



JULY THE COMMUNICATOR

827 W. Cleveland Ave
Spokane, WA 99205
509-327-1584

Vol 22- Issue 07
July, 2021

**Corbin Senior Activity Center will be Closed for
Independence Day – July 4 & 5**

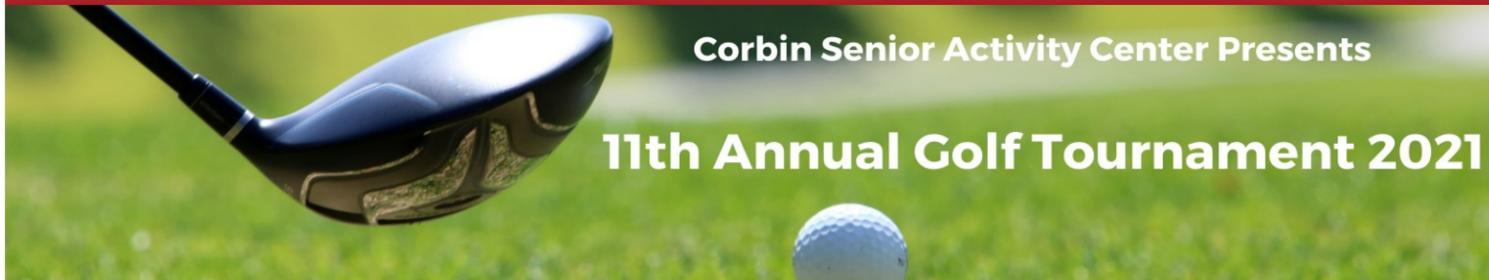


Birthday Brunch

**July 2nd & August 6th
at 11:00am in the
Dining Room**

Birthday celebrations are back at Corbin with just a few changes. We are unable to do a potluck at this time, so we thought we will cook you brunch instead. Our first Birthday Brunch will be Friday, July 2nd, and it will continue to be on the 1st Friday of every month. We will have birthday brunch until we are able to bring back birthday potlucks. We are beyond excited to see everyone back at Corbin!

Happy Belated Birthday to every Member of Corbin we missed during COVID!



Corbin Senior Activity Center Presents

11th Annual Golf Tournament 2021

SPONSORSHIP OPPORTUNITIES

Hole Sponsor with Full Team- \$500

Major Underwriter - \$1,500
Inc. 2 teams (8 golfers)

Closest to the Pin / Longest Drive Sponsor -\$200

Hole Sponsor with Half Team-\$350

Headline Advertising in all promotional literature

Hole Sponsor -\$200



FRIDAY JULY 9TH, 8AM T-TIME

DEER PARK GOLF CLUB | 1201 NORTH COUNTRY CLUB DRIVE, DEER PARK, WA 99006

COST \$85 (INCLUDES 18 HOLES, CART, AND LUNCH)

Prizes for 1st place, Closest to the pin, Longest drive, Hole in one



Sign up by calling Heide or Jessica at 509-327-1584 or online at Corbinseniorcenter.org

17th Annual Movin' & Groovin' Health Fair

HELD IN THE PARKING LOT AT CORBIN SENIOR ACTIVITY CENTER
827 W. CLEVELAND AVE. SPOKANE, WA 99205

SATURDAY SEPTEMBER, 11TH FROM 10AM TO 3PM



**FOR SPOKANE'S SENIOR COMMUNITY AND
THEIR FAMILIES! THE INFORMATION YOU NEED
FROM THE EXPERTS ABSOLUTELY FREE!**



Hear from the brightest minds in: Alzheimer's Care - Assisted Living- Financial Services - Funeral Planning - Health and Wellness - Health Insurance - Home Care - Health - Hospice - Independent Living - Legal - Life Insurance - Medicaid - Medicare - Memory Care - Palliative Care - Placement - Rehabilitation - Real Estate - Senior Living - Senior Nutrition - Skilled Nursing and More...



**HALF-PRICED
MEMBERSHIP
FOR
NEW MEMBERS**



We have room for more Vendors. Cost is \$195.00, if paid by August 13th and \$225.00, if paid after August 13th. Sign up online in the activity section of corbinseniorcenter.org

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www.facebook.com/corbinseniorcenter.org

Message from the Director



I hope everyone is staying cool, but if you need to cool off please come and do it at Corbin. Our center is cool and refreshing. This month I hope to hear we can open up to 100% but until that happens we will continue on as we have for the last few months.

