

Akira Watanabe: A Successful American Dream

Not only is Akira Watanabe a proud husband, grateful father, and skilled pharmacist, he is also very content with the life he and his family have built.

Akira and his wife, June, came to Sterling Court about a year and a half ago. "The people here are very nice," says Akira. "Plus, the food is good and plentiful. I gained 10 pounds!"

That may explain his schedule. Every morning, Akira works out in the gym, first with weights and then by walking 2,000 steps on the treadmill. At night, he exercises for 30 minutes before bed. He also keeps his mind sharp by playing bridge at least three times a week, both with other Sterling Court residents and online.

Akira's parents met after his father came to San Francisco from Japan in the 1930s to work and send money back home. The couple settled in Japantown, where Akira was born in 1934. "It was really nice," says Akira about growing up there. "My friends were all great and we grew up together." His father worked as a bank teller and his mother as a housewife.

Akira was 7 years old when the U.S. entered World War II. Like many Japanese Americans in the area, he and his family were sent to a temporary detention camp at the Tanforan Racetrack in San Bruno, where Akira's sister was born. "We were living in the horse stalls, but there was a hospital there," says Akira. After three months, they were sent by train to the permanent camp in Topaz, Utah.

"Japanese people are pretty hearty," says Akira. "I did very well in the camp." The dust storms were terrible, he says, but the hardest part was that his father was sent to a different camp. They reunited in 1945 at the end of the war.

"Fortunately, my grandfather held onto our property in San Francisco," says Akira. His savvy grandfather had arrived in San Francisco shortly before the 1906 earthquake and, luckily, left the family property in the care of a neighbor. After the war, the family started a grocery store.

After high school, Akira attended UC Berkeley and earned his Pharmacy degree from UCSF. He then spent three years in the Army, training at Fort Ord before being stationed in Fort Lewis in Washington, then to Whittier, Alaska, where he ran a medical clinic with a doctor and dentist.

After returning to California, Akira worked as a pharmacist at Southern Pacific Hospital. Mutual friends introduced him to June, a trained dancer who taught at Mills College. They married and welcomed three children, eventually settling in Marin County just down the street from Skywalker Ranch. Akira was the pharmacist at Lucky's in Richmond, while June started the June Watanabe Dance Company.

"She's the one you should be interviewing," says Akira proudly of his wife. June trained at the L.A. Conservatory of Music and Arts, danced in the film *The King and I* at age 16 and served on the faculty of several colleges before retiring as Professor Emerita.

The family enjoyed camping, traveling through Europe, and taking a cruise in China. At one point, June received a grant to go to Japan for six months.

Their three children are all successful. Brett is a financial advisor in New York, Whitney has a master's degree and teaches at a local college, and Colin is a cardiologist in Los Angeles. They also have five grandchildren. "They're all doing very well!" says Akira.

Whitney suggested that Akira and June move to Sterling Court. "Our daughter lives in San Carlos and wanted us closer," says Akira. They settled well into their new life. Then, about a year ago, June needed to move to a nearby memory clinic. Akira visits her often.

Akira describes the life he and his family have created as "the American Dream." When asked if he has any life philosophies, Akira laughs and says, "Work hard!" Obviously, his disciplined life is paying off!



Akira Watanabe & family

Lifestyle

SAM'S CHOWDER HOUSE



4TH OF JULY BBQ



GRATON CASINO TRIP



Mark Your Calendar

Friday, August 7	Communion with Father John	Friday, August 21	Sterling Court 36 th Anniversary
Sunday, August 16	Pancake Bingo	Friday, August 21	Sterling Court Anniversary Dinner
Tuesday, August 18	Zentangle Art Class	Friday, August 21	Classical Piano Concert
Friday, August 21	Senior Citizen Day	Monday, August 31	Trip to Sam's Chowder House

Trivia Time

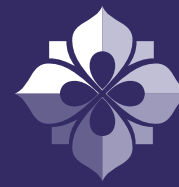
While enjoying the company of family and friends, have fun with this historical trivia below.

