



Bramalea Bulletin

Bramalea Retirement Residence | 30 Peel Centre Drive | 905-790-7900 |

FRIDAY NIGHT MOVIES

THE BEATLES: LET IT BE

Friday July 5th @ 7:00PM

Available for the first time in over 50yrs, the original 1970 film about The Beatles.

ANYWHERE BUT HERE

Friday July 12th @ 7:00PM

Adele is a flashy, flirtatious dreamer. Her daughter Ann is a no-nonsense realist. On the surface, they're like oil and water, but deep down there are two of a kind. A funny and touching story about a mother who knows best and a daughter who knows better!

Cast: Susan Sarandon, Natalie Portman, Hart Bochner & more

HONEY, WE SHRUNK OURSELVES

Friday July 19th @ 7:00PM

Wayne Szalinskis shrink machine misfires again! This time, Wayne, his wife, brother & sister in-law shrink to just half an inch tall, forcing them to navigate through Waynes house while trying to get the attention of their kids. But thinking that their parents left them home alone for the weekend, the kids take advantage of their newfound unsupervised freedom.

Cast: Rick Moranis, Eve Gordon, Robin Barlette, Allison Mack & more

IRON MAN

Friday July 26th @ 7:00PM

Tony Stark, a billionaire industrialist and genius inventor, is kidnapped and forced to build a devastating weapon. Instead, using his intelligence and ingenuity, Tony builds a high-tech suit of armor and escapes captivity. When he uncovers a nefarious plot with global implications, he dons his powerful armor and vows to protect the world as Iron Man.

Cast: Robert Downey Jr, Terrence Howard, Jeff Bridges, Gwyneth Paltrow & more

July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

Jorget K – July 01

Doreen R – July 14

Pierino R – July 14

Harriet D – July 17

Rohan R – July 17

George K – July 23

Susan R – July 23

George A – July 26

James B – July 26

Bianca D – July 27

Peter D – July 27

STARZ WE KNOW - BIRTHDAYS

Princess Diana (British royalty) – July 1, 1961

Neil Simon (playwright) – July 4, 1927

David McCullough (author) – July 7, 1933

Marty Feldman (actor) – July 8, 1934

Milton Berle (actor) – July 12, 1908

Bess Meyerson (model) – July 16, 1924

Sandra Bullock (actress) – July 26, 1964

Jackie Kennedy (U.S. first lady) – July 28, 1929

Buddy Guy (guitarist) – July 30, 1936

J. K. Rowling (author) – July 31, 1965



Celebrating July

Ice Cream Month

Canada Day

July 1

Tye Dye Socks

July 5

Clothing Sale Vendor

July 10

Wine & Cheese Social

July 12

Tropical Party/ Hawaiian Shirt Day

July 16

Ice Cream Sundae Stand

July 18

Woodbine Casino Trip Outing (Sign-Up)

July 22

July Birthday Party

July 23

Chefs Special Night

July 31



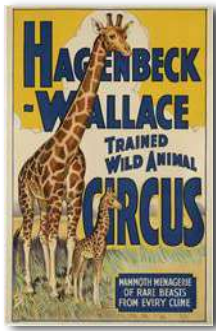
Chefs Special Night

JULY 31st @ 5:00PM

Invite your friends and family!!

Please sign up at reception.

Under the Big Top



Peru, Indiana, calls itself the Circus Capital of the World, and for good reason. For years it was the overwintering home to seven of the world's major circuses. After all those winters, the circus life rubbed off on the residents of Peru, and today they celebrate their Circus City Festival from July 15–20.

Peru's famous circus history began when the successful businessman Colonel Ben Wallace decided to enter the circus business in 1882. He first purchased all the tents, poles, and costumes of a failing circus. He then traveled to Texas to buy some horses. Still unsatisfied, he bought other exotic animals in Chicago and hired a firm to build elaborate and ornate wagons. Wallace might have been new to the circus business, but he spared no expense in assembling the greatest animals and performers of the day. He called it Wallace and Co.'s Great World Menagerie, Grand International Mardi Gras, Highway Holiday Hidalgo, and Alliance of Novelties.

