

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.



Activity Calendar

July 2026



Loretta Mellinger

Connie Roller

Kathy Lever

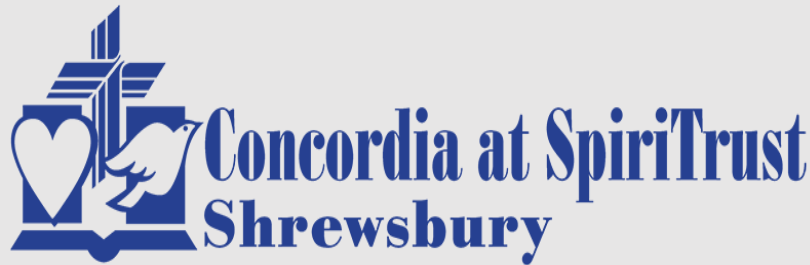
Jim Parks



I Hear America Singing

BY WALT WHITMAN

I hear America singing, the varied carols I hear,
Those of mechanics, each one singing his as it should be blithe and strong,
The carpenter singing his as he measures his plank or beam,
The mason singing his as he makes ready for work, or leaves off work,
The boatman singing what belongs to him in his boat, the deckhand
singing on the steamboat deck,
The shoemaker singing as he sits on his bench, the hatter singing as he
stands,
The wood-cutter's song, the ploughboy's on his way in the morning, or at
noon intermission or at sundown,
The delicious singing of the mother, or of the young wife at work, or of
the girl sewing or washing,
Each singing what belongs to him or her and to none else,
The day what belongs to the day—at night the party of young fellows,
robust, friendly,
Singing with open mouths their strong melodious songs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Key GR—Gathering Room OV—Orchard View FW—Freedom Way FL—Front Lobby L—Library DR—Dining Room CR—Conference Room ** — Sign-up Required Programs are subject to change						
			1 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Coffee & Good News (GR) 11:00 Lunch/Shopping at Brown's Orchards (FL)(**) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	2 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 2:00 Resident Council (GR) 3:00 Reading Circle: "Changing Seasons" (GR)	3 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Tea & Brain Tickers (GR) 11:30 Independence Day Picnic (Café) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	4 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Patriotic Hymn Singalong (GR) 2:00 Movie Matinee: "1776" (GR)
5 1:00 Worship Service (GR) 2:00 Movie Matinee: "Yankee Doodle Dandy" (GR)	6 9:30 Morning Start-Up (GR) 9:45 Chair Dancing with Amanda (GR) 10:30 Trivia (GR) 1:00 Craft: "Wooden American Flags" (GR) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	7 9:30 Morning Start-Up (GR) 9:45 "Forever Fit" Exercise (GR) 10:30 Nature Journalling Club (GR) 1:30 Walker/Wheelchair Car Wash (Café)(**) 3:00 Documentary: "Cary Grant: The Man He Dreamed of Being" (GR)	8 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Piano w/ Joan (L) 2:30 Country Drive & Chilly Willie's Snowballs (FL)(**) 3:00 Documentary: "Young @ Heart" (GR)	10 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Tea & Brain Ticklers (GR) 1:00 Bingo (GR) 3:00 Layer by Layer Colonial Clothing Presentation with Melissa Alexander (GR) 5:30 Semiquincentennial Carnival (Café)	11 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (L) 2:00 Movie Matinee: "Mr. Smith Goes to Washington" (GR)
12 1:00 Worship Service (GR) 2:00 Movie Matinee: "Dolly Parton's Coat of Many Colors" (GR)	13 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR)	14 9:30 Morning Start-Up (GR) 9:45 "Forever Fit" Exercise (GR) 10:30 Trivia (GR) 1:00 Travelogue: "Colonial Connecticut" (GR) 3:00 Singalong with Lona & Trudy (GR)	15 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 10:30 Lunch Out to the Old Farmhouse Tea Room (FL)(**) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	16 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Good News (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Bowling (GR)	17 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Live Harp Music with Shelly Hopkins (GR) 3:30 Bingo (GR)	18 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Reading Circle: "Who was Benjamin Franklin?" (GR) 2:00 Movie Matinee: "Anne of Green Gables" (GR)
19 1:00 Worship Service (GR) 2:00 Movie Matinee: "Giant" (GR)	20 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Men's Sit & Chat (GR) 1:00 Craft: "Painting Patriotic Beach Scenes" (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	21 9:30 Morning Start-Up (GR) 9:45 "Forever Fit" Exercise (GR) 10:30 Adelynn Wood Sings for America's 250th Anniversary (GR) 1:00 Shopping at Walmart (FL)(**) 1:00 Documentary: "The Presidents": Pt. 6: "Wilson to FDR" (GR)	22 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Nature Journalling Club (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	23 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Piano w/ Joan (L) 3:00 Open House with Friends: Kathy Lever 6:00 Live Music with Danny Dolan (GR)	24 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Kitchen Korner: "Making Homemade Butter" (OV)	25 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hangman (GR) 2:00 Movie Matinee: "Miracle on 34th Street" (GR)
26 1:00 Worship Service (GR) 2:00 Movie Matinee: "Young at Heart" (GR)	27 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	28 9:30 Morning Start-Up (GR) 9:45 "Forever Fit" Exercise (GR) 10:30 Trivia (GR) 1:00 Shopping at Boscov's (FL)(**) 1:00 Movie Matinee: "An American in Paris" (GR)	29 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Coffee & Good News (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	30 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Bowling (GR)	31 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: "Christmas in July" (GR)	Personal Care Community Programs & Events