

Kathy & Fred Furrer: Lifelong Locals, New Neighbors

To say Kathy and Fred Furrer are locals is an understatement. Fred grew up just a couple of blocks from Sterling Court in a house his grandfather built in 1906. After they married, Kathy and Fred moved into a home just a block from that. In March, they made the move to Sterling Court.

"Everything is so new to us," says Kathy. "This is the first time we've moved in 66 years!"

Talking with Kathy and Fred is great fun. Fred states the facts, Kathy adds the details, and their affection for one another is clear.

Kathy was born in Flasher, North Dakota, in her grandmother's house. Her grandmother was the town's midwife and nurse to the local doctor. When Kathy was 7, her family moved west, eventually settling in Tacoma, Washington. (Kathy is from a big family – she has five sisters and one brother!) After high school, she joined her older sister in Burlingame and went to work at Minnesota Mining and Manufacturing Company, now known as 3M.

Meanwhile, Fred attended Serra High School before studying business and accounting at the University of San Francisco. After graduation in 1954, he was drafted into the U.S. Army. "I did basic training at Fort Ord and then was shipped off to Germany and attached to the heavy artillery division," says Fred. Once he came back home, he worked at an accounting firm. "But I decided I didn't want to be a bean counter," says Fred. He began a new career that took him from the chemical industry to environmental consulting. His firm even sent him to Harvard Business School.

Around the time Fred got out of the Army, mutual friends arranged a blind date between Fred and Kathy. A year and a half later they were married and moved into their San Mateo home. Soon they welcomed two daughters, Michelle, who now lives in Maui and works for Microsoft,

and Cheryl, a former neonatal nurse at Stanford who now splits her time between Washington and the house Fred's grandfather built. Plus, they have three beloved grandchildren – two girls and a boy.



Fred, Holly & Kathy

Once their daughters were grown, Kathy returned to work. One of her favorite jobs was at a dental office whose patients included members of the San Francisco 49ers during the team's Super Bowl years. She still laughs about giving star cornerback Eric Wright a ride in her white 1965 Mustang after he admired the car.

Retirement brought many happy years and plenty of hobbies. Both enjoyed golf, and each managed to score a hole-in-one. Kathy has also spent years crocheting, knitting, decorating cakes, and pursuing other creative projects.

The idea of moving to Sterling Court came from their daughters. After a few falls, Michelle and Cheryl encouraged their parents to explore senior living. Although Kathy and Fred had known about Sterling Court for years, they had never been inside. After a tour, they were impressed.

In March, they moved in and of course brought along Holly, their poodle-bichon frise rescue dog. "We've had her for 10 years and she's still like a puppy," says Kathy. "She loves the people here." Holly's not the only one! "The people who work here are so nice," says Kathy.

So, while still feeling a little new, Kathy and Fred are adjusting and enjoying the experience. They appreciate the friendly staff, the responsive maintenance team, and the delicious meals prepared for them each day.

They're also learning about the classes and activities available, and getting ready to dive in. Most of all, they're happy to remain in the neighborhood they've called home for decades while beginning an exciting new chapter at Sterling Court.

Lifestyle

SENIOR DAY AT SAN MATEO COUNTY FAIR



FRIENDLY SERVING STAFF

ARTS & CRAFTS – ROCK PAINTING



BONSAI SHOW TRIP

Mark Your Calendar

Friday, July 3	Communion with Father John
Saturday, July 4	Independence Day
Saturday, July 4	Independence Day BBQ
Saturday, July 4	Randy Johnson & Gordon Fels
Monday, July 13	Trip to Sam's Chowder House
Sunday, July 19	Pancake Bingo

Don't Forget...
Sterling Court is on...



Facebook
@SterlingCourt



Instagram
@Sterling_Court

Be sure to follow us and tell a friend!

SMALL ADVENTURES CLOSE TO HOME

Summer is filled with opportunities to enjoy the Peninsula without venturing far from home. Some of the season's best experiences can be found just a short walk or drive away in downtown Burlingame and San Mateo.

