



## A Canned Classic



Over the past 87 years, Spam—Hormel’s renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but

shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over nine billion cans of Spam have been sold. Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guamanian eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald’s and Burger King. Spam is so popular in Hawaii that it is called “The Hawaiian Steak,” and other canned meats, such as Armour Treat, are not nearly as popular.

## DONATIONS ACCEPTED

**Activities can always use home décor, snacks, games, craft supplies, yarn, candy, holiday decorations, wreaths and kitchen goodies. If you wish to donate, please reach out to Lisa Erb, Director of Activities. Email [lerb@dogwoodvillageocva.org](mailto:lerb@dogwoodvillageocva.org)**

## July Birthdays

- 7/3 Merriann Ferro
- 7/4 Betty Coleman
- 7/12 Ray Lonick
- 7/13 Ruth Sullivan
- 7/15 Frances Baker
- 7/21 Janice Hales
- 7/25 Glennis Dix



## OUTINGS

- 7/3 Lunch: Pizza Hut
- 7/5 Leisure Ride
- 7/10 Leisure Ride
- 7/12 Bruster’s Ice Cream
- 7/19 Madison Gardens
- 7/24 Lunch: Tim’s on The Lake
- 7/26 Leisure Ride
- 7/31 Shopping: Thrifting



**You must sign up 48 hours prior to the trip!**



## HOT SPOT BINGO DAYS

- 7/4 Firecracker Bingo W/Ellen
- 7/7 Candy Bar Bingo W/Activities
- 7/11 Bingo W/Activities
- 7/14 Bingo W/Activities
- 7/18 Bingo W/Ellen
- 7/21 Bingo W/Ellen
- 7/28 Bingo W/Activities

## COME JOIN THE GAME

*Are you ready?*

Let’s get ready to spike, dig, pass and set as the senior LIVING r residents play a game of volleyball with residents from health & rehab. The action will begin on July 4<sup>th</sup> at 10:00 in the parking lot of health and rehab. Following the game all residents will be given a holiday treat.

## Celebrating July

**Cell Phone Courtesy Month**

**Women’s Motorcycle Month**

**Ice Cream Month**

**Farriers Week**

*July 7–13*

**Zookeeper Week**

*July 21–27*

**Independence Day**

*July 4*

**World Kiss Day**

*July 6*

**Bastille Day**

*July 14*

**Caviar Day**

*July 18*

**Amelia Earhart Day**

*July 24*

**Talk in an Elevator Day**

*July 26*

**Rain Day**

*July 29*

## Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let’s not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait.

Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these top-notch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It’s a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you’re a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world’s best athletes in action against the backdrop of beautiful Paris.



### Rapidan Garden Club Activity



Designs and Blooms



Flowers and Smiles



### FUNDRAISER

Cool Off Summer Salad Week  
July 15<sup>th</sup>-July 19<sup>th</sup>, 2024

- Day 1 Old Fashion Macaroni Salad
- Day 2 Potato Salad
- Day 3 Veggie Bean Salad
- Day 4 Pea Salad
- Day 5 Meat & Cheese Pasta Salad

- 16 ounces for \$7.00 each
- Pick up daily in the activity room between 11:30-12:30.
- You must sign up by 7/9/24
- This is open to residents, staff, and visitors

All residents will enjoy fresh salad tasting each afternoon!

### TWISTER BINGO

The activity team created this game with a unique twist on the everyday game of bingo.



### Talents Are Shining!!

Proud moments as residents display the ribbons won at the Orange County Fair. Residents enjoyed their visit at the fair in June to see the exhibits.



### July Events

- 7/1 Tomato Sandwich Monday
- 7/2 Bridge Side Holiday Parade
- 7/2 Taste of Summer
- 7/3 Blue Birds of Happiness
- 7/4 Volleyball W/ H&R
- 7/4 Firecracker Bingo
- 7/6 Chicken & Dip Social
- 7/8 Wine & Cheese
- 7/9 Davis & Bradley
- 7/9 Spin Top trivia
- 7/11 Side by Side
- 7/15 Nails W/Heather
- 7/16 Hymn Sing w/Tish
- 7/17 Keith Campbell
- 7/22 Wine & Cheese
- 7/23 Fried Green Tomato Social
- 7/25 Peanut Auction
- 7/25 Alan Newton
- 7/29 Tomato Sandwich Monday
- 7/28 Monthly Birthday Party



### FUN FACTS ABOUT ICE CREAM



- It takes 12 pounds of mild produce just 1 gallon of ice cream
- Most popular flavor is vanilla
- Chocolate ice cream was invented before vanilla
- The average American eats 45.8 pints of ice cream a year
- Chocolate syrup is the most popular topping
- The strangest flavor is bacon
- 90% of Americans have ice cream in the freezer
- The USA consumes them most ice cream