



Somerset Oak

SENIOR LIVING COMMUNITY

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Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

Introducing Elvis

July is a milestone month for Elvis Presley fans. On July 19, 1954, the future King of Rock 'n' Roll released his first commercial single: "That's All Right," with "Blue Moon of Kentucky" on the B-side. Shortly after, on July 30, Presley gave his first paid concert performance in Memphis, opening for country artist Slim Whitman. The price of admission was only \$1.

An All-Star Shoe

Favored for their casual, vintage vibe, Converse All Star sneakers actually began as basketball shoes. In 1917, the footwear company released shoes called "Non-Skids," but sales were slow—until semi-pro basketball player Charles H. Taylor joined the team. Not only did Taylor suggest improvements to the sneakers, now named All Stars, but he also traveled around the country giving basketball lessons and showing off the shoes. His efforts paid off: In 1932, the All Star design was updated to feature the name "Chuck Taylor." Four years later, the sneaks became the official basketball shoe of Team USA at the Olympics, an honor they held until 1968.

'Bell' Is One

How many words can you come up with using the letters in "bald eagle"?

July 2024



Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

Reading Challenge: Sand, Surf and Storytime

Celebrate summer with a "beach read" challenge! Check out bestselling beach reads from the last few years, and aim to finish five new-to-you titles. Or take a more creative approach by finding books with "beach" in the title or that take place near an ocean.

Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

3	6	8	7	9	5	4	1	2
7	4	3	8	5	2	1	9	6
8	5	3	1	2	6	9	7	4
5	7	6	2	1	9	3	4	8
1	9	8	3	7	4	2	5	6
4	3	2	6	8	5	1	9	7
3	2	7	9	4	1	6	8	5
6	4	1	8	5	2	7	3	9
9	8	5	7	6	3	4	1	2

	8		7			4		
6		1		5			3	9
	2							
	3							7
1	9				4	2		
5		6			9	3		
8		3	1				7	
	6		4				2	
2	1			9		8		