



Celebrate Fourth of July with Your Own Firework Paintings

Unable to stay up to watch the fireworks? Make your own and enjoy them all day long!

Supplies needed:
paper, paint and plastic forks.
Optional: brushes and glitter

Pour small amounts of paints onto a plate. Dip the back of a plastic fork into the paint. Press the fork onto the paper to create a in a circular pattern to make a firework effect. Experiment by dragging the tines to create unique firework bursts. Add glitter to the wet paint for extra sparkle. Let the paintings dry and display them around the room.

JULY 4TH – CELEBRATING INDEPENDENCE DAY

In 1776 when the Declaration of Independence was signed, a staged party was planned to celebrate the birth of America and the separation from England.

Colonists, families and towns continued to celebrate the anniversary of this freedom yearly on July 4 with large crowds and festivities.

Today, we celebrate our free nation with parades, feasts, festivals, fireworks and family cookouts, but there is more to celebrate than our country's

birthday. Our Independence Day celebrations:

- Symbolize the right to live with the freedoms of religion, without persecution and with the ability to think and do for yourself.
- Remind us that it takes courage to protect freedom and often courage is needed in the toughest times.
- Provide a day to reflect on and recognize our nation's multi-cultural heritage, history, and unity of people.

Happy Birthday!

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ACTIVITY PHOTO HIGHLIGHTS



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Bite-Sized Hot Dog Facts

It's probably no surprise that July is Hot Dog Month, but the third Wednesday of the month is also National Hot Dog Day!

The hot dog is one of the most iconic American

foods with Americans consuming more than a billion of them each year during the summer!

- New York City and St. Louis **street vendors sold hot dogs in buns in the 1860s.**
- In 1893 **Chris Von de Ahe brought baseball and hot dogs together** selling them at St. Louis Browns games (now the St. Louis Cardinals.) The Colombian Exposition in Chicago also began selling hot dogs. In both locations they became an instant hit.
- The name **"hot dog" was said to be created by a cartoonist.** At a baseball game in 1901,



he saw vendors selling sausages in rolls and drew a cartoon. Not knowing how to spell "dachshund," he wrote "not dog" instead.

• **Mustard is the #1 condiment of choice.** Other popular toppings include: ketchup, onions, chili sauce, pickles, relish, sauerkraut, cheese and coleslaw.

- **Hot dogs have gone to space!** In the 1960s, astronauts ate hot dogs because they are easy to store and eat in zero gravity.


However you like your hot dog prepared, whether nestled in a bun and smothered with condiments and toppings, chopped up, bunless and with baked beans, or maybe just plain, enjoy one of America's iconic foods at cookouts and ballgames this summer.


Gorgeous Grandma Day


Gorgeous Grandma Day was founded in 1984 by Alice Solomon to recognize the value, beauty, and accomplishments of aging women. Sunday, July 23 is the next official Gorgeous Grandma Day. Take your grandma, nana, great aunt, or elderly sweet neighbor lady to lunch at her favorite restaurant, have a picnic in a sunny park, make it a ladies day with mani and pedicures, simply enjoy ice cream cones together or give her a call, text, or video chat if she lives a long distance away.




Tips for Preventing Heat-Related Illness


 **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.

 **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

 **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen

of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

 **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.

 **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.



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Give Something Away Day

On July 15, Give Something Away Day provides a special opportunity to give back, connect with their community, and experience the joy of generosity. This day can serve as a wonderful reminder to share your time, talents, and resources with others. Whether it is donating cherished possessions, offering assistance, or simply lending a listening ear, seniors have a wealth of wisdom and experiences to share, making Give Something Away Day an ideal time to engage intergenerational activities. Collaborative initiatives like crafting handmade gifts for others, preparing care packages for those in need, or participating in community service projects with children are great ways to create lasting memories while simultaneously passing down important values to future generations.



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DROP A ROCK DAY: JULY 3



Have you ever been walking and spotted a painted rock? It mostly likely made you smile. Maybe you wondered how it got there or who created it. July 3, Drop a Rock Day is a great time to be that somebody! All you need is some small flat rocks, acrylic paints, and a paintbrush. **Get creative! Sunshine. Smiley faces. Bright, colorful doodles, flowers, sunshine, rainbows. Uplifting messages!** On your next walk outdoors, take one or two of them with you and place them along your route to brighten everyone's day!

JULY – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

Word List

ACTIVITY
 CELEBRATE
 FIREWORKS
 FLAGS
 FREEDOM
 GENEROUS
 GORGEOUS
 HOTDOG
 KETCHUP
 LOTION
 MUSTARD
 PROTECT
 SAFETY
 SUNLIGHT
 TALENT