

Lorien Bel Air

July 2019





Read the text and complete the tasks below:

The 4th of July is an important day for Americans. It is the day their country was born. On July 4th 1776, Congress officially adopted the Declaration of Independence and announced to the world that they were a free nation, independent from Great Britain. Although Americans have celebrated July 4th since 1777, it didn't really become a **federal** legal holiday until 1941. So, what do Americans do on this day?

July 4th celebrations often take place outdoors. People decorate their homes with streamers, fake rockets, balloons and flags. Everything is done up in red, white, and blue, the colours of the "The Star-Spangled Banner", the name of the US national **anthem** and one of the nicknames of the American flag. The flag has 50 stars for the fifty states and 13 stripes for the first 13 colonies. In the morning, lots of people dress up and go out in the street to watch the parades. The biggest parade is in Washington D.C., the capital of the USA. Afterwards families get together by hosting or attending a picnic or barbecue. In many cities people have **block parties**. Then, they watch or play a baseball game. At night, they watch firework **displays**, usually **accompanied** by patriotic songs. Firework shows are held in many states with the Macy's Firework Spectacular in New York, typically being the most impressive. It's a fun day for everyone.

B. Mark (T) for True or (F) for False

- 1) On July 4th Americans celebrate their independence from France. ____.
- 2) The Declaration of Independence was officially approved in 1776. ____.
- 3) It became a national holiday in 1776 ____.
- 4) July 4th was first celebrated in 1777. ____.
- 5) The American national anthem is called "The Star-Spangled Banner". ____.
- 6) The US has 13 states. ____.
- 7) People watch parades on July 4th. ____.
- 8) The national colours are red and blue. ____.
- 9) On July 4th night, they play baseball. ____.
- 10) New York has the largest parade. ____.

C. Choose the best answer:

- 1) The Declaration of Independence was written in ...
a) 1776 b) 1777 c) 1941
- 2) Americans celebrate with ...
a) picnics and flags
b) parades and firework displays
c) barbeques and streamers
- 3) Most people spend this day with their...
a) families b) friends c) both of these
- 4) The flag is also called ...
a) Red -Striped Banner
b) Star Striped Banner
c) Star Spangled Banner
- 5) Americans ... Independence Day
a) enjoy b) don't mind c) hate



JULY

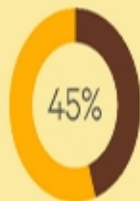
HEALTH AWARENESS MONTH

SOCIAL WELLNESS



1 IN 6 PEOPLE OVER
65 ARE SOCIALLY
ISOLATED

HIGH SOCIAL
CONNECTION
INCREASES
LONGEVITY BY 50%



WHEN WE
COMMUNICATE, WE
SPEND 45% OF OUR
TIME LISTENING

HAVING MEANINGFUL
RELATIONSHIPS LOWER
BLOOD PRESSURE,
DECREASES ANXIETY
AND DEPRESSION



TURN TO FAMILY AND FRIENDS FOR A
SOLID SUPPORT SYSTEM



STAY SOCIAL.

It's good for you.



Studies show that social
interaction could play an
important role in your health.

Older adults who are isolated and
lonely tend to have worse physical
and emotional health than those
who are socially active.



POTENTIAL HEALTH RISKS OF SOCIAL ISOLATION INCLUDE:

- Higher risk of heart disease
- Cognitive decline
- Higher risk of anxiety and depression

**Maintaining an active social life
could help you stay healthy.**

SO HOW CAN YOU STAY SOCIAL?

- Stay in touch with friends and family, and try to visit them regularly
- Volunteer in your community
- Participate in activities at your local senior center
- Join a coffee group or book club
- Take a class — learn a new language or a new style of cooking, or experiment with a new hobby
- Join a gym or fitness center
- Schedule regular visits with grandkids, or volunteer at a school or children's organization
- Don't forget the importance of phone calls, snail mail and email



Social interaction is most
effective to your well-being
when coupled with an
overall healthy lifestyle,
including a nutritious diet
and physical activity.

Staying socially active and
maintaining your relationships
are important parts of healthy
aging. Reach out to your
loved ones — neighbors,
friends, family members — and
stay as vibrant, active and
social as you've always been.

planet earth Club



A 3D sphere covered in various social media icons such as a thumbs up, heart, lock, cloud, and speech bubbles. The words "SOCIAL MEDIA" are prominently displayed in the center of the sphere.

Thursday, July 18th at 1pm in the 2nd floor activity room.



July 4th word search

J O X U Z T Y Q V G X F Z J B V L J E J
K G Q X H D A J Q L T Q X S A W L P C U
D U I G N I D N U O F R W R Q G X S J W
Y F N M E J E Y I A P K K I P R X L T A
T L I I U A C A T A T F E M V N Y J G S
Y P C R T M N H C T K J I U A N J D Z G
J B M O D E E R F I U L J T O B J M U U
I N A K Y R D Q I Y T G I S I Q Z L Y W
U F R R S I N S F X C O B N H Y E K A S
W J F H H C E N T E N N I A L V V S D P
D E L G N A P S R A T S K R O W E R I F
P A B S T N E F L X T K F E T L K N L H
L G T S O P D A L I B E R T Y A B X O I
Q P Q P I C N I C M F T S E P O P N H I
K U U R L T I A J C U S M V H W O P O L
O C T Q H Q W V X H Q K Z I I R E A Q D
J S M E H F H S I C Q U Z T Y F W P V Q
V Q M G U Z D C U C S F N S P G Y J J N
X N W I N U H R B W B M N E S B K J U E
B M E X H R J K Z D N P S F I C R G Z Q

words to find



AMERICAN
FATHERS
FOUNDING
HONOR
NATIONAL ANTHEM
STARS
UNITED STATES

CENTENNIAL
FESTIVE
FREEDOM
INDEPENDENCE DAY
PATRIOTIC
STRIPES
VETERANS

CIVIC
FIREWORKS
HOLIDAY
LIBERTY
PICNIC
STAR SPANGLED



under the sea

Can you spot the 5 differences between these two pictures?



MARVIN & BITSY

by Tom Armstrong



I PACKED A PICNIC BASKET SO WE CAN EAT IN THE PARK BEFORE THE FIREWORKS START



GREAT!

I'LL GO LOAD IT INTO THE CAR



YOUR GRANDMA IS GOING TO BE VERY UPSET THAT YOU ATE UP MOST OF HER COOKIES!



I'M GOING TO PUT YOU INTO YOUR PLAYPEN UNTIL IT'S TIME TO LEAVE!



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MARVIN MILLER



I THOUGHT THE FOURTH OF JULY IS SUPPOSED TO BE A CELEBRATION OF FREEDOM!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 INDEPENDENCE DAY	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			

Notes: _____

To do: _____

