June 2020

**Take a Meditation Break**
You can't take years off your age, but you may be able to take years off your brain age. What’s the secret? Some say it’s practicing meditation. One research study showed that the physical appearance of meditators’ brains appeared to be about seven years younger than those who didn’t meditate. Scientists have observed that small bouts of consistent meditation, two to 10 minutes a day, can improve cognitive abilities.

**A Figure of Speech**
*Phrase:* Tie the knot  
*Meaning:* Get married  
*Origin:* This phrase has been associated with marriage since at least the 13th century. Since a knot symbolizes a strong, lasting bond, the literal act of tying a knot is a custom in some wedding ceremonies.

**Hello, Sunshine!**
Bring on the sun and fun! Summer officially begins on June 20.

**Remember the Three L’s**
The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L’s when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.

**Hall of Fame Fisherman**
Mention the name Ted Williams, and the MLB legend is often remembered as the sport’s greatest hitter. But Williams was as skilled with a fishing pole as he was with a bat. An expert fly and deep-sea fisherman, he was inducted into the International Game Fish Association Fishing Hall of Fame in 1999. Williams is one of only a few athletes to be a Hall of Famer in more than one professional sport.

**PROPERTY UPDATES**
It’s not true! There are no plans to remove the library or the bingo board.

It’s not true! There are no plans to remove the resident cubbies. We will be painting them soon! Sorry that misinformation may have been spread!

**Silver Spur Village Staff**
Community Manager  
Mary Sorace  
Sales Rep/Admin Assist  
Maria DelleGrazie  
Maintenance  
Jacques Joubert

**Silver Spur Resident Board Members**
**PRESIDENTS:**
Debbie Jaqua,  
Marty Murphy,  
Mike Finn,  
John Munnich

**SECRETARY:**
Barbara Obsitos

**TREASURER:**
Linda Wruck

**ASSISTANT:**
Peggy Johnson

**Office Hours**
Mon-Fri ............... 9:00 AM- 12:00 PM  
Mon-Fri ............... 1:00 PM - 4:00 PM  
Sat & Sun ......................... Closed

**Gate Hours**
Mon-Fri ..................... 7:30-5:00
Trivia

‘Jaws’ Turns 45

Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20, 1975.

“Jaws” was based on the novel of the same name by Peter Benchley. He originally titled the book “Silence in the Deep.” Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.

To add suspense, the shark isn’t seen until nearly an hour and a half into the film.

The memorable line “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.

The first movie to make over $100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world’s most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork. At the 1876 world’s fair in Philadelphia, many Americans got their first taste of the delicacy, which came wrapped in foil and sold for a hefty 10 cents each, about $2 today.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure.

In the U.S., bananas are grown in Hawaii and Florida.

A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children’s game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as “knucklebones.” Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called “onesies,” meaning the player scoops up one jack, then “twosies,” trying for two, and so on. Game variations alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime.
SAVE THE DATE!
June 14, 2020
Flag Day Barbecue
July 4, 2020
Independence Day
September 7, 2020
Labor Day
October 31, 2020
Halloween Party
November 11, 2020
Veteran’s Coffee & Doughnuts
November 26, 2020
Thanksgiving Dinner
December 19, 2020
X-Mas Party Cal-Am
December 25, 2020
X-Mas Dinner
January 1, 2021
New Year’s Day Brunch
February 3, 2021
Golf Pancake Supper
February 7, 2021
Super Bowl Party
February 14, 2021
Valentine’s Dinner and Dance
February 27, 2021
Community Patio Sale
March 6, 2021
All Park Picnic
March 17, 2021
St. Paddy’s Day Dinner & Dance
April 16, 2021
Easter Dinner
May 9, 2021 Mother’s Day
May 31, 2021 Memorial Day

Wit & Wisdom

“There shall be eternal summer in the grateful heart.”
—Celia Thaxter

“And so with the sunshine and the great bursts of leaves growing on the trees ... I had that familiar conviction that life was beginning over again with the summer.”
—F. Scott Fitzgerald

“If summer had one defining scent, it’d definitely be the smell of barbecue.”
—Katie Lee

“Summer is singing with joy, and the beaches are inviting you with dancing waves.”
—Debasish Mridha

“Oh sun! Fervid sun! You welcome me with summer. Drench me in your rays.”
—Richelle E. Goodrich

“Summer’s lease hath all too short a date.”
—William Shakespeare
COVID-19, along with Federal and State guidelines on social distancing, has forced a temporary suspension of all our planned activities for the time being. Along with you, we are closely monitoring all government announcements, and we will resume our activities as soon as we are advised it is safe to do so. We appreciate your patience and cooperation as we implement these changes in order to minimize exposure for our residents and employees.

### June 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Ice Cream Social</td>
<td>Dominos at 1:00 PM</td>
<td>Watermelon Party!</td>
<td>Canasta at 1:00 PM</td>
<td>Dominos at 1:00 PM</td>
<td>Body Groove Exercise Class 10:30 AM</td>
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<tr>
<td>at 2:00 PM</td>
<td>Body Groove Exercise Class 6:00 PM</td>
<td>1:00 PM</td>
<td>Body Groove Exercise Class 6:30 PM</td>
<td>10:30 AM</td>
<td>Saturday Night Out! 5:00 PM</td>
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</tr>
<tr>
<td>Pet Parade! Bring Your Pet to Celebrate Summer! Refreshments for Humans and Pets! 2:00 PM</td>
<td>Dominos at 1:00 PM</td>
<td>Iced Tea and Fruit Salad 1:00 PM</td>
<td>Canasta at 1:00 PM</td>
<td>National Peanut Butter Cookie Day! Cookies and Milk 2:00 PM</td>
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<tr>
<td>Flag Day Bar-B-Que</td>
<td>Lemonade &amp; Cookies 1:00 PM</td>
<td>Canasta at 1:00 PM</td>
<td>Social Hour at 5:00 PM</td>
<td>Body Groove Exercise Class 6:30 PM</td>
<td>Body Groove Exercise Class 10:30 AM</td>
<td></td>
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<tr>
<td>Father’s Day Brunch 11:00 AM</td>
<td>Dominos at 1:00 PM</td>
<td>Body Groove Exercise Class 6:00 PM</td>
<td>10:30 AM</td>
<td>Saturday Night Out! 5:00 PM</td>
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<tr>
<td>National Waffle Iron Day! Waffle Breakfast 10:00 AM</td>
<td>Dominos at 1:00 PM</td>
<td>Ice Cream Social 1:00 PM</td>
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