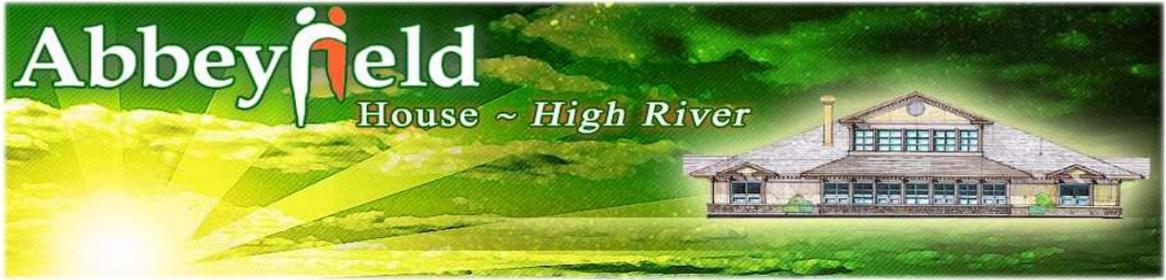




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A Great Living Choice for Seniors

EVENTS AROUND TOWN

Art in the Park & Bandstands
George Lane Park
Sundays in July and Aug
1 - 3:00 PM
Farmers' Market
Thursdays 3:30 - 6:30 PM

FITNESS GOALS

When you first started increasing your activity, you probably had one or more big goals in mind, like taking a summer hike with your family, walking 30 minutes every day, or lowering your blood pressure. These are long-term goals.

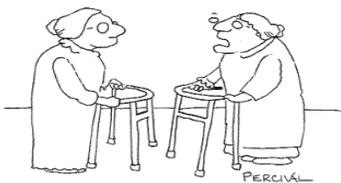
Are those goals the same today, should you change them?

Are you having trouble meeting those long-term goals?

You may need to come up with new short-term goals to help you get there. Short-term goals are things you want to do tomorrow and the day after.

Did you try to take on too much too fast? That's a reason why some people have trouble making activity a habit. Remember to make your short-term goals small steps. For example, if you want to build up to walking 30 minutes every day, start by walking just 10 minutes—or even 5 minutes—a day, a few days a week. After a week, add 1 or 2 minutes every day, or add another day to your schedule.

Did you meet your long-term goal and then stop? Good for you for meeting your goal! But now you need a new long-term goal to help you stay active. Even people who have been active for years set new goals to help themselves stay motivated.



"The trouble with today's generation is that they can't stand on their own two feet."

FOOD FOR THOUGHT

A little food for thought...A group of wolves:

The three in front are old & sick, they walk in front to set the pace of the running group lest they get left behind.

The next five are strongest & best, they are tasked to protect the front side if there is an attack.



The pack in the middle are always protected from any attack.



The five behind them are also among the strongest & best, they are tasked to protect the back side if there is an attack.

The last one is the LEADER. He ensures that no one is left behind. He keeps the pack unified and on the same path. He is always ready to run in any direction & serves as a 'bodyguard' to the entire group.

Just in case anyone wanted to know what it really means to be a leader. It's not about being out front. It means taking care of the team.

Abbeyfield House

CHUCKLE CORNER

Marriage Seminar

The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years.



Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you planned for your wife for your 50th anniversary."

Luigi proudly replied "I'm gonna go and get her."

FUN FACTS

- An iguana can stay under water for 28 minutes.
- Ancient Egyptians slept on pillows made of stone.
- The only two days of the year in which there are no professional sports games (MLB, NBA, NHL, or NFL) are the day before and the day after the Major League All-Star Game.

At the Salon

I overheard the receptionist admit to another customer, "I haven't taken my vitamins today. I'm walking around unprotected."

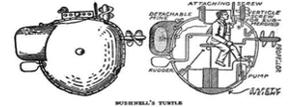
The customer commiserated with her, but then added, "I haven't taken my Prozac today—everyone's walking around unprotected."



8 Hottest Tech Trends of 1776

1. Underwater Warfare

The Submarine – A ship called "The Turtle" was invented by David Bushnell to secretly attach explosives to the undersides of British ships without being noticed



2. Telling Accurate Time

The Chronometer – One major invention of the 18th century was the marine chronometer – a clock that was accurate enough to use as a portable time standard "to determine longitude by means of celestial navigation." Although the chronometer was first invented in 1737 by John Harrison, who spent more than 30 years of his life on its design, a few Europeans: Pierre Le Roy, Thomas Earnshaw and John Arnold brought it to market



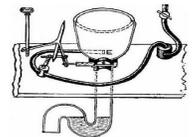
3. Underwater Exploration

Scuba – Englishman Andrew Becker created a leather-covered diving suit, complete with a helmet that featured a window and a series of tubes for breathing. Becker showed off his device in the River Thames in London, where he was able to breathe underwater

for an hour.

4. Indoor Plumbing

The Toilet – The modern flush toilet was first proposed in 1596 by Sir John Harrington, but it never truly caught on. However, thanks to the Industrial Revolution, the flushable toilet began to emerge in the late 18th century. Alexander Cummings of Scotland invented the S-trap in 1775, which we still use in our toilets today.



5. High Tech Major Appliances

The Kitchen Stove – The Franklin stove, a metal-lined fireplace designed by Benjamin Franklin, was all the rage! Its original purpose was to heat a home during especially brutal New England winters. But the Franklin stove revolutionized home cooking because it allowed families to cook over an open fire without dealing with the smoke that traditionally accompanied that process. Up until Franklin's inventions, most meat was cooked on a turnspit.

6. Electricity

The Lightning Rod – Another one of Franklin's inventions from the same era would forever change the world of power and energy. In 1749, Franklin invented the lightning rod. Other scientists shared his theory about a link between electricity and lightning, but Franklin's invention allowed him to be the first to test his hypothesis.