In Burlingame, the popular **Music in the Park** series returns to Washington Park on **June 26, July 10, July 24, and August 7** from **6:00 to 8:00 p.m.** Residents are encouraged to bring a lawn chair or blanket and enjoy live music in a relaxed outdoor setting. Downtown Burlingame will also host its annual **Wine Walk on July 30**, offering an opportunity to explore local shops while sampling wines from regional vintners.

San Mateo's beloved **Central Park Music Series** takes place on **Thursday evenings through August 6** from **6:00 to 8:00 p.m.** The concerts feature a variety of musical styles and provide a wonderful excuse to enjoy dinner downtown before or after the performance.

For those looking for fresh summer fruit, vegetables, and flowers, Farmer's Markets are just the thing. In downtown Burlingame, the popular **Burlingame Fresh Market** takes



place every Sunday from 9:00 a.m. to 1:30 p.m. at Park Road and Burlingame Avenue, making it easy to pick up seasonal produce while enjoying a stroll through the shops and restaurants along Burlingame Avenue. In San Mateo, the **Downtown Farmers Market** is held **Thursdays from 3:00 p.m. to 7:00 p.m. at 222 E. 4th Avenue**, offering fresh produce, flowers, and specialty foods in the heart of downtown. For those looking for an even larger market experience, the renowned **College of San Mateo Farmers Market** is open every Saturday from 9:00 a.m. to 1:00 p.m. and features dozens of vendors along with sweeping Bay views.

Whether it is an evening concert beneath the trees, a leisurely stroll along Burlingame Avenue, or a morning spent browsing the farmers market, these nearby events offer simple ways to enjoy the summer season, connect with the community, and create new memories close to home.

TAKING STEPS TOWARD A HEALTHIER SUMMER

One of the many advantages of life at Sterling Court is that some of the Peninsula's most desirable destinations are just blocks away. Burlingame Avenue attracts visitors from throughout the Bay Area with its inviting restaurants, sidewalk cafés, specialty shops, and vibrant atmosphere, yet we have it right in our own neighborhood.

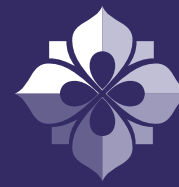
During the summer months, the weather in Burlingame is close to ideal. Warm afternoons, cool evenings, and abundant sunshine create the perfect setting for spending time outdoors. Beyond simply feeling good, a little time in the sunshine can help support healthy vitamin D levels, which play an important role in maintaining strong bones and overall health.

Of course, walking means different things to different people. For some, it may be a leisurely walk through

downtown. For others, it may be a shorter outing with a walker, taking time to enjoy the fresh air even if just in our own beautiful courtyard. The distance covered matters far less than the opportunity to get outside, enjoy the season, and experience the energy of the community.

A stop for coffee with a friend, lunch at a favorite restaurant, or simply a chance to sit and watch the world go by can turn an ordinary day into something special. With one of the Peninsula's premier downtown districts just steps from home and some of the best weather of the year upon us, summer is the perfect time to enjoy all that the neighborhood has to offer.





Activity Rooms

BR—Bristol Room
CY—Court Yard
DR—Dining Room
LB—Library
LR—Living Room
VR—Mt. Vernon Room
PDR—Private Dining Room
RR—Revere Room

BRC—Burl. Rec. Ctr.
SMSC—San Mateo
Senior Center

The Weekly

Check *The Weekly* for
current updates or changes
in schedule.

The Daily

Check our main board for
daily activities, located
opposite the Front Desk.

