

#### JULY 2020 · STORIES OF OLD GLORY

## Memorial **Day Photos**



Memorial Day Event



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## 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.

### Ketchup on Some French Fry History

"Do you want fries with that?" It's a question that many folks answer with an enthusiastic "Yes!" In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it's difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested that a White House dinner in 1802 include "potatoes served in the French manner." By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.

#### 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.

## THE LANDING OF SILVER SPRING

13908 New Hampshire Ave. Silver Spring, MD 20904 301.388.7700

#### Staff

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Terri Jordan Deborah Durgadeen Sydney Evans **Plant Operations** Edward Sinclair

Opal Manager

Florence Ngundam

						SILVER SFRING
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 Coffee & 1 Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Arts & Crafts, TH 2:00 TED Talks, GR 3:00 Mindful Meditation 3:00 Cornhole, GR 4:00 What would you do?, GR 6:00 Bingo Game, GR	WORLD UFO DAY  10:00 Coffee & Conversations, BI 10:30 TheraBand Stretching, GR 11:00 Daily Chronicle, GR 11:30 SALON DAY 3:00 The Ungame, BI 4:00 Listening Party (Back Courtyard) 6:00 Wii Game Choice, GR	10:00 Coffee & Conversations, BI	10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PI 11:00 Daily Chronicle, GR 11:30 Finishing Lines, GR 2:00 Happy Hour/ Entertainment, BI 4:00 What would you do?, C
0:00 Coffee & Conversations, BI 10:30 Cycling, GR 11:00 Joel Osteen, GR 2:00 Classic TV, AR 3:00 Cornhole, GR 4:00 Fun in the Sun, GR 6:00 Crossword Puzzle, BI	FRIED CHICKEN DAY  10:00 Coffee &	CHOCOLATE DAY  10:00 Coffee &	10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Scrabble Game, CR 2:00 Ice Cream Social Outdoor, CR 3:00 Memory Games 4:00 What would you do?, GR 6:00 Wii Game Choice, GR	11:00 Daily Chronicle, GR 11:30 SALON DAY 2:00 Ice Cream in the Sun, FL 3:00 The Ungame, BI 4:00 Listening Party	PIÑA COLADA DAY  10:00 Coffee & Conversations, BI  10:30 Cycling, GR  11:00 Daily Chronicle, PFG  11:30 Hangman, GR  2:00 Movie Matinee, TH  3:00 Brain HQ, CR  6:00 Late night Movie, TH	SEVEN 11 DAY  10:00 Coffee &
