



The Inn at Fairview Memory Care

203 Lowell Road • Hudson, NH 03051 • (603) 816-0070

Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!



'Bell' Is One

How many words can you come up with using the letters in "bald eagle"?



July 2024



Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.





July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|---|
| Happy Birthday! • Robin - 7/13 • Ron - 7/27 | Canada Day 1 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 July's monthly Gazette 2:00 Welcome July puzzles 3:00 Armchair Travel - Canada 6:00 Sing-Along | 2 10:00 Movin' & Groovin' 10:30 Patriotic music with Nadine 1:00 Current Events 2:00 Pool Noodle fun 3:00 Let's enjoy a frosty 6:00 Singers of Yesterday | 3 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Wiser now Wednesday 2:00 Rock painting 3:00 Jeopardy 6:00 Manicures | Independence Day 4 10:00 Morning Exercise 10:30 Current Events 1:00 America's Most Beautiful Natural Landscapes 2:00 Independence Day Party 3:00 Balloon Toss 6:00 Trivia | 5 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Andy Ross 3:00 Fun in the sun 6:00 Friday Night Flick | 6 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Entertainment with Bob Rutherford 3:00 Balloon Toss 6:00 Crafts |
| Strawberry Sundae Day 7 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Strawberry sundaes 6:00 Name That Tune | Blueberry Day 8 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Armchair travel - Roller coaster 2:00 Honky Tonk Piano with Gary 3:00 Let's have a freeze pop 6:00 Sing-Along | "Life Is Like a Box of Chocolates" Day 9 10:00 Movin' & Groovin' 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Ice Cream outing 2:00 Movie - Forrest Gump 3:00 Tom Hanks Trivia 6:00 Singers of Yesterday | 10 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Fun facts about Honeybees 2:00 Sing along with Chris Ekblom 3:00 Let's go Fishing 6:00 Manicures | 11 10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Entertainment with Peter Previte 3:00 Balloon Toss 6:00 Trivia | Motorcycle Day 12 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Fun Facts about Motorcycles 2:00 Entertainment with The Rockoholics 3:00 Balloon Tennis 6:00 Friday Night Flick | 13 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 True or false 6:00 The Lawrence Welk Show |
| 14 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Trivia 6:00 Name That Tune | 15 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Parachute Fun 2:00 Entertainment with Brain Weeks 3:00 Words in a Word 6:00 Sing-Along | 16 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Entertainment with Brian Henderson 3:00 Hula-Hoop games 6:00 Singers of Yesterday | 17 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's listen to some poetry 2:00 Entertainment with Chris Brunelle 3:00 Balloon Volleyball 6:00 Manicures | 18 10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Sing along with Bob Desmarais 3:00 Balloon Toss 6:00 Trivia | 19 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Sub Zero ICE CREAM demonstration 3:00 Ice cream fun facts 6:00 Friday Night Flick | 20 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Hot potato game 6:00 Crafts |
| 21 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Junk food games 6:00 Name That Tune | Blue Monday 22 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Words in a Word 2:00 Let's make some blueberry pancakes 3:00 Blueberry Watercolor Painting 6:00 Sing-Along | Get Outside Day 23 10:00 Movin' & Groovin' 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Outing 2:00 Sing along with Library Friends 3:00 Let's get outside 6:00 Singers of Yesterday | 24 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 How it's made 2:00 Sing along with Bob Baker 3:00 Pure gold jokes 6:00 Manicures | 25 10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Irish Music with Kevin Farley 3:00 Wheel of Fortune 6:00 Trivia | Summer Olympics 26 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Olympic Games 3:00 Bowling 6:00 Friday Night Flick | 27 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Bowling 6:00 The Lawrence Welk Show |
| 28 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Bean bag toss 6:00 Name That Tune | Getting to Know You Day 29 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's learn about different tiger species 2:00 Let's play Yes I have 3:00 Did you know? 6:00 Sing-Along | 30 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Elvis's Trivia 3:00 Country Music with Jackie Lee 6:00 Singers of Yesterday | Watermelon Day 31 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Wiser Now Wednesday 2:00 Country Music with Tim Barrett 3:00 Let's have some watermelon 6:00 Manicures | | | |

Resident Spotlight: Terry Davis



1. Where would you like to travel to?

"I would love to go to England."

2. Where is your hometown?

"Born in Nashua, NH." Spent most time in Dunstable,

MA

3. What do you like to do in your spare time?

"I like to read books."

4. What is your greatest accomplishment?

"Raising my 4 children."

5. What did you enjoy most about your career?

"I really liked being a secretary"

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: I have 4 daughters.

"This Month In History"

JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball's All-Star Game ends in a 7-7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.