

July Calendar of Activities

National Blueberry Month

Educate your residents with the health behind eating blueberries. Ask your Dietary Manager to conduct a taste test with a variety of blueberry items ie: blueberry muffins, cookies, ice cream or even punch.

National Hot Dog Month



During hot dog season ([Memorial Day](#) to [Labor Day](#)), [818 hotdogs are eaten every second](#). And on the Fourth of July, Americans devour approximately 150 million hot dogs; that's enough to stretch from coast to coast five times. Depending on where you are, hot dogs can look and taste completely different. From slaw dogs in the South to [Chicago dogs in the Second City](#) to [Detroit's Coney dogs](#), cities take their hot dogs very seriously.

- These days you'll find bacon-wrapped, fried hot dogs and even chicken, turkey and veggie dogs.
- As for toppings, a hot dog loves them all. Whether you stick to simple ketchup and mustard, add chili or sauerkraut.

• National Ice Cream Month

Enjoy making individual homemade ice cream with your residents.

Skill Level

Easy

What You'll Need

Ice Cubes
1 cup half and half
1/2 cup Kosher salt
2 tablespoons sugar
1/2 teaspoon vanilla extract
1 pint-size ziplock bag
1 gallon-size ziplock bag
Any of your favorite ice cream mixins

Serves 1

DIRECTIONS

1. Put first 3 ingredients in the smaller Ziplock bag and seal bag (Make sure it is tightly closed!). Put ice and rock salt in the larger bag and then add the filled small bag. Seal the large bag.
2. Squeeze bag until ice cream is thickened, about 10-15 minutes.
3. Remove small bag, unseal, and eat with spoon.



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- **National Picnic Month**

Plan a picnic with your residents. Allow them to plan the meal and help with making and packing up the picnic basket. Don't forget refreshments with the hot weather we have this month. Play PICNIC Bingo and other games while you are relaxing in the sunshine. Reminisce on family picnics.



Barbershop Music Appreciation Day



July 13th *Barbershop Music Appreciation Day* is a day to relax and enjoy the sweet voices of the Sweet Adelines, or a Barbershop Quartet.

Edna Mae Anderson of Tulsa, Oklahoma invited some women to her home to sing on July 13, 1945. Their husbands were members of the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America (SPEBSQSA). The ladies wanted to participate in the singing fun and enjoyment. On that evening, the "Sweet Adelines" were born. The group later became Sweet Adelines International., which now boasts hundreds of groups and thousands for members.

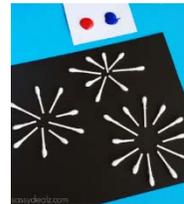
Today is a great day to listen to barbershop music.

Fireworks Q-Tip Craft



You will need:

You will need q-tips, paint, glue, scissors, and a piece of paper.



Start by cutting the q-tips in half and at random lengths. Have the kids sort them on a piece of black paper to look like fireworks.

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National Bikini Day



On July 5, 1946, the first Bikini was worn and modeled. That makes this a very special day, National Bikini Day. Oddly, it is referred to as "National", but it did not originate in the U.S. At that time, conservative Americans largely shunned the bikini, until the 1960's. Perhaps the word "national" refers to France, where the Bikini was first modeled.

Famous Bikini Wearers:

- Raquel Welch has honors for the most famous bikini shot in *One Million Years B.C.*
- Ursula Andress in *Dr. No*
- Bridget Bardot on the beach at St. Tropez during the 1953 Cannes Film Festival
- Bo Derek in the movie "10"
- Princess Leia wore a metal bikini in *Star Wars Episode VI: Return of the Jedi*
- Halle Berry- A Bond Girl in *Die Hard* with Pierce Brosnan as James Bond.
- Marilyn Monroe in any one of a number of bikini pictures.
- Goldie Hawn in the Television comedy show *Laugh-In*.
- **Bikini Trivia:**
- At first, Spain and Italy banned bikinis at beaches
- Bikinis are memorialized in song: *Itsy Bitsy Teenie Weenie Yellow polka Dot Bikini*

- Movies have been made immortalizing the Bikini: *How to Stuff a Wild Bikini*, with Annette Funicello
- The world's largest bikini parade was held in Johannesburg, South Africa on November 9, 2009. It included 287 bikini clad girls.
- The world's Largest Bikini photo was in Sydney, Australia. It included 1,010 girls on September 25, 2001.
- Ancient Minoan paintings, circa 1600 B.C., show women in two piece suits, similar to bikinis.
- St. Tropez claims to be the bikini posing capital of the world.

Play music and relax on your own beach. Bring out the beach balls and toss them around at exercise.

Have a discussion group on the changes in the look of the bathing suit.



National Pig Day and Yellow Pig Day

National Pig Day- always March 1st Yellow Pig Day - always July 17th

Yellow Pig Day is a mathematician's holiday celebrating yellow pigs (is there such a thing!?!), and the number 17. It is celebrated annually since the early 1960's, primarily on college campuses, and primarily by mathematicians. On campus, Yellow Pig Cake and Yellow Pig Carols are tradition!

If you are a mathematician, spend part of the day thinking and working in multiples of 17. And, while you do so, give a little thought to yellow pigs.

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Hammock Day



Date When Celebrated : Always on July 22.

Summer is in full swing. It's time to slow down and to relax. During the [Dog Days](#) of summer (and all of the other summer days, too), there is no better place to slow down and relax, than on a hammock.

Hammock Day is appropriately celebrated right in the middle of the [Dog Days](#) of summer (July 3 though August 11th).