Scheduled Appointments

Transportation Provided
Monday–Thursday

Sunday	Monday	Tuesday
5 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	6 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	7 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Art McGaw - Piano & Trumpet 7:00 Evening Movie - RR 7:00 Games - BR
12 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	13 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:15 Trip to Sam's Chowder House 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Movie - RR / Games - BR	14 10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Antoinette Kaufman - Flute 7:00 Evening Movie - RR 7:00 Games - BR
19 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	20 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	21 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
26 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	27 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	28 10:00 Shopping - Bridgepointe Shopping Center 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Randy Johnson - Piano & Banjo 7:00 Evening Movie - RR 7:00 Games - BR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
1 9:30 Chat w/Chef Denis Simon - RR 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	2 9:30 Donuts on Wheels 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	3 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	4 Fourth of July Holiday  10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Randy Johnson & Gordon Fels - LR & CY 12:00 Independence Day BBQ - CY & DR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR
8 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR	9 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Marilyn Cooney - Piano 7:00 Evening Movie - RR 7:00 Games - BR	11 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
15 10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 July Birthday Bash 3:00 Book Review w/David Whitman - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	16 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	17 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	18 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
22 10:00 Shopping - Trader Joe's 10:00 Strength Training w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	23 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	24 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	25 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
29 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	30 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	31 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Lee Allen - Piano 7:00 Evening Movie - RR 7:00 Games - BR	

Classes & Lectures

The Svanevik History Hour

This renowned writer and historian will focus on revealing the hidden, interesting, sometimes controversial, always fascinating, behind-the-scenes history of San Mateo County and the State of California, it all happens on Mondays at 1:30 p.m. in the Revere Room, topics include:

- July 13 *The Mark Hopkins Mystery*
- July 20 *C.C. Moore: Savior of San Francisco*
- July 27 *No Island? We can always build one*

Lecture Series with Dick McKee

Dick McKee hosts series on Tuesdays at 11:00 a.m. in the Revere Room.

The Great Tours: Experiencing Medieval Europe

This course is taught by History Professor Kenneth R. Bartlett of the University of Toronto.

- July 7 *Krakow: Crossroads of Europe*
- July 14 *Prague: Freedom of Mind and Spirit*
- July 21 *Prague: Castle Hill*
- July 28 *Bruges: Built on the Sea and Trade*

Bridge Class with Ed Lechner

Ed has been playing bridge for nearly 60 years and joined the American Contract Bridge League (ACBL) about 20 years ago. He began playing club games 10 years ago and has competed in regional and national tournaments for the past five years. He has earned approximately 550 master points – more than half of them Gold – and has achieved 24 Red Ribbon qualifiers and four Blue Ribbon qualifiers. Ed has won gold using several bidding systems, including Standard American, 2/1, Precision, and Kaplan-Sheinwold. Ed is a licensed director and certified ACBL Best Practices Teacher, Audrey Grant Teacher, and Patty Tucker Learn Bridge in a Day Instructor. He currently teaches beginning bridge lessons at Ivy Park in Belmont and presents mini-lessons before the Junior game at the Palo Alto Bridge Club. Join Ed on Wednesday, July 8 & 22 at 12:45 p.m. in the Bristol Room.

Library Book Review

Mark your calendar for Wednesday, July 15, David Whitman from the Burlingame Library will be joining us to review a selection of books. Residents will also have the opportunity to check out books and keep them until next month, meet him at 3:00 p.m. in the Revere Room.

Art Appreciation

This class explores the importance of recognizing and appreciating beauty in both art and nature by

developing an “educated” eye and ear. Designed as an interactive conversation rather than a lecture, the course engages with iconic works of painting, sculpture, architecture, photography, and music. Artists such as Rembrandt, Johannes Vermeer, Édouard Manet, Pierre-Auguste Renoir, and Vincent van Gogh are discussed alongside architects Frank Lloyd Wright, Antoni Gaudí, and I. M. Pei, as well as photographer Richard Avedon. Rather than simply admiring these figures, participants are encouraged to engage with their work and ask thoughtful questions about the purpose of art, the intentions of artists, and the nature of modern art. The class also celebrates music, featuring jazz greats like Sarah Vaughan, Ella Fitzgerald, and Anita O’Day, emphasizing that music, too, belongs in the conversation about beauty and artistic expression. Join Adam on Thursday, July 2, 16 & 30 at 1:30 p.m. in the Revere Room.