PECAN PIE DAY  0:00 Coffee &	FRENCH FRY DAY  10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Table Games & Puzzles, GR 2:00 Movie Matinee, TH 2:00 SHOPPING TRIP 4:00 What would you do?, GR 6:00 Bingo Game, GR	COW APPRECIATION DAY  10:00 Coffee &	10:00 Coffee & 15 Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Arts & Crafts, TH 2:00 TED Talks, GR 3:00 Mindful Meditation 3:00 Cornhole, GR 4:00 What would you do?, GR 6:00 Bingo Game, GR	10:00 Coffee & Conversations, BI 10:30 TheraBand Stretching, GR 11:00 Daily Chronicle, GR 11:30 Words with in Words 11:30 SALON DAY 3:00 The Ungame, BI 4:00 Listening Party (Back Courtyard) 6:00 Wii Game Choice, GR	10:00 Coffee &	7 10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PI 11:00 Daily Chronicle, GR 11:30 Finishing Lines, GR 2:00 Happy Hour/ Entertainment, BI 4:00 Wii Bowling, GR 4:00 What would you do?, C
CE CREAM DAY  10:00 Coffee &	10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Card Games, CR 2:00 Movie Matinee, TH 3:00 TED Talks 4:00 What would you do?, GR 6:00 Bingo Game, GR	10:00 Coffee & Conversations, BI 10:30 Cycling, GR 11:00 Daily Chronicle, GR 11:30 Poetry Readings, GR 2:00 Movie Matinee, TH 4:00 Fun in the Sun, GR 6:00 Crossword Puzzle, BI	HOT DOG DAY  10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Scrabble Game, CR 2:00 Ice Cream Social Outdoor, CR 3:00 Memory Games 3:00 Cornhole, GR 6:00 Late night Movie, TH	VANILLA ICE CREAM DAY  10:00 Coffee & Conversations, BI 10:30 TheraBand Stretching, GR 11:00 Daily Chronicle, GR 11:30 SALON DAY  2:00 Ice Cream in the Sun, FL 3:00 The Ungame, BI 4:00 Listening Party (Back Courtyard) 6:00 Word Searches, BI	TEQUILA DAY  10:00 Coffee &	10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PF 11:00 Daily Chronicle, GR 11:30 Finishing Lines, GR 2:00 Happy Hour/ Entertainment, BI 4:00 What would you do?, C
10:00 Coffee & Conversations, BI 10:30 Cycling, GR 11:00 Joel Osteen, GR 11:30 You Be the Judge, AR 2:00 Classic TV, AR 3:00 Listening Party (Back Courtyard) 6:00 Word Searches, BI	NEW JERSEY DAY  10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Table Games & Puzzles, GR 2:00 Movie Matinee, TH 2:00 SHOPPING TRIP 4:00 What would you do?, GR 6:00 Bingo Game, GR	10:00 Coffee & Conversations, BI 10:30 Cycling, GR 11:00 Daily Chronicle, GR 11:30 You Be the Judge, AR 2:00 Movie Matinee, TH 6:00 Wii Game Choice, GR 6:00 Word Searches, BI	LASAGNA DAY 7/29  10:00 Coffee & Conversations, BI 10:30 Pilates & Stretching, PFG 11:00 Daily Chronicle, GR 11:30 Q& A with Health	FRIENDSHIP DAY  10:00 Coffee & Conversations, BI 10:30 TheraBand Stretching, GR 11:00 Daily Chronicle, GR 11:30 SALON DAY  2:00 Totally Trivia, BI 3:00 The Ungame, BI 4:00 Listening Party (Back Courtyard) 6:00 Walking Club	AVOCADO DAY  10:00 Coffee &	Locations Activity Room, AR Bistro, BI Card Room, CR Dining Room, DR Front Lounge Area, FL Game Room, GR Outing, O PrimeFit Gym, PFG Theater, TH

