

National Ice Cream Month

What are you doing this summer? There's no better time to get outside and enjoy the long daylight hours than this time of year. And what better treat to enjoy in the warm outdoors than a few scoops of delicious ice cream? Well with July being National Ice Cream Month, it's the perfect excuse to indulge in this great frozen treat.

There are tons of enjoyable ways to celebrate National Ice Cream Month. Hit up all the popular ice cream joints in town, especially our own Peninsula Ice Cream Parlor, where every Wednesday afternoon we have an ice cream social. Did you know historians have come across depictions of ice cream in documents that date as far back as ancient Rome and China? Well, maybe not Rocky Road, but iced and chilled desserts mixed with fruit and other sweet treats.

This July, sweeten up your days with some frozen fun. Stack up those scoops. Happy Ice Cream Month!

Alamogordo, New Mexico — July 16, 1945

The world's first atomic bomb was successfully tested in this remote southwestern area. Three years before in Chicago, it had been proven that an atomic nucleus could be split, resulting in a chain reaction of incredible power. President Franklin D. Roosevelt ordered the development of the weapon.

Named the Manhattan Project, the top-secret enterprise was led by physicist J. Robert Oppenheimer. In 1943, during the depths of the war, the base of operations was moved to the seclusion of Los Alamos, New Mexico. Within two years, the core of the atomic bomb was driven from Los Alamos to the desert town of Alamogordo. There, at a place called Trinity Site, it was detonated on July 16, 1945.

Concord, Massachusetts — July 4, 1845

Oddly enough, by accident on Independence Day 1845, Henry David Thoreau moved into his cabin at Walden Pond. It really was simply a hut in the midst of an extensive wood, about a mile and a half south of the village of Concord, made famous during the Revolutionary War.

Over the next 26 months, Thoreau became a renowned writer. It is true that he was little known during his short life, but he lives on today in his writing. His voice was admired by the likes of Martin Luther King, Jr., Gandhi, John Muir and countless others around the world. Thoreau has been a beacon for those who believe in peaceful civil disobedience, self-reliance and the beauty of nature. His reason for going? "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."



Featured Community Savannah Court of Bartow

Savannah Court of Bartow was the first Savannah Court completed by SLMC, opening in August 2000. Located in the heart of Polk County, Bartow serves as the county seat. This Savannah Court community is nestled among mature oak trees that add a natural beauty that is unsurpassed. Savannah Court of Bartow is licensed for 36 residents. From the moment you step inside this community you feel the warmth and charm, while meeting the staff will further your good feelings at Savannah Court of Bartow. Amenities include a fully enclosed, landscaped courtyard, a screened lanai, living and dining rooms, an activity room, a private dining room and an ice cream parlor. Call 863-519-3398 today for a tour!

Your Staff

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SLM Times

July 2010



Letter from the Executive Director

The summer sun might tempt you to spend more time outdoors, and we hope that you remember to use sunscreen before heading out. Keep in mind that some medications can cause increased sensitivity to sunlight and heat — for example, antidepressants and antibiotics. As additional preparation for the summer season, you might talk to your doctor about whether any of the drugs you are taking could increase your sensitivity to sunlight and heat. In the meantime, make sure you take all the normal precautions when you head outside.

We would like to take this time to wish you a happy Fourth of July. What does the Fourth of July mean to you? For many Americans, this date stands for freedom, liberty and independence. Families get together to have picnics and barbecues, draping red, white and blue bunting across the railing of their front porches. People pour lemonade, mash up the potato salad and decorate vanilla cake with whipped cream, strawberries and blueberries. And when darkness falls, the excitement begins: The night sky lights up with beautiful colors as fireworks make a dramatic appearance while songs such as "The Star Spangled Banner," "America the Beautiful" and "My Country, 'Tis of Thee" play in the background. Independence Day is a time for fun as well as an opportunity to reflect on the events that shaped our nation. War veterans, political leaders and the everyday American citizen made America what it is today, and this special holiday commemorates them all. Happy Independence Day!

Warmest regards,

Susan Hernandez, Associate Executive Director

Rene Sanz Jr., Director of Operations

Month at a Glance

Saturday, July 3rd

Patriotic Musical Video, 2:00 pm

Wednesday, July 7th

Showtime — Donna and Mann, 2:00 pm

Wednesday, July 21st

Tony and His Swing Show, 6:30 pm

Wednesday, July 28th

Special Birthday Party for Our Century-Old Residents, 2:00 pm

Thursday, July 29th

Resident Council

Birthdays

Emanuel R., 1st
Eleanor S., 5th
Helga U., 10th
Meyer E., 14th
Mary S., 18th
Hannah R., 19th
Ann D., 21st
Miriam R., 22nd
Celia G., 30th

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The Peninsula

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The Peninsula

July 2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
				9:30 Publix 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks	9:30 Exercise 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour	9:30 Exercise 10:00 Bingo 2:00 Patriotic Music Video Presentation 3:15 Snacks 7:00 Movie Ch. 3
INDEPENDENCE DAY 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner	4 9:30 Exercise with Ellie 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks	5 9:30 Trip to Walmart 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula	6 9:30 Exercise with Carol 10:30 Bingo 2:00 Donna and Mann 3:15 Ice Cream Social	7 9:30 Publix 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks	8 9:30 Exercise 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour	9 9:30 Exercise 10:00 Bingo 1:30 Movie Matinee in Activity Room 3:15 Snacks 7:00 Movie Ch. 3
11 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner	12 9:30 Exercise with Ellie 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks	13 9:30 Trip to Walmart 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula	14 9:30 Exercise with Carol 10:30 Bingo 2:00 Tony's Show Video 3:15 Ice Cream Social	15 9:30 Publix 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks	16 9:30 Exercise 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour	17 9:30 Exercise 10:00 Bingo 1:30 Movie Matinee in Activity Room 3:15 Snacks 7:00 Movie Ch. 3
18 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner	19 9:30 Exercise with Ellie 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks	20 9:30 Trip to Walmart 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula	21 9:30 Exercise with Carol 10:30 Bingo 2:00 Movie Special 3:15 Ice Cream Social 6:30 Tony and His Swing Show	22 9:30 Publix 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks	23 9:30 Exercise 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour	24 9:30 Exercise 10:00 Bingo 1:30 Movie Matinee in Activity Room 3:15 Snacks 7:00 Movie Ch. 3
25 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner	26 9:30 Exercise with Ellie 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks	27 9:30 Trip to Walmart 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula	28 9:30 Exercise with Carol 10:30 Bingo 2:00 Special Birthday Party for Our Century-Old Residents 3:15 Ice Cream Social	29 9:30 Publix 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 1:45 Resident Council 2:00 Tony's Special 3:15 Snacks	30 9:30 Exercise 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour	31 9:30 Exercise 10:00 Bingo 1:30 Movie Matinee in Activity Room 3:15 Snacks 7:00 Movie Ch. 3