The other day I was watching a trip get ready to head out. I paused and just listened to the laughter and joy that was heard in the room. I truly love what I do, because I get to be part of these moments with you. After a year of being separated and alone, we have all learned to not take for granted these little moments.

Our membership amazed me last month. Our newsletters hit the mailboxes and the next day we sold over 75 seats on our June Day Trips almost selling them out. To all of you that did not get on a trip, don't give up. We will not be limiting seats on our vans any longer, so there will be more opportunity for you to take a trip. Corbin Senior will continue to have passengers on our vans wear their mask due to the confined area of our vans. It is a choice to come to Corbin and if you think you are not able to follow these rules this might not be the right time to visit.

I want to announce that starting in July 12th we will have meals at Corbin Monday thru Thursday. Meals will be provided by our

amazing volunteers and Greater Spokane Meals on Wheels. More information on page 6. Change is not easy, but as you come to Corbin you will notice the shed, fence, and dumpster have moved. The space that occupied will soon be 2 more handicapped parking stalls. The board and I wanted to open up the south entrance and make it more inviting. There will be several other changes in the next few months, including new paint on the south and east side of the buildings and new signage identifying our building at Corbin Senior.

Corbin Senior is looking for a volunteer handyman. We have a few projects that need to be finished that are small, but none of the staff has the knowledge. If you think you are the person for the job give me a call.

Please recruit golfers for our golf scramble on July 9th, see page 1 for more information.

See our Facebook page or website for links to all of our events.

www.corbinseniorcenter.org or [Facebook.com/corbinseniorcenter.org](https://www.facebook.com/corbinseniorcenter.org)

Sincerely, your lead steward
Heide Wehr, Executive Director
heidewehr@corbinseniorcenter.org

Article on Joan and Joan

When you talk about style and grace, these two ladies should come to mind. We are so blessed to receive donations from our members and friends, but getting items in the door is just the beginning. It takes the skill and dedication of these ladies who make our small Boutique, feel like an upscale shopping experience.



Joan Higgins was born in Bremerton Washington and at 2 1/2 her family moved to the Bitterroot Valley in Montana, where she spent the next 67 years. Joan married her high school sweetheart and they were married for 58 years. They had 2 children, 6 grand kids and 10 great-grand kids. Together they owned several businesses. The last 15 years, they have owned a 6000 sq. ft. Antique and second hand store. Previously Joan owned a clothing store specializing in fashion for career women.

Ten years ago they moved to Spokane to be closer to their daughter and family. Joan joined Corbin about six years ago and began volunteering in the Boutique. She enjoys doing displays, working with people and giving her co-worker Kendall as much trouble as possible!!

Joan Kendall was born and raised in Coulee Dam, Washington, she married young and has 2 daughters, 3 grand kids and 3 great-grand kids. She moved to Spokane in the fall of 1970 and bought a new home in 1971. In 1989 Joan took a break and bought a truck & trailer and was an owner/operator trucker for 4 years.

Joan retired from Red Lion hotels on April 1, 2011. Joan began working there when it was Cavanaugh's at the River Inn as a housekeeper. While there she worked in the laundry area, night janitorial, and managed the gift shop (surely a Jill of all trades). For 6 years Joan was a phone agent for Tickets West and during those 6 years, she handled all of the customer service for the hotels. The 4 years after retirement, Joan was in charge of an auction, raising money for under privileged children. Funds of \$6,000.00 to \$7000.00 were raised.

Joan became interested in volunteering by watching her father, as she was growing up, as he never said no to anyone. In her spare time, Joan enjoys gardening, learning and doing new things, people and she must like ironing (that's an inside joke). Joan joined Corbin in 2013 and we are thankful for that.

