

Lorien Bel Air

July 2024

4th OF JULY INTERESTING FACTS

**DID YOU
KNOW?**



On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.



Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.



The Declaration of Independence was signed by 56 men representing the 13 colonies. The moment the declaration was signed it marked the beginning of all-out war against the British.



The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses.



In 1870 the Congress made the 4th of July an unpaid holiday for federal employees. In 1941, Congress declared 4th of July a paid federal holiday.



Independence Day became a federal holiday in 1870.



Today, the 4th of July is a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

UV Safety Month

The Basics

UVA Rays (Aging Rays):

Most sun exposure from these. Pass easily through the ozone layer and cause:

- Skin aging
- Wrinkles
- Contribute to skin cancer

Tanning beds use these rays!

UVB Rays (Burning Rays):

Dangerous and cause:

- Sunburns
- Cataracts
- Effects on immune system
- Contribute to tan/red skin
- Damage skin year-round
- Cause skin cancer, particularly melanoma.

UVC Rays (Most dangerous):

- They are blocked by the ozone layer
- Lucky us!

Protect Yourself!

- "Broad-spectrum" sunscreen (blocks both UVA and UVB)
- SPF of 15 or higher
- Stay in the shade, especially between 10am and 4pm
- Broad brimmed hats and UV protective sunglasses
- Apply sunblock 30 minutes before going outside; reapply it every two hours.




July


2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			


July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Key: (ICP) = Ice Cream Parlor (L) = Library (MPR) = Multipurpose Room (BLR) = Balloon Room (BFR) = Butterfly Room (BR) = Bird Room (CY) = Courtyard (DR) = Dining Room Wednesdays Lunch Time Music in AL Dining Room</p>	<p>1. Joke Day Morning 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:30 AL Resident Council (BLR) 11:00 LTC Resident Council (BR) Afternoon 1:00 Hallway Music Therapy with Chris (3rd Floor) 1:30 Radio Social (BFR & BR) 2:00 Bingo (BFR & BR) Evening 4:30 Jokes in the Courtyard</p>	<p>2. Beauty Shop Morning 9:30-11:00 The Store 11:00 Artistic Expression (BR) Afternoon 1:00 Ice Cream Social (ICP) 1:30 Color Therapy (ICP) 2:00 Card Club (BLR) Evening 5:30 Ladies Night (BR) 6:00 Pets on Wheels with Willow Bee</p>	<p>3. Compliment Yourself Day Morning 9:00 Pets on Wheels with Kuma 9:30 Walmart sign up at ext. 1414 10:00 Compliment Yourself (BLR & BR) 10:30 Corn Hole (BLR & BR) 10:30 Pets on Wheels with Max 11:00 Artistic Expression (BR) Afternoon 1:15 Zumba (Cafe) 2:00 Bingo (BFR & BR) Evening 4:30 Wine Down Wednesday (DR)</p>	<p>4. Independence Day Morning 10:00 Fourth of July Bingo (BFR & BR) Afternoon 1:30 Fourth of July Concert in the Courtyard With Chris and Red, White and Blue Popsicles (CY or cafe)</p>	<p>5. Cracker Day Beauty Shop Morning 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR & BR) 11:00 Artistic Expression (BR) Afternoon 1:30 Fit in Time (MPR) 2:00 Wine, Cheese & Cracker Happy Hour with Lynn (MPR)</p>	<p>6. Hawaii Day Morning Bingo Handout 10:00 Lei Craft (BLR & BR) Afternoon 1:30 Matinee "Blue Hawaii"  (MPR) Evening 4:00 Beach Cocktails (CY)</p>


