



JULY NEWSLETTER

JUNE RECAP

We have enjoyed a beautiful month here at The Terrace. At the beginning of the month we held a “walker wash” out on the patio. All walkers and canes were fully serviced and cleaned. We not only cleaned them out and hosed them down, but our maintenance manager Brandon helped out by greasing squeaky wheels, tightening screws, and making sure walkers were in top shape. It was a fun morning of enjoying everyone’s company on the patio.

We’ve started a new exercise class every other Thursday. Exercise ball drumming has been a great arm workout and has resulted in a lot of laughter. Along with chair yoga, it’s been nice to mix up our daily exercise a little bit.

We had a beekeeper in for a demonstration this month out on the patio. Everyone really enjoyed it and we were amazed by how much we learned about bees. It was so interesting and we a very nice afternoon.

We had a perfect afternoon for our Hawaiian Day toward the end of the month. We enjoyed Hawaiian cheesecake bars and pina colodas out on the patio. Everyone got into the spirit with Hawaiian Leis and hats.

It’s been a busy and fun start to our summer with so much more to look forward to in July. I hope you are all enjoying your summer as well.

-Hannah-

JULY LOOK AHEAD

July is packed full of activities! We will be very busy with several Fourth of July festivities, outdoor games, and entertainment.

We have Mark Decracker coming back to sing and play guitar. The living room is always full when he comes to the Terrace. We also have a magician coming in next month, which I think everyone will really enjoy. We will also be having a Terrace carnival, as well as a summer bash and sundaes out on the patio. On the 27th we’re holding a hula hoop contest for staff and residents. I’m sure that will be a good time.

Our usual activities will continue as well, such as baking, crafts, bingo, happy hour, Yahtzee and more.

We will continue to take full advantage of this summer weather for the next few months.

Have a lovely 4th of July.

- Hannah-

THAT WAS THE YEAR ‘1969”

NATIONAL AND WORLD NEWS

. Neil started and Buzz Aldrin became the 1st humans to set foot on the moon.

. Woodstock attracted more than 350,000 rock and roll fans.

. The Beatles recorded their final album "Abby Road".

. Members of the Charles Manson cult killed 5 people.

. The first troop withdrawals from Vietnam began.

COST OF FOOD

Milk-----	1.26/gal
Ground Coffee -----	.95/lb
Eggs -----	.40/doz
Bread-----	.23/loaf
Sugar-----	.60/lb.
Ground Beef -----	.76/5lbs

COST OF LIVING

New House-----	\$15,525
New Car-----	3,278
Gasoline -----	.35/gal
Postage stamp-----	.06

POPULAR MOVIES

- Midnight Cowboy (Academy Award Winner)
- Easy Rider
- True Grit
- The Love Bug

MUSIC

- Crimson and Clover (Tommy James and the Shondells)
- Dizzy (Tommy Roe)
- A Boy Named Sue (Johnny Cash)
- Get Back (The Beatles)

- In the Year 2525 (Zager & Evans)
- Leaving on a Jet Plane (Peter, Paul and Mary)
- Wedding Bell Blues (The Fifth Dimension)

DATES TO CELEBRATE

- 07/01 Canada Day
- 07/01 International Joke Day
- 07/04 Nathan's Famous International Hot Dog Eating Contest
- 07/04 Independence Day
- 07/18 Nat'l Ice Cream Day
- 07/23 Summer Olympic Games

JULY BIRTHDAYS

- 07/02 Nelson E.
- 07/03 Ken S.
- 07/09 Jeanne L.

Hope your day is special in every way.





GILROY GARLIC FESTIVAL

Held annually in Gilroy, California on the last full weekend in July at Christmas Hill Park. It is a three day event that draws visitors from across the nation. This city is a major producer of garlic and the festival has been held every year since 1979. The only year it was not held was in 2020 due to covid.

Rudy Malone started the festival after he had read an article in mid 1978 about a garlic festival in Arleux, France. Dr. Malone believed that Gilroy was the garlic capital of the world and proved it.

He got the Rotary Club involved to demonstrate to the community how important the garlic industry was. He wanted to provide the club members with the impact garlic had on the area, a 35 to 40 million dollar venture at that time. At the luncheon garlic growers and food editors throughout that state were invited to sample foods that had been prepared. The luncheon went so well that the annual garlic festival began. The first festival was held at the Bloomfield Ranch in August of 1979.

RECIPE OF THE MONTH

DIRT DESSERT ICE CREAM CAKE

INGREDIENTS

- 1.75 quart of any flavor ice cream
- 1 1lb. bag oreo cookies

DIRECTIONS

- Take ice cream out of freezer and let thaw a bit.
- Place plastic wrap along the bottom of a 9 x 9 pan.
- Place 2/3 of the Oreos in a gallon size plastic bag and crumble cookies with a rolling pin.
- Place ½ of the crumbled cookies in the bottom of the pan.
- Scoop ice cream on top of crumbled cookies pushing down slightly with the smooth top of a spatula.
- Place other ½ of crumbled cookies on top of ice cream and cover with aluminum foil.
- Place in freezer for at least 3 to 4 hours.
- Remove from freezer, cut and serve