MONETARY DONATION

APRIL 23, 2021—MAY 26, 2021

ROSE DEVER, JOHN BOS, RHONDA CUMPTON, FLORA BOWERS, VI MARTIN, CORLIE SATTERFIELD, MARY GAFFIGAN, NSSLHA CLUB, SANDBOX SEWING

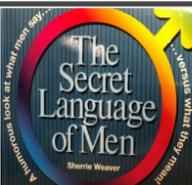
Non-Cash Donated Goods Apr-2021

Feed Spokane	Joan Higgins	Cheryl Fogg
Patty Palumbo	Loy Daub	David
Teri Wallace	Joan Kendall	Mary Kay
Di Valentino	Helen Sarver	Patti Ott
Jean Williams	Vickie Pickett	Ardyce Pangerl
Jolene Flauer	Elizabeth Lind	Cathy Durderson

Corbin Needs

Bottled Water, Coffee, Laundry Detergent, Napkins

DONATE



The Secret Language of Men continued.....

• "Do you think my hair is getting thin?" "Has my forehead always gone back behind my ears."

Scientific Research Shows:

9 out of 10 men will respond to the question

"What are you thinking about?" with the word, "Nothing."

• 10 out of 10 women believe them.

Thank you to all those who have renewed their membership and supported Corbin Senior, and Welcome New Members!!

ALTCEW
Doris Brown
Marvin/Lillian Cline
Myrna Cooper
Linda/Royce Cuneo
Beth Daniels
Paula DePue
Edie Esterby
Betty Englehart
Julia Hand
Charles/Barbara Hinzman
Kathleen Hubbard

John Karling
Carol/Matthew Keller
Claudine Martin
Lorrie Macloud
Mike /Kathy McCoy
Valarie McDonald
Trina Oestman
Carren Peck
Julie Reynolds
Mark Schaber
Fred Schaefer
Judeen Shelman
Timothy Sjostrom
Donna Spoerhase
Valene Stobie
Georgia Sutherlin
Tichy/Annie Palmer/
JW
Nancy Van Noy
Earnest/Carol Vollmer
Ellen Wedekin

Fran Wicht
Debbie Wiemers
Charles/Nancy Young
Pat Young

Interested in Membership?

Affordable Annual Dues

Rates:

\$30 per Single

\$44 per Couple

Membership dues may be paid by check and mailed, online at www.corbinseniorcenter.org

www.CorbinSeniorCenter.org, or stop by the Reception desk.

Ask Heide About Automatic Renewals!!!!

Application or Renewal of Membership

Name (s)

Address

City, State, Zip Code

Phone Number (s)

Email Address (s)

Date

Mission Statement:

We help older adults engage, enrich, and empower their lives through wellness, social, recreational, educational programs, and services throughout the community.

Monday through Friday 8:30 AM to 4:00 PM

Phone (509) 327-1584

Fax (509) 327-9162

www.corbinseniorcenter.org

2021 Board of Directors:

April Box, Jackie Knight, Janna Nixon, Mary Kay Bryan, Jan Charbonneau, Lorin Love, Mike Hollingsworth, Tracy Helling, Wanda Johnson,

Theresa Phillips, Steve Yunk, Paula Davis, Barbra Ann Bonner, Joan Kendall, Claudia Ouwkerk

Disclaimer: Corbin Senior Activity Center does not endorse any speaker, service, or product that is represented in any class, advertisement, or function in our facility. The Center does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental, or physical handicap.



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Jessica Bockelie - Assistant
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newsletter@corbinseniorcenter.org

-Events Coordinator/ Newsletter Editor
Diane Smith - Tour Coordinator /Activities Coordinator - 327-1584 ext. 12
Recreation@corbinseniorcenter.org

WESTERNERS SPOKANE CORRAL

The purpose of the Westerners Spokane Corral is to bring together in warm fellowship men and women who have a common interest in Pacific Northwest history. The Westerners meet the third Thursday of every month, except July and August. Westerners encourage historical research, popularize western lore, history through publication, awards and preservation of archival records, documents and other evidence of the Pacific Northwest.



On July 15, teacher and storyteller Al Cluck will give a first-person characterization performance as Northwest fur trapper and trader Jacco Finlay. As Jacco, an employee of Canadian Explorer and mapmaker David Thompson, Al will present the life and times of David Thompson.