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7. Strawberry Day Morning 10:00 Strawberry Word Game (BLR & BR) Afternoon 1:30 Mt. Christian Church Service (BFR) 2:15 Strawberry Social (CY)</p>	<p>8. Roller Coaster Day Morning 9:30 Pets on Wheels with Willow 10:00 Noodle Works (BLR & BR) 10:30 Virtual Roller Coaster Ride (BLR & BR) 11:00 Artistic Expression (BR) Afternoon 1:00 Hallway Music Therapy with Chris (3rd) 1:30 Radio Social (BFR & BR) 2:00 Bingo (BFR & BR)</p>	<p>9. Beauty Shop Morning 9:30-11:00 The Store 11:00 Artistic Expression (BR) Afternoon 1:30 Steel Drum Caribbean Vibes with Snowballs (CY) Evening 6:00 Men's Club (BLR) 6:00 Pets on Wheels with Willow Bee</p>	<p>10. Candle Light Dinner Morning 9:30 Road Trip <i>sign up at ext. 1414</i> 10:00 Bowling (BLR & BR) 10:30 Corn Hole (BLR & BR) 11:00 Artistic Expression (BR) Afternoon 1:15 Zumba (Cafe) 1:30 Pets on Wheels with Zola 2:00 Bingo (BFR & BR) Evening 4:00 Candle Light Dinner <i>RSVP Required to attend</i></p>	<p>11. Morning 10:00 Card Club (BFR & BR) 10:30 Legion of Mary Rosary (BLR) 11:00 Artistic Expression (BR) Afternoon 1:30 Sax Time with Danny (CY or cafe) 3:00 Relaxation & Aroma Therapy (BR) Evening 5:30 Nail Fun <i>call extension 1414 to get on the list</i></p>	<p>12. Silver Reader Van Beauty Shop Morning 9:30 Radio Social (BFR & BR) 10:00 Doughnut Bingo (BFR & BR) 11:00 Artistic Expression (BR) Afternoon 12:30 Silver Reader Van <i>initial sign up required call extension 1414</i> 1:30 Fit in Time (MPR) 2:00 Happy Hour with Bobby (MPR)</p>	<p>13. Morning Bingo Handout 10:00 Cross Word Puzzle (BLR) Afternoon 1:30 Matinee "Tootsie"  (MPR) Evening 4:00 Young at Heart Club (BR)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14. Shark Awareness Day Morning 10:00 Shark Attack Statistics & Word Game (BLR & BR) Afternoon 1:30 New Covenant Church Service (BFR)</p> <p>2:15 Reminiscing About the Ocean (CY)</p>	<p>15. Morning 9:30 Pets on Wheels with Willow 10:00 Ball Toss (BLR & BR) 10:30 Wheel of Fortune (BLR & BR) 11:00 Artistic Expression (BR) Afternoon 1:00 Hallway Music Therapy with Chris (3rd Floor) 1:30 Radio Social (BFR & BR) 2:00 Bingo (BFR & BR) Evening 4:30 Patio Time (CY)</p>	<p>16. Beauty Shop Morning 9:30-11:00 The Store 11:00 Artistic Expression (BR) Afternoon 1:00 Ice Cream Social (ICP) 1:30 Color Therapy (ICP) 2:00 Card Club (BLR) Evening 5:30 Ladies Night (BLR) 6:00 Pets on Wheels with Willow Bee</p>	<p>17. Emoji Day Morning 9:30 Dollar Tree <i>sign up at ext. 1414</i> 10:00 Name That Emoji (BLR & BR) 10:30 Corn Hole (BLR & BR) 10:30 Pets on Wheels with Max 11:00 Artistic Expression (BR) Afternoon 1:15 Zumba (Cafe) 2:00 Emoji Bingo (BFR & BR)</p>	<p>18. Morning 10:00 Card Club (BFR & BR) 10:30 Golf (BFR & BR) 11:00 Artistic Expression (BR) Afternoon 1:30 Music with Vince (CY or cafe) 3:00 Relaxation & Aroma Therapy (BR) Evening 5:30 Nail Fun <i>call extension 1414 to get on the list</i></p>	<p>19. Daiquiri Day Beauty Shop Morning 9:30 Radio Social (BFR & BR) 10:00 Bingo (BFR & BR) 11:00 Artistic Expression (BR) Afternoon 1:30 Fit in Time (MPR) 2:00 Daiquiri