July 2 | ALTHORP: THE SPENCERS: *Althorp is the ancestral home of the Spencers, and the childhood home of the late Diana, Princess of Wales. The grand tour is led by Diana’s brother – Charles, 9th Earl Spencer. Noteworthy is the close relationship between George Washington and the Spencers, as Washington’s ancestors are cousins of one of the most aristocratic family’s in England’s history.*

July 16 | SARAH VAUGHAN: *The Divine One. With a vocal range of 3 octaves and a career spanning decades, no one, but NO ONE, has ever gotten inside the soul of a song and delivered an experience beyond compare. The warm, rich texture of that voice is unforgettable! This is MUSIC to make you glad you have ears.*

JULY 30 | ELEVATED THINKING: *The Highline in New York City. Miles of rusting, abandoned elevated railway, overgrown with weeds and grasses, is turned into a serene natural environment, where walkers have a bird’s eye view of the city below: “All the world’s a stage.”*

Fitness & Exercise

Strength Training Exercise with Holly Roser Fitness

Holly, John and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Please sign up
for all events
in the Activity
Book located at
the Front Desk

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, and flexibility, muscle and bone strength, circulation, and heart health in order to enhance function in common activities such as going up and downstairs, squatting to lift objects, and even playing with young children. Join us every day; please see “The Weekly” for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:30 a.m.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Sterling Walkers

Go for a walk with Dmitry, at Coyote Point Park or Foster City Park, weather permitting, Sundays at 1:00 p.m. (not on Pancake Bingo days and/or Hillbarn Theater days).

Wellness Support

Chat with Executive Chef Denis

Every first Wednesday of the month Denis will announce the upcoming culinary special events and ask for review of the past month special events. After that he will open up the meeting for any suggestions, comments or concerns. Denis’ meetings are run just as efficiently as his kitchen and dining room, please arrive on time. Join Denis on Wednesday, July 1 at 9:30 a.m. in the Revere Room.

Sterling Court Games

Are you interested in playing games such as Bridge, Dominos, Pinochle, Mahjong, Chinese Checkers, Scrabble, Rummikub, etc.? If so, we have two Residents, Ruth Kahoun and Norma Galvin, who have (graciously) volunteered to facilitate the getting together of Residents who would like to play any of the games listed above and any others. Please contact Ruth Kahoun at 650-867-7203 or Norma Galvin at 650-636-3614 if you would like to meet other Residents who want to play the same games of which you are interested in.

Melodic Outreach Endeavor

Anson Yu and Matthew Wang have generously volunteered to share their love of music with our community. In their words: “We began our journey as two high school students

passionate about music. Then, we dedicated that passion to performing music for senior communities. Now, we travel around the Bay Area to senior centers, increasing members and impact along the way.” These young musicians bring beautiful piano performances and uplifting energy to the community, creating a wonderful opportunity to relax, listen, and enjoy live music together. Join us every Saturday from 3:30 p.m. to 4:30 p.m. in the Living Room.

Sterling Stitchers

Joyce Bausch and Carole Young are bringing together a community of needlework enthusiasts (knitting, crocheting, embroidery, cross stitch, hemming, etc) to exchange tips, works in progress and support one another in their stitching journeys. Whether you are a beginner or an expert, you belong here. Please join us every Sunday at 1:00 p.m. in the Mount Vernon Room, please sign up at the Front Desk.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Program Highlights

Independence Day BBQ

Join us for our second BBQ of the season as we celebrate Independence Day on Saturday, July 4 at 12:00 noon. Chef Denis and his staff will serve classic favorites including barbecued ribs, chicken, salmon, hamburgers, and beef hot dogs, along with potato salad, coleslaw, baked beans, corn on the cob, grilled vegetables, fresh fruit, beverages, and delicious desserts. Enjoy great food, festive company, and live entertainment by Randy Johnson & Gordon Fels.