Al has a Masters Degree in Recreation Administration, and has taught a wide variety of subjects in public and private schools as well as outdoor classrooms in Colorado, Wyoming, Washington, Montana, and in Western Canada. He is also a licensed fishing and hunting guide and outfitter, and has been an army medic, tour guide, photographer, publisher, businessman, and Lewis and Clark Expedition historian.

To reserve your place, no later than the Sunday before each meeting, please contact Barbara Leiss at hbleiss@msn.com or at 509-276-5927 (between 10:00 and 4:00 p.m.).

12 Fantastic Facts About the Fourth of July

By: Dave Roos | Updated: Feb 17, 2021/ [14 Fantastic Facts About the Fourth of July | HowStuffWorks](#)

1. July Fourth Should Really Be July Second: One of the most enduring myths and misconceptions about Independence Day is that the Declaration of Independence was approved and signed on July 4, 1776. In fact the Second Continental Congress voted to approve the resolution to legally separate from Great Britain on July 2, 1776. The final "engrossed" Declaration of Independence wasn't finished for weeks, and the delegates didn't sign it until Aug. 2, 1776. Even then, not all delegates were in attendance, so some signed later. But what about that famous John Trumbull painting of all the delegates signing the Declaration of Independence on July 4? That patriotic scene, printed on the back of the \$2 bill, took place on June 28, 1776, when the Founding Fathers presented the first rough draft of the document to the Second Continental Congress. John Adams was so excited about the revolutionary events of July 2, 1776, that the very next day he wrote his wife Abigail that their "Day of Deliverance" from Britain "ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." Miffed by the switch to July 4, Adams would reportedly turn down Fourth of July party invitations.



2. Fireworks Flew at the First Fourth: Americans wasted no time in celebrating the first Independence Day on July 4, 1777, even though the Revolutionary War wouldn't be won until 1783. Taking a cue from John Adams' call for "Bonfires and Illuminations," a wartime Congress adjourned in Philadelphia to light up the night with fireworks. Similar pyrotechnic celebrations were held in Boston. According to the Philadelphia Evening Post, "The evening was closed with the ring of bells, and at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated... Everything was conducted with the greatest order and decorum, and the face of joy and gladness was universal. "In addition to the rockets, which would have been relatively crude in the 18th century, there were also raised platforms with fizzing fireworks that displayed patriotic images like the profile of George Washington.

3. And Plenty of Gunfire, Too: In addition to fireworks, military cannons and live gunfire were a big part of early Fourth of July festivities. It's important to remember that the United States was at war with Great Britain on and off until 1815, when America finally won the War of 1812. Fourth of July celebrations would have served as military morale-boosters for wearied soldiers and citizens. Ear-splitting cannon blasts and artillery salutes during Fourth of July continued into the mid-19th century, when leftover weaponry fell into disrepair and concern for public safety won the day, leaving only the fireworks.

4. The Stars & Stripes Were There for the First Fourth of July: On June 14, 1777, less than a month before the very first Independence Day celebration, the Continental Congress passed a resolution creating America's first official flag: "Resolved, that the Flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the Union be thirteen stars, white on a blue field, representing a new constellation." Did Betsy Ross sew the very first American flag under orders from George Washington? Probably not. But since the new flag was at least in circulation by June 1777, then it would likely have made an appearance at those first July 4 festivities in Philadelphia and Boston. There have been 27 different official versions of the U.S. flag since that first one in 1777 due to the addition of stars for each new state. Not coincidentally, the current 50-star flag debuted on July 4, 1960, after Hawaii became a state in 1959



5. Massachusetts Was First to Recognize July 4 as a Holiday: Nearly 90 years before the Fourth of July would be recognized as a federal holiday, the Massachusetts legislature called for an official state celebration in 1781 to recognize "the anniversary of the independence of the United States of America." It wasn't until 1870 that the U.S. Congress voted to make the Fourth of July a federal holiday. And even then, it wasn't made a paid holiday for all federal employees until 1941.

Continued on pg. 6

Small BUT MIGHTY.



