



1775 Powder Mill Road • York, PA 17403 • (717) 741-0961

**Waffle Wit**

Q: What do you call a waffle on a California beach?

A: A sandy Eggo.

**A Gift of Lightning**

Thunderstorms aren't an uncommon occurrence on warm, steamy summer nights, and while the noise and light show may not be the best sleeping companions, they can—in specific circumstances—leave interesting gifts behind. Fulgurite, sometimes called fossilized lightning, occurs when lightning strikes sand, leaving behind irregularly shaped, naturally created glass. Fulgurites can form in both sandy areas (like beaches) or in rocky areas (like mountains).

**Record-Setting High**

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest air temperature ever recorded.

**Memorable Melody: 'Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini'**

This international chart-topping tune celebrates the beloved bikini, which debuted in July 1946. Songwriter Paul Vance was inspired to write the song after a day at the beach with his family. His infant daughter struggled with her new yellow bathing suit and eventually lost it to the waves. Teen singer Brian Hyland sang the ditty in 1960, and it's been stuck in our heads ever since.

**July 2025**

**Happy Birthday**

7/2	Betsy Baker
7/10	Carol Shipley
7/11	Mary Bentz
7/11	Gwen Easley
7/11	Sonia Muller

**July Notables Birthstone**

Ruby  
Flower

Water Lily  
Zodiac Sign

July 1-22-Cancer  
July 23-31-Leo

**Birthday Entertainer**  
7/18 Mick @ 3:15



**Happy Birthday**



# July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Exercise 9:30 Daily Chronicles 10:00 Uno <b>1:00 Mark plays the Autoharp</b> 1:00 Outdoor Walk 1:30 Balloon Volleyball <b>2:45 Fox Fitness w/Lisa</b> <b>3:30 Hunter @ the Piano</b> 6:00 Magazine Fun	2 9:00 Exercise 9:30 Today's News 10:00 Basketball Toss 1:00 Outdoor Walk 1:30 Laugh w/ Lucy 3:00 Bingo 6:00 TV Oldies-MASH	3 9:00 Exercise 9:30 Food Fun w/Alicia 1:00 Outdoor Walk <b>2:45 Fox Fitness w/Lisa</b> 3:15 Watermelon Social 6:00 Color time	4 <b>Independence Day</b> 9:00 Exercise 9:30 Craft time 11:00 Patriotic Sing-Along 1:00 Outdoor Walk <b>1:30 Pet Visits w/Bailey &amp; Nancy</b> 2:30 Happy Hour 3:00 Fireworks @ the Capital <b>6:00 Music w/Rhonda</b>	5 9:00 Exercise 10:00 In the News 11:00 METV-Gilligan's Island 1:00 Beanbag Twister 1:00 Outdoor Walk 3:00 Snack Bingo 6:00 Parachute Fun
6 9:00 Exercise 10:00 Churchstream 1:00 Art Club 1:00 Outdoor Walk 3:00 Beanbag Toss 6:00 Cranium Crunches	7 9:00 Exercise 9:30 Sing-Along 10:30 Outdoor Eye Spy 1:00 Outdoor Walk 1:30 Beanbag Toss 1:30 Country Ride <b>2:00 Mary Kate @ the Harp</b> 3:00 Trivia <b>3:30 Music w/Pat</b> 6:00 Jigsaw Puzzle Fun	8 9:00 Exercise 9:30 Daily Chronicles 10:00 Dominoes 1:00 Outdoor Walk 1:30 Balloon Volleyball <b>2:45 Fox Fitness w/Lisa</b> <b>3:30 Williamson/Guitar</b> 6:00 Magazine Fun	9 9:00 Exercise 9:30 Today's News 10:00 Horseshoe pitch 1:00 Outdoor Walk 1:30 Parachute Fun 3:00 Bingo 6:00 TV Oldies-MASH	10 9:00 Exercise 9:30 Concentration 10:00 Conversation Ball 1:00 Outdoor Walk <b>2:45 Fox Fitness w/Lisa</b> 3:15 Happy Hour 6:00 Color time	11 9:00 Exercise 9:30 Summertime memories 10:00 Basketball Toss 1:00 Outdoor Walk <b>1:30 Pet Visits w/Bailey &amp; Nancy</b> 2:30 Happy Hour 3:00 Manicures <b>6:00 Music w/Rhonda</b>	12 9:00 Exercise 10:00 In the News 11:00 METV-Gilligan's Island 1:00 Beanbag Twister 1:00 Outdoor Walk 3:00 Snack Bingo 6:00 Parachute Fun
13 9:00 Exercise 10:00 Churchstream 1:00 Art Club 1:00 Outdoor Walk 3:00 Beanbag Toss 6:00 Cranium Crunches	14 9:00 Exercise 9:30 Sing-Along 10:30 Fun w/Letters 1:00 Outdoor Walk 1:30 Beanbag Toss 1:30 Country Ride <b>2:00 Mary Kate @ the Harp</b> 3:00 Trivia 6:00 Jigsaw Puzzle Fun	15 9:00 Exercise 9:30 Daily Chronicles 10:00 Uno <b>1:00 Mark plays the Autoharp</b> 1:00 Outdoor Walk 1:30 Balloon Volleyball <b>2:45 Fox Fitness w/Lisa</b> <b>3:30 Williamson/Guitar</b> 6:00 Magazine Fun	16 9:00 Exercise 9:30 Today's News 10:00 Basketball Toss 1:00 Outdoor Walk 1:30 Laugh w/The Honeymooners <b>3:30 Mick entertains</b> 6:00 TV Oldies-MASH	17 9:00 Exercise 9:30 Food Fun w/Alicia 1:00 Outdoor Walk <b>2:45 Fox Fitness w/Lisa</b> 3:15 Fruit Smoothies 6:00 Color time	18 9:00 Exercise 9:30 Craft time 10:00 Basketball Toss 1:00 Outdoor Walk <b>1:30 Pet Visits w/Bailey &amp; Nancy</b> 2:30 Happy Hour 3:00 Balloon volleyball <b>6:00 Music w/Rhonda</b>	19 9:00 Exercise 10:00 In the News 11:00 METV-Gilligan's Island 1:00 Beanbag Twister 1:00 Outdoor Walk 3:00 Snack Bingo 6:00 Parachute Fun
20 9:00 Exercise 10:00 Churchstream 1:00 Art Club 1:00 Outdoor Walk 3:00 Beanbag Toss 6:00 Cranium Crunches	21 9:00 Exercise 9:30 Sing-Along 10:30 Outdoor Eye Spy 1:00 Outdoor Walk 1:30 Beanbag Toss 1:30 Country Ride <b>2:00 Mary Kate @ the Harp</b> 3:00 Trivia 6:00 Jigsaw Puzzle Fun	22 9:00 Exercise 9:30 Daily Chronicles 10:00 Dominoes 1:00 Outdoor Walk 1:30 Balloon Volleyball <b>2:45 Fox Fitness w/Lisa</b> <b>3:30 Williamson/Guitar</b> 6:00 Magazine Fun	23 9:00 Exercise 9:30 Today's News 10:00 Horseshoe pitch 1:00 Outdoor Walk 1:30 Parachute Fun 3:00 Bingo 6:00 TV Oldies-MASH	24 9:00 Exercise 9:30 Concentration 10:00 Conversation Ball 1:00 Outdoor Walk <b>2:45 Fox Fitness w/Lisa</b> 3:15 Happy Hour 6:00 Color time	25 9:00 Exercise 9:30 Carnival/Fair memories 10:00 Basketball Toss 1:00 Outdoor Walk <b>1:30 Pet Visits w/Bailey &amp; Nancy</b> 2:30 Happy Hour 3:00 Manicures <b>6:00 Music w/Rhonda</b>	26 9:00 Exercise 10:00 In the News 11:00 METV-Gilligan's Island 1:00 Beanbag Twister 1:00 Outdoor Walk 3:00 Snack Bingo 6:00 Parachute Fun
27 9:00 Exercise 10:00 Churchstream 1:00 Art Club 1:00 Outdoor Walk 3:00 Beanbag Toss 6:00 Cranium Crunches	28 9:00 Exercise 9:30 Sing-Along 10:30 Fun w/ Letters 1:00 Outdoor Walk 1:30 Beanbag Toss 1:30 Country Ride <b>2:00 Mary Kate @ the Harp</b> 3:00 Trivia <b>3:30 "Sweet Life" entertains</b> 6:00 Jigsaw Puzzle Fun	29 9:00 Exercise 9:30 Daily Chronicles 10:00 Uno 1:00 Outdoor Walk 1:30 Balloon Volleyball <b>2:45 Fox Fitness w/Lisa</b> <b>3:30 Williamson/Guitar</b> 6:00 Magazine Fun	30 9:00 Exercise 9:30 Today's News 10:00 Basketball Toss 1:00 Outdoor Walk 1:30 Laugh w/ Three Stooges 3:00 Bingo 6:00 TV Oldies-MASH	31 9:00 Exercise 9:30 Food Fun w/Alicia 1:00 Outdoor Walk <b>2:45 Fox Fitness w/Lisa</b> 3:15 Root 6:00 Color time		



