- Thyme or basil
- Musical instruments
- Peter \_\_\_
- Philosopher/educator Mortimer
- Blessed: Lat.
- See the light \_\_\_; come into existence
- Author whose monogram was ACD
- Wore
- Water vapor
- One in bondage
- Verse composer
- One \_\_\_ one is one
- Traveler's way: abbr.
- Of a branch of the mil.

## Paws-itively Famous

Match the famous canine character to their movie role.

### Dog Character

- Copper
- Fly
- Pongo
- Old Dan
- Buck
- Slinky
- Petey
- Dug

### Movie

- "Up"
- "The Call of the Wild"
- "Toy Story"
- "The Little Rascals"
- "The Fox and the Hound"
- "Babe"
- "Where the Red Fern Grows"
- "101 Dalmatians"

## Tongue-Tied

Try these tongue-twisting combinations without getting tripped up!

- She sees cheese.
- He threw three free throws.
- How can a clam cram in a clean cream can?
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday.
- If you must cross a coarse cross cow across a crowded cow crossing, cross the cross coarse cow across the crowded cow crossing carefully.
- Researchers say this phrase is the world's most difficult tongue twister: Pad kid poured curd pulled cord.

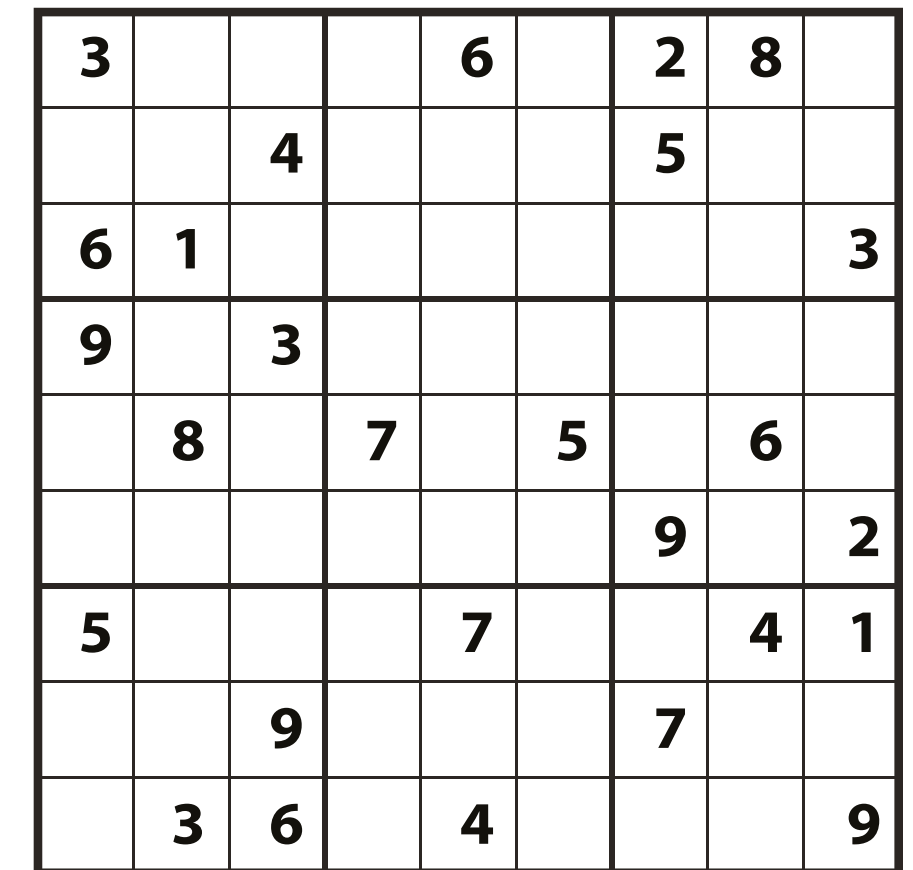
## Word Challenge

Create three different words using the letters A, E, I, M, N and R. You must use all the letters for each word.

## 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.



## Just for Laughs

**Q:** How do you fix a broken tomato?

**A:** With tomato paste!

## Puzzle Solutions

### Brain Bender: At the Beach

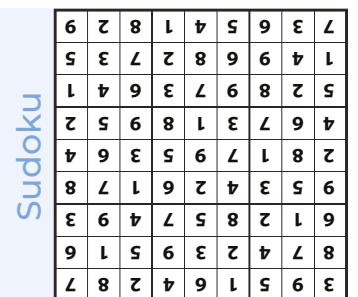
Leo saw a crab, ate a hot dog, and played volleyball. Sabrina saw a starfish, ate ice cream, and played Frisbee. Vicky saw a jellyfish, ate a snow cone, and flew a kite.

### Paws-itively Famous



1. E; 2. F; 3. H; 4. G; 5. B; 6. C; 7. D; 8. A

### Word Challenge

airmen, marine, remain





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<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 Entertainment Room, ER Flag Pole, FP Lobby, LB	MarTime Room, MR Miller's Pub, MP Off Campus, OC PrimeFit Gym, Gym TV Room, TVR		9:00 ● Baking Square, DR <b>1</b> 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	
9:00 ● Baking Square, DR <b>2</b> 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	9:00 ● Baking Square, DR <b>3</b> 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	9:00 ● Baking Square, DR <b>4</b> 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR <b>3:00 ● Ice Cream Social, CY</b> 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>5</b> 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	9:00 ● Baking Square, DR <b>6</b> 10:00 ● Puzzles & Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR <b>1:30 ● Musical Performance by Dom Franco, CY</b> 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>7</b> 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	9:00 ● Baking Square, DR <b>8</b> 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	
9:00 ● Baking Square, DR <b>9</b> 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	9:00 ● Baking Square, DR <b>10</b> 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● Singalong, MR <b>1:30 ● Music Therapy with Alexis, CY</b> 2:00 ● Bingo!, MR 3:00 ● Mad Libs, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>11</b> 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR <b>3:00 ● Ice Cream Social, CY</b> 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>12</b> 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	9:00 ● Baking Square, DR <b>13</b> 10:00 ● Puzzles & 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	9:00 ● Baking Square, DR <b>14</b> 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	9:00 ● Baking Square, DR <b>15</b> 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	
9:00 ● Baking Square, DR <b>16</b> 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	9:00 ● Baking Square, DR <b>17</b> 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	9:00 ● Baking Square, DR <b>18</b> 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR <b>3:00 ● Ice Cream Social, CY</b> 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>19</b> 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	9:00 ● Baking Square, DR <b>20</b> 10:00 ● Puzzles & Coloring, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR <b>1:30 ● Musical Performance by Steve West, CY</b> 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>21</b> 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	9:00 ● Baking Square, DR <b>22</b> 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	
9:00 ● Baking Square, DR <b>23</b> 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	9:00 ● Baking Square, DR <b>24</b> 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	9:00 ● Baking Square, DR <b>25</b> 10:00 ● Travel Talk, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrapbooking, MR <b>3:00 ● Ice Cream Social, CY</b> 5:00 ● Bean Bag Game, MR 6:00 ● Evening Movie, MR	9:00 ● Baking Square, DR <b>26</b> 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	9:00 ● Baking Square, DR <b>27</b> 10:00 ● Puzzles & 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	9:00 ● Baking Square, DR <b>28</b> 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	9:00 ● Baking Square, DR <b>29</b> 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	
9:00 ● Baking Square, DR <b>30</b> 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	9:00 ● Baking Square, DR <b>31</b> 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					<b>Birthdays</b> Albert Hanson, 24th Ruth Nakata, 28th	<b>Transportation</b> Sunday, TBD: TBD