Sadly, in 1884, before he could take his wondrous show on the road, it suffered a horrible fire, and Wallace lost nearly his entire investment. Undaunted, he rebuilt his circus, and it quickly became one of the country's best-known acts. Each winter, upon Wallace's return to Peru, the various performers, workers, and animals joined him. It was a common sight to see elephants walking through town. Children raced to see lions and tigers bathing in the local river. Circus City was born.

Today, the children of Peru practice clowning and flying on the trapeze like other children practice playing baseball. Every July, this youth circus performs during the Circus City Festival. And after the lights go down on the big top, visitors can visit the International Circus Hall of Fame and Museum. Peru is the perfect place to run away and join the circus.

In the Fast Lane

With more than 200,000 drive-thru restaurants in America alone, it's easy to see how much people love picking up a meal at a window. Maybe it's because we're so busy that we don't have time to order our meals inside. Or maybe we're just a little lazy. If you're looking for an excuse to grab some fast food, look no further than July 24, Drive-Thru Day.

Jack in the Box purports to have invented the first drive-thru in 1951 at its San Diego eatery. Others claim the drive-thru was conceived by two Texans, one a tobacco salesman and the other a doctor. They teamed up to open Kirby's Pig Stand drive-in restaurant in Dallas in 1921. Whether you drive-thru or drive-in, people have been eating in their cars ever since.

A Sticky Celebration



Lollipop. Sucker. Lolly. Sticky pop. Whatever you call them, Lollipop Day falls on July 20. Scientists tell us that even early humans enjoyed these treats, licking and sucking on honey on a stick. The term *lollipops* wasn't used until 1931 when George Smith, owner of the Bradley Smith

confectionary company, named a stick candy after his favorite racehorse, Lolly Pop. Some dispute this origin, however, because in England the word *lolly* means "tongue" and *pop* means "slap," so some think that the word *lollipop*, meaning "tongue slap," may have originated in England.

As to the invention of the lollipop itself, some say that in 1905 the McAviney Candy Company may have accidentally invented this hard candy on a stick. The process of boiling the candy required stirring with a stick. At the end of the day, the owner brought the candy-covered sticks home for his children. Three years later, he finally realized he was on to something and began marketing his "used candy sticks."

The Art of Being Bored



July is not the month to sit around twiddling your thumbs: it's Anti-Boredom Month. But wait! Before you decide to spice up your life by taking up a new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing.

Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.

Mallets and Madness

During July, in the green parks of Portland, Oregon, you might hear deep and resounding thuds, along with the dainty tinkling of teacups. If so, you may have discovered the strange world of Mondo Croquet. The rules of this backyard lawn game are almost identical to the original game from England, complete with period costumes and a picnic of tea and finger sandwiches. But instead of mallets, players wield sledgehammers, and in lieu of small croquet balls, they knock bowling balls through massive steel hoops. Sure, the occasional bowling ball cracks under the pressure, but players are allowed to continue their round using the biggest remaining piece. And there is one additional rule: once a player finishes a round, they are allowed to continue play with the sole purpose of knocking out other players' balls. If that doesn't sound fair, it should be noted that fairness isn't the purpose of the game. The goal of the game is to have fun, and when it comes to Mondo Croquet, the bigger the fun the better!

Protecting the Wild



The International Ranger Federation, a worldwide consortium of park rangers and uniformed conservationists, was founded on July 31, 1992. In 2007, July 31 was officially dedicated as World Ranger

Day, a day to honor all the hardworking men and women who put their lives on the line to protect the world's wild places.

How should you celebrate? Visit a park and thank a ranger in person. Donate to your local park or conservation fund. Light a candle for the brave rangers who have died in the line of duty. After all, rangers have the responsibility of protecting over 100,000 parks and conservation areas worldwide. That's more than 10 percent of Earth's entire landmass!