Happy Hour with Brent (MPR)</p>	<p>20. Color Therapy Day Morning Bingo Handout 10:00 Meaning of Colors 10:15 Color Therapy with Relaxing Music (BLR & BR) Afternoon 1:30 The Power of Color Presented in Film "The Wizard of Oz"  (MPR)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21. Morning 10:00 Word Game (BLR & BR)</p> <p>Afternoon 1:30 Emmorton Baptist Church Service (BFR)</p> <p>2:15 Reminisce (CY)</p>	<p>22. Morning 9:30 Pets on Wheels with Willow</p> <p>10:00 Noodle Works (BLR & BR)</p> <p>10:30 Jeopardy (BLR & BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:00 Hallway Music Therapy with Chris (3rd Floor)</p> <p>1:30 Radio Social (BFR & BR)</p> <p>2:00 Bingo (BFR & BR)</p> <p>Evening 4:30 Patio Time (CY)</p>	<p>23. Courtyard Concert</p> <p>Beauty Shop Morning 9:30-11:00</p> <p>The Store 11:00 Artistic Expression (BR)</p> <p>Afternoon 1:30 Cindy Sings with Popsicles (CY)</p> <p>Evening 6:00 Men's Club (BLR)</p> <p>6:00 Pets on Wheels with Willow Bee</p>	<p>24. Tequila Day Morning 9:00 Pets on Wheels with Kuma</p> <p>9:30 Road Trip <i>sign up at ext. 1414</i></p> <p>10:00 Bingo (BLR & BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:15 Zumba (Cafe)</p> <p>2:00 Cooking Demo with Chef Rebecca (BFR & BR)</p> <p>Evening 4:30 Margarita Drinks (DR)</p>	<p>25. Morning 10:00 Card Club (BFR & BR)</p> <p>10:30 Legion of Mary Rosary (BLR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:30 Karaoke with Tom (Café)</p> <p>3:00 Relaxation & Aroma Therapy (BR)</p>	<p>26. Beauty Shop Morning 9:30 Radio Social (BFR & BR)</p> <p>10:00 Bingo (BFR & BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:30 Fit in Time (MPR)</p> <p>2:00 Happy Hour with Bobby (MPR)</p>	<p>27. Cowboy Day Morning Bingo Handout</p> <p>10:00 Lasso a Bull, Milk a Cow, Gun Shooting, Horse Shoes & Boots, and Country Music (BLR & BR)</p> <p>Afternoon 1:30 Matinee "The Outlaw Josey Wales"  CLINT EASTWOOD (MPR)</p> <p>Evening 4:00 Cowgirls at Heart (BR)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28. Morning 10:00 Word Game (BLR & BR)</p> <p>Afternoon 1:30 Saint Francis Church Service (BFR)</p> <p>2:15 Sunday Social (BFR)</p>	<p>29. Morning 9:30 Pets on Wheels with Willow</p> <p>10:00 Balloon Toss (BLR & BR)</p> <p>10:30 Price Is Right (BLR & BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:00 Hallway Music Therapy with Chris (3rd Floor)</p> <p>1:30 Radio Social (BFR & BR)</p> <p>2:00 Bingo (BFR & BR)</p> <p>Evening 4:30 Patio Time (CY)</p>	<p>30. Hug Day Beauty Shop Morning 9:30-11:00</p> <p>The Store 11:00 Artistic Expression (BR)</p> <p>Afternoon 1:30 Ice Cream Cups at Bingo (BFL & BR)</p> <p>2:00 Prize Bingo with Fallston Commons (BFL & BR)</p> <p>Evening 6:00 Pets on Wheels with Willow Bee</p> <p>HUG as many people as you can today!</p>	<p>31. Jelly Bean Day Morning 9:30 Kohl's</p> <p>sign up at ext. 1414</p> <p>10:00 Guess the Jelly Bean Flavors (BLR & BR)</p> <p>10:30 Corn Hole (BLR & BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>Afternoon 1:15 Zumba (Cafe)</p> <p>2:00 Bingo (BFR & BR)</p> <p>Evening 4:30 Jelly Bean Cocktails (DR)</p>			