Hammock Day exists to enjoy summer as it should be enjoyed. People celebrate Hammock Day by spending as much time relaxing on it as possible. Getting out of your hammock to get a snack, or your favorite summer beverage is okay. But, it is not a day for work. Cutting the lawn is forbidden on this day.

The roots of Hammock Day and Hammock Day history is largely unknown. Maybe the originator was too busy napping on his or her hammock!?!

Time
to
RELAX
the
sun
SHINE

Lemonade Slushes

INGREDIENTS

- 1/2 cup water
- 4 cups ice cubes
- 1/2 cup lemon juice concentrate (like REALemon)
- 1/2 cup sugar

DIRECTIONS In blender, combine lemon juice concentrate, water, and sugar.

1. Gradually add the 4 cups of ice cubes, blending until smooth.
2. Serve immediately.

Aunts and Uncles Day

July 26th *Aunts and Uncles Day* honors a very special pair of relatives. They are your mom and dad's brothers and sisters. We hope you have a lot of Aunts and Uncles. The more, the merrier.

Our Aunts and Uncles mean a lot to us. Among other things, they are most likely:

- The backup caretaker when mom and dad go out, or are at work.
- Real characters at family get-togethers and events.
- Someone we can talk to and related to..... some things we just can talk about with "parental units".
- Sound counsel and advice.
- Someone who takes you to fun places and events.
- Someone whose house is a great place to sleep over, especially if you have cousins

Have a discussion group and ask the residents to talk about their favorite Aunt and Uncle. Why they were their favorite and what did they do together.

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International Day of Friendship



July 30 The world is filled with too much hatred, too much fighting and too much mistrust of others. The International Day of Friendship is certainly an opportunity to stop, and to reverse, these worldwide problems.

According to the United Nations, the official sponsor of this special day, the International Day of Friendship is day set aside to promote friendship among peoples, cultures and countries. Today is a time to encourage efforts towards peace, and to build bridges among different people. It is a day of respect for others, and a day to celebrate diversity.

According to the United Nations, on this day people, groups and governments should hold events and activities to promote mutual understanding and reconciliation.

On an individual level, use this day to promote friendship in big and small ways. You can begin by "extending an olive branch" to a sibling or a family member, a neighbor, or an old friend who we've had a falling out with. If we all try just a little the world will be a friendlier, more peaceful place.

Friendship Activities and Ideas of Celebration

- A simple idea would be to write a nice card for your friend telling them how much you appreciate their friendship. Please be open in your expression and spill out your heart to them!

- To touch your friend's heart buy or make them a small present such as flowers, chocolates, friendship bands, a cake, or anything that your friend will appreciate! And how about leaving the gift anonymously for added intrigue!
- Give a warm hug to your friend and let them that have a special place in your heart!
- Make it a point to call or SMS every one of your friends, old and new, on Friendship Day to let them know you care.
- Write your friend a web page to express your friendship online
- Ring up a radio station and dedicate a song to Friendship Day and your friends!
- A wonderful idea would be to make some new friends on the occasion by becoming a doer of RAOK - Random Acts of Kindness
- Buy your friend a ticket to the theatre so you can enjoy a great show together. If you can't afford this, downscale to the movies!
- Give your friend a Friendship Bracelet (made or bought) to symbolize your friendship.
- Grab a camera or visit a photo studio and take some photos of you and your friends enjoying yourselves! This is beautiful way to preserve memory.

Craft Paper Jewelry Box

Paper Jewelry Box can be made easily using little creativity and patience. This will surely be appreciated as a nice and useful Friendship Day Gift.

Things Needed:

An old box (about 4 inches in length and width)

Cloth or construction paper

Old magazines with lots of colorful pictures

Colorful buttons

Colorful ribbons

Glitter

Sequins

Scissors

Glue

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Method:

1. Cut little pictures from the magazine and glue them in any way you want to the outside of the box. Make sure you covered it well, and let it dry.
2. Glue a cloth or construction paper in the inside of the box to make it look neat.
3. Stick pieces of ribbon on the sides for a border.
4. Glue the buttons in the corners or anywhere you think it might look pretty.
5. Sprinkle glitter to give it a shiny appearance. Use the sequins for making the box personalized by creating letters of your friend's name with it.

Bookmark



A special handmade Bookmark will make a wonderful Friendship Day gift. Try the method given here or use your own creativity to make a pretty bookmark for your dear friends.

Things Needed:

Felt (You may also use velvet paper or handmade paper)
White hair net
Ribbon
2 little wiggle eyes
Stuffing or cotton wool

A small button
Glue
Scissors

Method:

1. Cut a strip of felt about 5 centimeters (1 and 3/4 inches) wide, and 16 centimeters long (6 inches).
2. Wrap one ball of cotton wool or stuffing in the hair net and stick it to the top of the felt, this is the head.
3. Glue on to the head the two eyes and the button. The button will give the appearance of dummy pacifier.
4. Tie a small bow from some ribbon and glue it on the felt just below the head. Now, if you like, thread a small piece of ribbon through the button.

Picture Frame Sun Catcher

Items Needed:

1 5x7 picture frame (purchased at the dollar tree Goodwill or even garage sales).

A variety of flat colorful decorative stones. (at the dollar tree bag should make 2-3 projects).

Crafters or Elmer's glue

Ribbon

Directions: (Discard the back of the frame)

Have residents arrange stones on glass frames and glue to the glass part.

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Add ribbon and hang up in their window.