## Popular Baby Names

Take a look at how the most popular baby names have changed over the years. Names are listed from the most popular on.

Decade	Names
1930s	<b>Girls:</b> Mary, Betty, Barbara, Shirley, Patricia, Dorothy, Joan <b>Boys:</b> Robert, James, John, William, Richard, Charles, Donald
1940s	<b>Girls:</b> Mary, Linda, Barbara, Patricia, Carol, Sandra, Nancy <b>Boys:</b> James, Robert, John, William, Richard, David, Charles
1950s	<b>Girls:</b> Mary, Linda, Patricia, Susan, Deborah, Barbara, Debra <b>Boys:</b> James, Michael, Robert, John, David, William, Richard
1960s	<b>Girls:</b> Lisa, Mary, Susan, Karen, Kimberly, Patricia, Linda <b>Boys:</b> Michael, David, John, James, Robert, Mark, William
1970s	<b>Girls:</b> Jennifer, Amy, Melissa, Michelle, Kimberly, Lisa, Angela <b>Boys:</b> Michael, Christopher, Jason, David, James, John, Robert
1980s	<b>Girls:</b> Jessica, Jennifer, Amanda, Ashley, Sarah, Stephanie, Melissa <b>Boys:</b> Michael, Christopher, Matthew, Joshua, David, James, Daniel
1990s	<b>Girls:</b> Jessica, Ashley, Emily, Sarah, Samantha, Amanda, Brittany <b>Boys:</b> Michael, Christopher, Matthew, Joshua, Jacob, Nicholas, Andrew
2000s	<b>Girls:</b> Emily, Madison, Emma, Olivia, Hannah, Abigail, Isabella <b>Boys:</b> Jacob, Michael, Joshua, Matthew, Daniel, Christopher, Andrew

# "This Month In History"

## JULY

**1799:** French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

**1826:** Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

**1847:** The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

**1903:** The Tour de France hosts its first race outside of Paris.

**1955:** Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

**1969:** Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

**1979:** Sony reveals the first portable cassette player—the Walkman.

**1985:** More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

**2002:** American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.