

SPECIAL EVENTS

July 3rd. Celebrate the 4th of July with a Picnic (Clubhouse) 12:00 Join us for an Independence Day cookout! Enjoy Burgers, hot dogs, red potato salad, baked beans, coleslaw and dessert. **Cost: \$12.00.**

July 10th Great Discussions “How to Make Stress Your Friend” (Clubhouse) 1:00 pm Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive and introduces us to an unsung mechanism for stress reduction: reaching out to others.

July 6th Virtual Voyager “Christmas in NYC!”(Clubhouse) 1:00 pm Discover the ultimate Christmas adventure in New York City with our 4-day holiday itinerary, perfectly designed to capture the magic of the season. From iconic landmarks like the Rockefeller Center Christmas Tree to hidden winter gems, this guide is filled with festive activities, including exploring holiday markets like Bryant Park Winter Village, savoring seasonal treats, ice skating at Central Park’s Wollman Rink, and marveling at the dazzling window displays on Fifth Avenue. We also take you to the enchanting Dyker Heights lights and recommend the best Broadway Christmas shows. Packed with insider tips, budget-friendly suggestions, and must-visit restaurants serving seasonal dishes, this itinerary is ideal for solo travelers, couples, and families seeking a memorable holiday experience. Plan your trip with ease as we cover where to stay, how to navigate the city during the holiday rush, and the best local spots to make your New York City Christmas truly unforgettable. Watch now and start planning your festive adventure today!

July 21st Pizza & Movie “Christmas with the Kranks” (2004) (Clubhouse) *Christmas with the Kranks* follows Luther and Nora Krank, who plan to skip Christmas for a Caribbean cruise while their daughter is away, only to scramble when she decides to return unexpectedly. The film blends slapstick comedy with a lighthearted holiday message, offering festive humor and community spirit. While critics were mixed, many enjoy its heartwarming family appeal, making it a fun seasonal choice for those after easy holiday viewing. **5:00 pm** Rated PG **Cost: \$5.00**

July 30th Christmas in July Dinner & Dessert Potluck (Clubhouse) 4:30 pm Who says Christmas only comes once a year? Let’s deck the palms, sip something warm or cold, and jingle all the way into summer! Join us for a Christmas in July party you won’t forget." The menu includes turkey, ham, mashed potatoes, stuffing, gravy, green beans and cranberry sauce! Residents can sign up to bring sides, desserts potluck style. Please bring a dessert to share with all! **Cost: \$22.00**

July 2026



The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times.

Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn’t a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven’t disappeared—they’ve simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.



Additional programs & events scheduled for the month of July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: ** - Registration Required \$\$- Cost OFF – Off Campus CH – Club House ZP – Zimmerman Place WS – Wellness Suite GR – Gathering Room		1 9:00 Shopping Giant (OFF) 1:00 Trivia with Friends**(CH) 2:00 Cribbage (CH) 6:30 Game Night (CH)	2 9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 12:00 Pinochle (CH) 1:00 Singalong with Joan (ZP) 2:00 Social Life Committee Meeting (CH)	3 10:00 Painting 201 (CH) 12:00 July 4 th Cookout**(CH) \$\$CD 6/29	 4
5	6 11:00 Board Game Day (CH) 1:00 Virtual Vacation “Christmas in NYC” **(CH) 2:00 Exercise with Kim (CH) 3:00 Wii Bowling & Ping Pong (CH)	7 10:00 Move! (CH) 10:15 RL Board Meeting (CH) 11:00 Blood Pressure Clinic (WS) 12:00 Pinochle (CH)	8 9:00 Shopping Giant (OFF) 10:00 Lunch at Greenfield & Bird in Hand **(OFF) \$\$CD 7/6 2:00 Cribbage (CH) 6:30 Game Night (CH)	9 9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 12:00 Pinochle (CH) 1:00 Singalong with Joan (ZP) 1:00 Veterans & Spouse Ice Cream Social **(CH) CD	10 1:00 Great Discussions **(CH) 5:30 Summer Carnival **(CH) CD 7/6	11
12	13 11:00 Board Game Day (CH) 2:00 Exercise with Kim (CH) 3:00 Wii Bowling & Ping Pong (CH)	14 10:00 Move! (CH) 11:00 Blood Pressure Clinic (WS) 12:00 Pinochle (CH) 3:00 Home Interest Topics**(CH)	15 9:00 Shopping Giant (OFF) 10:00 Stitch Witchery (CH) 1:00 Bingo (CH) 2:00 RLA Meeting (CH) Brit? 6:30 Game Night (CH)	16 9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 12:00 Pinochle (CH) 1:00 Singalong with Joan (ZP) 4:00 Cocktails & More **(CH) CD 6/16	17 10:00 Painting 201 (CH) 1:00 Ice Cream Social **(CH) CD 7/15 3:00 Wii Bowling & Ping Pong (CH)	18
19	20 11:00 Board Game Day (CH) 2:00 Exercise with Kim (CH) 3:00 Wii Bowling & Ping Pong (CH) 5:00 Pizza & Movie “Christmas with the Kranks” **(CH) \$\$ CD 7/17	21 10:00 Move! (CH) 10:30 Coffee & Conversation (CH) 11:00 Blood Pressure Clinic (WS) 12:00 Pinochle (CH)	22 9:00 Shopping Giant (OFF) 1:00 Craft Corner” Christmas in July” **(CH) CD 7/17 2:00 Cribbage (CH) 6:30 Game Night (CH)	23 9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 12:00 Pinochle (CH) 1:00 Singalong with Joan (ZP) 10:45 Lunch Out” Side Street Café & Shopping at Wegmans **(OFF) \$\$CD	24 3:00 Wii Bowling & Ping Pong (CH)	25
26	27 11:00 Board Game Day (CH) 2:00 Exercise with Kim (CH) 3:00 Wii Bowling & Ping Pong (CH)	28 10:00 Move! (CH) 11:00 Blood Pressure Clinic (WS) 12:00 Pinochle (CH) 4:00 Dinner Out “Casa Mia” **(OFF) \$\$CD 7/24	29 9:00 Shopping Giant (OFF) 2:00 Cribbage (CH) 11:00 Pride of the Susquehanna Boat Ride**(OFF) \$\$CD 7/24 6:30 Game Night (CH)	29 9:00 Saubel's/Bank Run (OFF) 10:00 Move! (CH) 12:00 Pinochle (CH) 1:00 Singalong with Joan (ZP) 4:30 Christmas in July Dinner **(CH) \$\$CD 7/24	31 3:00 Wii Bowling & Ping Pong (CH)	