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Britain on July 2, two days earlier. The approved Declaration of Independence wasn't finished for weeks, and the delegates didn't sign it until Aug. 2, 1776. Even then, not all delegates were in attendance, so some signed later. But what about that famous John Trumbull painting of all the delegates signing the Declaration of Independence on July 4? That patriotic scene, printed on the back of the \$2 bill, took place on June 28, 1776, when the Founding Fathers presented the first rough draft of the document to the Second Continental Congress. John Adams was so excited about the revolutionary events of July 2, 1776, that the very next day he wrote his wife Abigail that their "Day of Deliverance" from Britain "ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." Miffed by the switch to July 4, Adams would reportedly turn down Fourth of July party invitations.

Amazon Smile:

Get Corbin a .5% donation when you make a purchase online!

1. Start at: smile.amazon.com
2. Log into your account
3. Select: Corbin Senior Activity Center as your charity.

THANK YOU FOR YOUR CONTINUED SUPPORT!

Don't forget to begin your shopping at smile.amazon.com to make sure your charity receives the donation!



Avoiding Government Imposters

Chrissy Svihus, CENTS Legal Intern

www.SeniorMoneyProject.org

What would you do if you received a phone call from someone claiming to be from the IRS? Or the Social Security Administration? **The first thing you need to do is behave as if it could be a scam.** Scammers take advantage of current events, such as student loan forgiveness programs that do not actually exist yet and may ask you if you're interested in learning more. A scammer may provide you with an "employee identification number," or even have some personal information about you already to try to convince you they're legitimate. But remember, a government agency will never call, email, or text you to ask for money or personal information. If they are asking for money or information they should already have, it is a scam!

Here are some steps to follow if you are contacted by someone claiming to be from a government agency:

1. **Do not sent money in an untraceable manner.** Don't wire money, send cash, gift cards, or any other method that is hard to track.
2. **Do not open links in emails or text messages.** Even if it looks real, it could be designed to steal your information. Ask a trusted source for help verifying any links that come to you in an email.
3. **If you think a call could be fake, hang up and do not provide any personal information!** You can always call back by looking up the agency's official contact information. Do not call the number or email that contacted you.
4. **If it's unexpected, be cautious!** The government, such as the IRS or Social Security Administration, will not try to collect money from you on the phone without prior notice. You will be sent a notice in the mail if you owe taxes.

If you encounter a government impersonator, report it to the FTC at ReportFraud.ftc.gov.



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TOURS

Day Tours

As we move back to our full bus capacity, please remember that it is a first come first served process. Once you receive your Newsletter, it's a good idea to call and schedule your trips, as they are selling out fast.

Remember our "Interest List", we sometimes have cancellations and MIGHT BE ABLE to work you in. Thank you for being patient, as we move through the COVID requirements. Please remember to sign a waiver for each trip and continue to wear a mask while in the vehicle. Now let's go have some fun!!

July 5th Coeur d' Alene Casino with Theresa Phillips

-1st Monday of Each Month 9:00—3:00

Are you ready to hear the musical sound of the slot machines Spinning? Maybe the light flashing because YOU hit the JACK POT? There is only one way to know, come along with your Corbin friends to the beautiful Coeur d' Alene Casino. Have lunch (on your own) and enjoy the excitement.

Included: Tour Leader & Transportation

\$6.00 Members

\$11.50 Non Members

*Easy



Dinner Club

Wednesday July 21, 2021

*Easy

3:00—6:00

With Kermit Shaul

Join Kermit for a lovely ride to Coeur d' Alene to one of our favorite restaurants Texas Road House. With a wide variety of food and drinks, you will have a good time with your Corbin friends. (food & beverages, on your own) Included: Tour Leader & Transportation

\$12.00 Members

\$17.50 Non Members



Finch Arboretum Tour & Lunch

Friday July 23, 2021

*Easy to

**Moderate

WITH- Jan Charbonneau

Walking on uneven ground Let's go check out Finch Arboretum, a public arboretum that was established in 1949 along Garden Springs Creek. Adorned with over 2,000 trees and shrubs, including lilacs and conifer & deciduous trees, John A. Finch Arboretum has both native and cultivated plants. The wonderful landscape, diverse and rich in nature, is an ideal spot to reconnect with nature, with great photography options and plenty of natural trails. We will have a guided tour, so bring all your arboriculture questions and have them answered. Lunch to follow (on your own).