- Who was the first man to walk on the moon?
- Who sang the hit song "Love Me Tender"?
- What was the name of President John F. Kennedy's wife?
- What popular music festival took place in 1969?
- What actress's real name was Norma Jean Mortensen?
- Who was the drummer in The Beatles?
- Which states joined the Union in 1959?
- The four members of The Beatles were Paul McCartney, John Lennon, Ringo Starr, and who else?
- Who was the U.S. president in 1960?
- What was the name of Audrey Hepburn's character in the 1964 movie My Fair Lady?
- What was the name of the first artificial satellite launched by the Soviet Union?
- Which famous civil rights leader gave his "I Have a Dream" speech in 1963?
- Who sang the 1967 hit "Brown Eyed Girl"?
- What was the nickname of the iconic British model from the 1960s whose real name is Lesley Lawson?
- In what year did Neil Armstrong become the first man to walk on the moon?
- Who was the lead singer of The Supremes in the 1960s?
- During the 1960s, rock bands from England became very popular. What nickname was given to this phenomenon?
- Which singer played Catwoman in the Batman TV series in 1967?
- Which 1967 musical features the songs "Aquarius" and "Good Morning Starshine"?
- What was the name of the mission that put the first humans on the moon?
- Which iconic 1960 horror film featured the Bates Motel?
- Which jazz legend released "What a Wonderful World" in 1967?

FAMOUS AMERICAN LANDMARK

Write your answer after each clue. Each letter in your answers has a number below it. Put the letter above each number at the matching number in the line below this text. It will spell out the landmark. Some letters are used twice.

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|---------------------------------|---|---|---|---|---|---|---|----------------------------------|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 1. HOT BREAD: | | | | | | | | 4. PERSON NOT TELLING THE TRUTH: | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| 2. WHAT YOU SAY WHEN YOU AGREE: | | | | | | | | 5. WHAT BIRDS DO: | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| 3. MADE FROM MILK: | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |



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
2 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	3 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	4 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 Peter Master - Piano 7:00 Evening Movie - RR 7:00 Games - BR
9 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	10 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	11 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
16 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	17 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	18 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 1:30 Zentangle Art Class - VR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
23/30 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	24/31 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens (24) 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:15 Trip to Sam's Chowder House - Half Moon Bay (31) 1:00 Games - BR 1:30 History w/Michael S. - RR 3:00 Burlingame Library 7:00 Movie - RR / Games - BR	25 10:00 Shopping - Bridgepointe 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 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
9:30 Chat w/Chef Denis Simon - RR 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	6 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	7 10:00 Shopping - Safeway & Walgreens 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	8 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
12 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	13 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	14 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	15 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
19 10:00 Strength Training w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed L. - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 August Birthday Bash 3:00 Book Review w/David W. - RR 4:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR	20 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	21 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR / Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 4:30 Sterling Court 36th Anniversary Dinner - DR 7:00 Classical Piano Concert - LR 7:00 Games - BR	22 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
26 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	27 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	28 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	29 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

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:

- August 3 *The Amazing Miss Alice: A Colorado Girl Hits California*
August 10 *An Almost Perfect Wedding*
August 17 *An American Wizard: A Mild Mannered Man From Menlo*
August 24 *Look Out: When The Peninsula Nomen Go To War*
August 31 *A Long Forgotten Episode: The Tea Cup War*

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.

- August 4 *Bruges: Commerce and Community*
August 11 *Siena: Good Government*
August 18 *Siena: The Gothic Dream*

How Colors Affect You: How science reveals

This course is taught by Professor William Lidwell of the University of Houston.

- August 25 *The Meaning of Color*

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. 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, August 5 & 19 at 12:45 p.m. in the Bristol Room.

Library Book Review

Mark your calendar for Wednesday, August 19, 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, 13 & 27 at 1:30 p.m. in the Revere Room.

August 13 | DIANA KRALL: *Live In Paris*. A dazzling live concert in Paris featuring Diana Krall, Grammy award winner and one of the smoothest, warmest voices anywhere backed up by a star-studded jazz ensemble AND a full symphony orchestra! Familiar, classic repertoire: "All or Nothing at All", "Let's Fall in Love", "The Look of Love", "Cry Me a River", "Under My Skin". "S'wonderful". Don't miss this one!

August 27 | TONY BENNETT DUETS: *The Great Performances*. In his 90's, the Master of the Ballad, the great Tony Bennett invites us to a series of tender, intimate recording sessions with some of the finest young(er) voices in popular singing: Lady Gaga, Natalie Cole, K.D. Lang, Willie Nelson, Queen Latifah, Andrea Bocelli, Amy Winehouse. Each session casts a spell you will long remember!