Trip to Sam’s Chowder House

Sam’s Chowder House restaurant in Half Moon Bay serves sustainable ocean-fresh seafood, such as Maine lobster, fresh local crab, fish and chips, fried calamari, oysters and clams from the raw bar, catch of the day such as salmon and halibut, and specialties like lobster spaghetti. Join us on Monday, July 13 at 11:15 a.m., please sign up at the Front Desk.

Pancake Bingo

Start your Sunday with a stack of smiles! Enjoy a delicious breakfast of pancakes and eggs, followed by a lively game of Bingo, on Sunday, July 19 at 11:30 a.m. in the Dining Room, the cost is \$2.00 (includes breakfast and Bingo).



Musical Notes

Enjoy a live musical performance on Tuesdays, Fridays at 3:00 p.m. and Saturdays at 3:30 p.m. in the Living Room.

Friday, July 3

Alex Bootzin – Piano

Saturday, July 4

Randy Johnson & Gordon Fels

Tuesday, July 7

Art McGaw – Piano & Trumpet

Friday, July 10

Marilyn Cooney – Piano

Saturday, July 11

Melodic Outreach Endeavor

Tuesday, July 14

Antoinette Kaufman – Flute

Friday, July 17

Eric Shifrin – Piano

Saturday, July 18

Melodic Outreach Endeavor

Tuesday, July 21

Jeff Wessman – Vocal

Friday, July 24

Kathleen Nelson – Piano

Saturday, July 25

Melodic Outreach Endeavor

Tuesday, July 28

Randy Johnson – Piano & Banjo

Friday, July 31

Lee Allen – Piano

July Birthdays

July Birthday Bash will be on Wednesday, July 15.

July 1	Michael Warne
July 2	Christine Bryan
July 9	Natalie Lagomarsino
July 12	Al Villazon
July 14	Monica Morhaim
July 15	Mary De Senna
July 16	Doris Schafer
July 19	Janice Mattei
July 21	Ute Gacs
July 21	Kitty Davis
July 26	Karen Yorke
July 28	Matilde Scritzky
July 28	Phyllis Holm
July 29	Sandra Boyd
July 30	Diane Bryant

Anniversary

Happy 66th Wedding Anniversary to Ron & Marilyn Chiappari on July 4.

Happy 66th Wedding Anniversary to Kathy & Fred Furrer on July 23.

Happy 44th Wedding Anniversary to David McDonough & Lisa Albright on July 31.

WHY DO WE SAY THAT?

TO BREAK THE ICE

For centuries, navigation has been a great challenge, particularly in icy waters. That's why the expression "to break the ice" has been used in the English language as far back as the 16th century. At that time, people would use hand tools to dig through the ice to create a path for small boats, so, figuratively, breaking the ice was understood to mean "forging a path for others to follow." Two centuries later, as navigation became more advanced, special ships known as "ice-breakers" were introduced. These ships went ahead of others and used strong hulls and powerful engines to crush ice and create waterways for other vessels. That's how "breaking

the ice" came to mean "smoothing out a socially awkward situation in order to establish a free, relaxed, and open relationship or dynamic."

TO STEAL ONE'S THUNDER

Back in the early 18th century, a man named John Dennis tried his hand at producing plays, but they weren't very successful as they didn't resonate with audiences. For one play called Appius and Virginia, Dennis devised a new technically advanced method of producing the sound of thunder on stage. His thunder effect was certainly dramatic and brilliant, but that wasn't enough to make people like his play, so he had to shut it down. A while later, when Dennis went to the theater to see a production of Macbeth,

he was astonished to realize that they were using his method to produce the sound of thunder. While expressing his dismay, Dennis is quoted as having said, "Damn them! They will not let my play run, but they steal my thunder!" That's how the expression "to steal one's thunder" came about. It means to use someone's ideas or creations for one's advantage, or to prevent someone from getting well-deserved success or recognition for their work.