Included: Tour Leader & Transportation

\$ 12.00 member

\$ 17.50 non-member



What a lovely drive

Monday July 12, 2021 9:00-5:00

*Easy

With John Karling

During those long day's of isolation, did you ever think, I would really like to take a road trip with some friends? John will take you on a nice drive to cover the Metaline falls area. This will include trips to Sullivan Lake, Priest Lake and to a wonderful Old growth Cedars location, where you will see some of the oldest trees in Washington state. We will stop for lunch. (food & beverages, on your own)

Includes: Tour Leader & Driver

\$20.00 members

\$25.50 non members



International Lunch

O'Donnell's Irish Pub

Tuesday -7/13/21 11:00—2:00

WITH- VIRGINIA CHAPMAN

If you haven't tried O'Donnell's Irish Pub, this is your chance. From Shepard's Pie to a Ruben sandwich, O' Donnell's has some of the newest, refreshing food in Spokane. If you are interested, they are always pouring Guinness and your other favorite beverages (after all, you have a designated driver), (Lunch & beverages, on your own).

Included: Tour Leader, Driver

\$12.00 members

\$15.50 non members

* EASY



Northwest Treasures

Wednesday July 14, 2021

9:00—3:00

With- Jan Charbonneau

NW Treasures is always a mystery tour, so where will we go this month? What will we see? Where will we eat lunch? Come along and find out! (Food & beverages on your own.) Included: Tour Leader & Transportation.

Includes: Tour Leader & Transportation

\$12.00 Members

\$15.50 Non Members

* Easy



HAPPY HOUR

Monday July 19 —3:00—6:00

WITH- CAROL NELSON

Come and join your Corbin friends for a little fellowship, maybe a bite to eat and a refreshing beverage. Carol likes to visit new establishments in the area, you won't be disappointed. (Food & Drinks, on your own) Included: Tour Leader & Transportation

\$12.00 Member

\$17.50 Non Member

Included: Tour Leader & Transportation

*Easy



The Breakfast Bunch

Tuesday July 20, 2021

With -Virginia Chapman

Virginia has selected Uncle Rusty's Diner for this month's Breakfast Bunch. With a wide variety to choose from, this menu does not disappoint. Uncle Rusty's has become a daily stop for a great deal of regulars. Start your day off right with a great breakfast and good company. (Food on your own)

Included: Tour Leader & Transportation

\$ 12.00 Members

\$17.50 Non Member

* Easy



Concert at Coeur d' Alene Park

Thursday July 29, 2021

4:30—9:00

With -Marianne Nemeth

We will start the evening with a nice drive to the Riverstone Park in Coeur d' Alene. Pack a dinner for your self, **or eat at the food trucks at the park.**

We will start the evening with a nice drive to the Riverstone Park Pack in Coeur d' Alene. Pack a dinner for your self, **or eat at the food trucks at the park.**

4:30pm Depart Corbin Senior Activity Center for Coeur D'Alene

5:30pm Arrive Riverstone Park, 1805 Tilford Ln

(Bring camp-style chair or blanket, food, non-alcoholic beverage; Beer & wine is for sale; Paragon Brewing is the official beer. All sales go to CDA Arts & Culture Alliance)

6:00pm Enjoy an evening of contemporary jazz music!

Opening band: Renei & Davis

Main band: P.B. & Jam

8:00pm Concert concludes 9:00pm Arrive Corbin

Include; Transportation & Tour Leader.

\$ 12.00 member

\$ 17.50 non-member

INTEREST LIST REVIEW: Please be sure to tell the reception staff that you want to be added to the interest list if they say a tour is sold out. (Your name and phone number). Many times we have cancellations. This is important with the popular tours like Happy Hour and Dinner Club. We also use the interest list to determine if that tour needs to have another date scheduled.

CORBIN'S DAY & LONG TOUR RATINGS

***EASY** ~ Ability to walk short distances on mostly level ground. Mobility aids you can manage yourself are acceptable.

**** MODERATE** ~ Ability to get in and out of the van a few times, walk at least a mile without mobility aids and be in good health.