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.

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, and flexibility, muscle

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

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, August 5 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

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, August 16 at 11:30 a.m. in the Dining Room, the cost is \$2.00 (includes breakfast and Bingo).

Zentangle Art Class with Judy & Brenda

Discover the relaxing art of Zentangle! This easy-to-learn drawing method uses simple, repetitive patterns to create beautiful, intricate designs—no artistic experience required. Whether you're a seasoned artist or have never picked up a sketchbook, you'll be amazed at what you can create. Join us for a fun, stress-free class that encourages creativity, mindfulness, and confidence, one stroke at a time. You can see some samples outside Judy's apartment #404. Join us on Tuesday, August 18 at 1:30 p.m. in the Mount Vernon Room, seats are limited, please sign up at the Front Desk.

Sterling Court 36th Anniversary Celebration Dinner

Help us celebrate Sterling Court 36th Anniversary! Join us on Friday, August 21, for a special evening of great food and fellowship. Our Chef Denis Simon has prepared a delicious feast in honor of this special occasion. Seating begins at 4:30 p.m. We look forward to celebrating with you!

Classical Piano Concert

Come hear Sterling Court's happy hour pianist Alexander Bootzin in a program of works by Scarlatti, Schubert, Debussy, Bartok and Brahms on Friday, August 21 at 7:00 p.m. in the Living Room.

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, August 31 at 11:15 a.m., please sign up at the Front Desk.



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.

Tuesday, August 4

Peter Master – Piano

Friday, August 7

Alex Bootzin – Piano

Saturday, August 8

Melodic Outreach Endeavor

Tuesday, August 11

Antoinette Kaufman – Flute

Friday, August 14

Eric Shifrin – Piano

Saturday, August 15

Melodic Outreach Endeavor

Tuesday, August 18

Jeff Wessman – Vocal

Friday, August 21

Eric Shifrin – Piano

Friday, August 21

Classical Piano Concert

Saturday, August 22

Melodic Outreach Endeavor

Tuesday, August 25

Randy Johnson – Piano & Banjo

Friday, August 28

Kathleen Nelson – Piano

August Birthdays

August Birthday Bash will be on Wednesday, August 19.

August 3	Leann McIver
August 7	Delores Taggar
August 8	Sharon Levaggi
August 9	Helen Berube
August 10	Rosamonde Bagan
August 10	Ruth Kahoun
August 11	Ken Gillen
August 16	Molly McCrory
August 17	Betty Lynch
August 20	David McDonough
August 22	Jane Saunders
August 27	Eleanor Breite

Anniversary

Happy 60th Wedding Anniversary to John & Bambi Satter on August 21.

Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #143 Germain Seidler
- #303 Vincent Schmidt
- #340 Joe Tsu
- #450 Jennifer Gogol

WHY DO WE SAY THAT?

BURNING THE MIDNIGHT OIL

Long before electricity, natural gas, and most fossil fuels were invented, people used candles and oil lamps to light up their homes at night. Oil was very expensive because it was sourced from whales. So, it was common for people to use their oil sparingly. They would try to wind up their activities early in the evening so they could put out their lamps and retire to bed. However, once in a while, some people had activities that were so important or urgent that they had to keep working on them late into the night despite the high cost of whale oil. That is why, in the 17th century, people started referring to late-night work as “burning the midnight oil.” Today, we no longer use oil lamps;

however, the phrase is still used in reference to late-night study sessions or overnight work on projects with upcoming deadlines.

OFF THE RECORD

When someone says something “off the record,” it means that they are sharing information in confidence, and there is an agreement that whatever they are saying should either not be repeated to other people, or if it’s repeated, it should not be attributed to the original speaker. This phrase was inadvertently coined by President Franklin Roosevelt in 1932. At the time, interviews were conducted and recorded in very formal settings, and by saying that he wanted to speak off the record, Roosevelt meant that he wanted to talk to journalists and

audiences in a more laid-back setting where he could crack a few jokes rather than just focus on serious topics. The term, however, quickly became popular, particularly among journalists who started to classify their interviews as “on the record,” meaning when people officially acknowledged their statements, and off the record,” when the identity of informers remained confidential.