# Stories of Old Glory





G | MEMORY C A R E

30L1 2020	Stories of Old Clory				of SILVER SPRING		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
*Opal key  Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory			<ul> <li>10:30 • Gentle Chair Yoga, OAR</li> <li>11:00 • Bean Bag Toss, OAR</li> <li>11:30 • Opposites Word Game, OAR</li> <li>2:00 • Afternoon Walk Outside, OC</li> <li>2:30 • Brain Joggers, OCC</li> <li>3:00 • Wii Games, OFR</li> <li>4:00 • Relax &amp; Listen to Music Outside, OFR</li> <li>6:00 • Evening Movie, OFR</li> </ul>	<ul> <li>10:30 • Sit &amp; Lift, OAR 2</li> <li>11:00 • Indoor Bowling, OFR</li> <li>11:30 • Movie Matinee with Popcorn, TH</li> <li>2:00 • Virtual Travel Tour, OFR</li> <li>2:30 • Trivia &amp; Prizes, OAR</li> <li>3:00 • Cupcake Decorating, OCC</li> <li>4:00 • Bingo, OAR</li> <li>6:00 • Coloring, GR</li> </ul>	10:30 • Gentle Chair Yoga, OAR  11:00 • Balloon Volleyball, OAR  11:30 • Word Search, OFR  2:00 • YouTube Concert, OFR  2:30 • 20 Questions, OFR  3:00 • Wii Games, OFR  4:00 • Classical Music & Snacks Outside, OC  6:00 • Evening Movie, OFR	10:30 • Theraband Stretches, OAR 11:00 • Bean Bag Toss, OAR 11:30 • Opposites Word Game, OA 12:00 • FOURTH OF JULY CELEBRATION, OC 2:00 • Ice Cream Social, OC 3:00 • Wii Games, OFR 4:00 • Relax & Listen to Music Outside, OFR 6:00 • Evening Movie, OFR	
10:30 • Spiritual Service: TV 5 Broadcast, OFR  11:00 • Morning Group Walk  11:30 • Name 10, OAR  2:00 • Smoothie Making, OCC  2:30 • 20 Questions, OFR  3:30 • Documentary: National Geographic  4:00 • Bingo, OAR  6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR 11:00 • Balloon Volleyball, OAR 11:30 • Hidden Objects, OAR  2:00 • Scenic Drive, O  4:00 • Relax & Listen to Music Outside, OFR  6:00 • Evening Movie, OFR	10:30 • Sit & Lift, OAR  11:00 • Indoor Bowling, OFR  11:30 • Name 10, OAR  2:00 • Funny Videos, OFR  2:30 • Trivia & Prizes, OAR  3:00 • Arts & Crafts: Painting, CR  4:00 • Bingo, OAR  6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR 11:00 • Bean Bag Toss, OAR 11:30 • Puppy Therapy, OFR 2:00 • Afternoon Walk Outside, OC 2:30 • Brain Joggers, OCC 3:00 • Wii Games, OFR 4:00 • Relax & Listen to Music Outside, OFR 6:00 • Evening Movie, OFR	10:30 • Sit & Lift, OAR 9 11:00 • Indoor Bowling, OFR 11:30 • Movie Matinee with Popcorn, TH 2:00 • Virtual Travel Tour, OFR 2:30 • Trivia & Prizes, OAR 3:00 • Cupcake Decorating, OCC 4:00 • Bingo, OAR 6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR  11:00 • Balloon Volleyball, OAR  11:30 • Word Search, OFR  2:00 • YouTube Concert, OFR  2:30 • 20 Questions, OFR  3:00 • Wii Games, OFR  4:00 • Classical Music & Snacks Outside, OC  6:00 • Evening Movie, OFR	10:30 • Theraband Stretches, OAR  11:00 • Bean Bag Toss, OAR  11:30 • Opposites Word Game, OAR  2:00 • Ice Cream Social, OC  2:30 • Jokes & Riddles, OAR  3:00 • Wii Games, OFR  4:00 • Relax & Listen to Music Outside, OFR  6:00 • Evening Movie, OFR	
	<ul> <li>10:30 • Gentle Chair Yoga, OAR</li> <li>11:00 • Balloon Volleyball, OAR</li> <li>11:30 • Hidden Objects, OAR</li> <li>2:00 • YouTube Concert, OFR</li> <li>2:30 • Brain Joggers, OCC</li> <li>3:00 • Wii Games, OFR</li> <li>4:00 • Relax &amp; Listen to Music Outside, OFR</li> <li>6:00 • Evening Movie, OFR</li> </ul>	10:30 • Sit & Lift, OAR 11:00 • Indoor Bowling, OFR 11:30 • Name 10, OAR 2:00 • Funny Videos, OFR 2:30 • Trivia & Prizes, OAR 3:00 • Arts & Crafts: Collage, CR 4:00 • Bingo, OAR 6:00 • Coloring, GR	<ul> <li>10:30 • Gentle Chair Yoga, OAR 15</li> <li>11:00 • Bean Bag Toss, OAR</li> <li>11:30 • Drum Circle with Guest Teacher, OFR</li> <li>2:00 • Afternoon Walk Outside, OC</li> <li>2:30 • Brain Joggers, OCC</li> <li>3:00 • Wii Games, OFR</li> <li>4:00 • Relax &amp; Listen to Music Outside, OFR</li> <li>6:00 • Evening Movie, OFR</li> </ul>		10:30 • Gentle Chair Yoga, OAR  11:00 • Balloon Volleyball, OAR  11:30 • Word Search, OFR  2:00 • YouTube Concert, OFR  2:30 • 20 Questions, OFR  3:00 • Wii Games, OFR  4:00 • Classical Music & Snacks Outside, OC  6:00 • Evening Movie, OFR	10:30 • Theraband Stretches, OAR  11:00 • Bean Bag Toss, OAR  11:30 • Opposites Word Game, OAR  2:00 • Ice Cream Social, OC  2:30 • Jokes & Riddles, OAR  3:00 • Wii Games, OFR  4:00 • Relax & Listen to Music Outside, OFR  6:00 • Evening Movie, OFR	
D:30 • Spiritual Service: 19 TV Broadcast, OFR  1:00 • Morning Group Walk  1:30 • Name 10, OAR  2:00 • Smoothie Making, OCC  2:30 • 20 Questions, OFR  3:30 • Documentary: National Geographic  4:00 • Bingo, OAR  6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR  11:00 • Balloon Volleyball, OAR  11:30 • Hidden Objects, OAR  2:00 • YouTube Concert, OFR  2:30 • Brain Joggers, OCC  3:00 • Wii Games, OFR  4:00 • Relax & Listen to Music Outside, OFR  6:00 • Evening Movie, OFR	10:30 • Sit & Lift, OAR 11:00 • Indoor Bowling, OFR 11:30 • Name 10, OAR 2:00 • Funny Videos, OFR 2:30 • Trivia & Prizes, OAR 3:00 • Arts & Crafts: Beading, CR 4:00 • Bingo, OAR 6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR 11:00 • Bean Bag Toss, OAR 11:30 • Opposites Word Game, OAR 11:30 • French Bakery Lunch Outing, O 2:00 • Afternoon Walk Outside, OC 2:30 • Brain Joggers, OCC 3:00 • Wii Games, OFR 4:00 • Relax & Listen to Music Outside, OFR 6:00 • Evening Movie, OFR		10:30 • Gentle Chair Yoga, OAR 24 11:00 • Balloon Volleyball, OAR 11:30 • Word Search, OFR 2:00 • YouTube Concert, OFR 2:30 • Monthly Birthday Celebration! 2:30 • 20 Questions, OFR 3:00 • Wii Games, OFR 4:00 • Classical Music & Snacks Outside, OC 6:00 • Evening Movie, OFR	10:30 • Theraband Stretches, OAR  11:00 • Bean Bag Toss, OAR  11:30 • Opposites Word Game, OAR  2:00 • Ice Cream Social, OC  2:30 • Jokes & Riddles, OAR  3:00 • Wii Games, OFR  4:00 • Relax & Listen to Music Outside, OFR  6:00 • Evening Movie, OFR	
0:30 • Spiritual Service: 26 TV Broadcast, OFR  11:00 • Morning Group Walk  11:30 • Name 10, OAR  2:00 • Smoothie Making, OCC  2:30 • 20 Questions, OFR  3:30 • Documentary: National Geographic  4:00 • Bingo, OAR  6:00 • Coloring, GR	<ul> <li>10:30 • Gentle Chair Yoga, OAR</li> <li>11:00 • Balloon Volleyball, OAR</li> <li>11:30 • Hidden Objects, OAR</li> <li>2:00 • YouTube Concert, OFR</li> <li>2:00 • Scenic Drive, O</li> <li>4:00 • Relax &amp; Listen to Music Outside, OFR</li> <li>6:00 • Evening Movie, OFR</li> </ul>	10:30 • Sit & Lift, OAR  11:00 • Indoor Bowling, OFR  11:30 • Name 10, OAR  2:00 • Funny Videos, OFR  2:30 • Trivia & Prizes, OAR  3:00 • Arts & Crafts: Card Making, CR  4:00 • Bingo, OAR  6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR 11:00 • Bean Bag Toss, OAR 11:30 • Opposites Word Game, OAR 2:00 • Afternoon Walk Outside, OC 2:30 • Brain Joggers, OCC 3:00 • Wii Games, OFR 4:00 • Relax & Listen to Music Outside, OFR 6:00 • Evening Movie, OFR	10:30 • Sit & Lift, OAR  11:00 • Field Trip: Botanical Gardens, O  2:00 • Virtual Travel Tour, OFR  2:30 • Trivia & Prizes, OAR  3:00 • Cupcake Decorating, OCC  4:00 • Bingo, OAR  6:00 • Coloring, GR	10:30 • Gentle Chair Yoga, OAR  11:00 • Balloon Volleyball, OAR  11:30 • Word Search, OFR  2:00 • YouTube Concert, OFR  2:30 • 20 Questions, OFR  3:00 • Wii Games, OFR  4:00 • Classical Music & Snacks Outside, OC  6:00 • Evening Movie, OFR	Locations Bistro, BI Card Room, CR Game Room, GR Opal Activity Room, OAR Opal Cafe Corner, OCC Opal Courtyard, OC Opal Family Room, OFR Outing, O Theater, TH	