***** DIFFICULT** ~ Ability to walk over uneven terrain with no mobility aids, be fit and in good health.

****** CHALLENGING** ~ Rough conditions on occasion. Call tour coordinator or the tour leader for further information.

TOURS

Yellowstone National Park
September 21—26, 2021
Tour Leaders: Kermit Shaul and
Valerie Harper-Murdoch



First stop will be Belgrade Montana to rest from your long journey. We will then travel thru America's First National Park, Yellowstone, for the day on our way to Cody Wyoming. Marvel at a volcano's hidden power rising up in colorful hot springs, mud pots, and geysers. View mountains, forests, and lakes to watch wildlife and witness the drama of the natural world unfold. Discover the history that led to the conservation of our national treasures. You will stay 1 night in Cody exploring the Buffalo Bill village, museum, and this modern day cowboy town. Then we will travel to the town of Thermopolis WY for 2 nights. Enjoy the warm mineral enriched waters and beautiful scenery of the area. We will then continue to Butte, Montana for the last leg of the trip. It's been some time since we have been able to enjoy the great outdoors, so sign up soon. Trip will be available for sale on April 15th— pricing will be available on the same day.

Members PPDO : \$741.00 Members PPSO: \$1,070.00
 Non Members Add 10% Deposit \$250.00

Lava Hot Springs & Oktoberfest

Sept. 30 thru Oct. 3, 2021

****Moderate**

Tour Leader: Jan Charbonneau

Grab your swimsuit and Lederhosen??

This should be a fun-filled time. We will Leave Spokane on **Thursday Sept. 30** and drive to Pocatello, Idaho, with stops for your convenience and lunch along the way. Arriving at our hotel in Pocatello, (Holiday Inn Express), we will relax and have dinner. **Friday morning (Oct. 1)** Enjoy a free HOT breakfast to start your day. We will drive to the Lava Hot Springs resort for a day of soaking, swimming, shopping, eating, drinking, or just getting a little sun and fresh air. Lava Hot Springs is a year round world class hot pools! Open 363 days a year! Relax in the odor free, chemical free, no sulfur all natural hot mineral water that bubbles directly into the bottom of the soaking pools at 112 degrees & cooling to 102 degrees F. Over 2 1/2 gallons of water flow through the pools in 24 hours. 5 outdoor pools with gravel or rock bottoms, 2 of them with jets. Dressing rooms, coin-operated lockers, heated floors. Gift Shop with drinks, snacks and souvenirs. Returning back to our hotel, we will have dinner and enjoy our evening. **Saturday, Oct. 2 Begins Oktoberfest.** The small town of Lava Hot Springs pulls out all the stops for its Oktoberfest. The main street of town is blocked off for this fun filled event. Try some new and unique beers, ciders & bratwurst. Enjoy the music, dancing, arts & crafts and all the fun, that makes you German for a day. At the end of the day, we will return to our hotel enjoy dinner and the evening. **Sunday Oct. 3,** after breakfast, we will drive back to Spokane with stops along the way for lunch. (On your own)



Prices include: Transportation, Lodging, Tour Leader, Hot breakfast each morning Day ticket to the hot Springs. (Meals are on your own)



Prices pending.

Best of Seattle Tour

Oct. 14-15-16, 2021

Tour Leader: Ron Krueger



With it's jewel lit evening skyline to the glistening waters of Lake Washington, Seattle is a visual feast. This is truly the Best of Seattle and Environs tour. Here's some of what you can expect we will do:

- +Go to the top of the Space Needle;
- +Tour Dale Chihuly's Garden of Glass and eat lunch at his Collections Cafe;
- +Tour the Bill and Melinda Gates Foundation;
- +Take the ferry to Bremerton and have dinner at a restaurant right at the edge of the Sound.
- +Do a walking tour of Pioneer Square;
- +Tour the state capitol building at Olympia (undoubtedly the most beautiful capitol building in the country);
- +Walk across Dale Chihuly's Bridge of Glass in Tacoma; and spend some time at the Pike Place Market where we will visit the fish market where the employees throw fish and visit the first ever Starbucks.

On our way home we will visit a historic cemetery (which is composed of 26 ethnic cemeteries) and eat lunch at the oldest continuously operating saloon in Washington, a saloon established in 1889, and which has the longest hydraulic spittoon in the country.

Tour price includes transportation, lodging, all admissions, and ferry tolls. Meals (except breakfasts) are on your own.

Pricing Pending

Leavenworth

Dec. 14 & 15, 2021

Tour Leader: Ron Krueger



Would you like to feel like a kid again? This might just do it, for you. From the snow glistening like diamonds, to the hot cocoa & cookies, the Bavarian Lodge makes you feel welcomed and cozy. If you haven't been on this tour, you are really missing out on a magical time. The small town of Leavenworth is decorated to the nines during Christmas time. Trees in the town square are ablaze with multi colored lights and ornaments. Browse the shops for those last minute gifts or for the hard to buy for person. If you're not going out, enjoy a nice dinner and beverage in the hotel. Did I mention the sleigh ride? This is one of the traditions of this trip. If there is no snow, we will go on a hay ride instead. Bundle up! And have a great time.

Tour prices include: Transportation, tour leader, breakfast. Other meals and beverages are on your own.

Prices Pending

Corbin Tours presents...

Rome & the Amalfi Coast

March 18 – 27, 2022



Day 1: Friday, March 18, 2022 Overnight Flight Your adventure begins with an overnight flight to Italy. Journey through southern Italy and experience its rich scenery, art, culture, food and wine.

Day 2: Saturday, March 19, 2022 Rome, Italy - Tour Begins Your tour opens in the "Eternal City" of Rome! Tonight, join your fellow travelers for a welcome dinner featuring wines and local delicacies. (D)

Day 3: Sunday, March 20, 2022 Rome – Optional Excursion On a locally guided tour of Classical Rome, walk over cobblestone streets and weathered passageways to discover famous sights such as the Trevi Fountain, the Pantheon, and Piazza Navona. Recount the rich history of the Colosseum on an in-depth visit with a guide, walking in the footsteps of former gladiators and attendees. The evening is yours. Perhaps you will join an optional dinner in a popular restaurant, where you'll indulge in a hearty meal accompanied by wine and local entertainment. (B)

Day 4: Monday, March 21, 2022 Rome - Optional Excursion Make the most of a free day in Italy's capital city. Perhaps you will join an optional tour* in the morning to the Vatican Museums and St. Peter's Basilica, taking in world-renowned wonders such as the Sistine Chapel and Michelangelo's mural of the Last Judgment. In the afternoon, consider strolling through the Borghese Gardens for views of the city's skyline or meander through Rome's bohemian Trastevere district. (B)

Day 5: Tuesday, March 22, 2022 Rome - Montecassino - Amalfi Coast Journey to the Amalfi Coast, an iconic coastline of rocky beaches and towering cliffs. En route, make a stop at the Benedictine monastery of Montecassino, perched on a mountaintop that played a pivotal role in World War II. Discover its history while exploring the monastery's ornate chapel, courtyards, and museum. In the afternoon, settle into the Amalfi Coast**, your new home for the next 5 nights. (B, D)

Day 6: Wednesday, March 23, 2022 Amalfi Coast - Amalfi - Minori - Amalfi Coast Drive along the stunning Amalfi Coast, pausing for a peek of Positano with its pastel-colored houses and pebbly beaches. Spend time in the town of Amalfi. A former trading hub, Amalfi is now a quiet coastal town of historic landmarks and a black-and-white marble cathedral. Explore on your own before continuing to Minori, where you'll get to sample local specialties at a family-owned limoncello factory. Savor a traditional Italian afternoon break at a local café and pastry shop before an evening at leisure. (B)

Day 7: Thursday, March 24, 2022 Amalfi Coast - Sorrento - Farmhouse lunch - Amalfi Coast Begin your day exploring the popular and charming resort town of Sorrento. Wander through the narrow streets of the city center, perhaps exploring the peaceful courtyard of St. Francis Church or sampling some gelato made with local lemons. Visit a local farm and see how traditional mozzarella cheese is made by hand. Get a taste of the product at a farm-to-table lunch before returning to your hotel in the late afternoon. (B, L)

Day 8: Friday, March 25, 2022 Amalfi Coast - Optional Excursion Enjoy a day at leisure to take in the relaxing beauty of the Amalfi Coast. Perhaps you will embark on an optional boat trip (weather permitting) to the Mediterranean isle of Capri, where you'll enjoy a locally guided tour with lunch before setting out on your own adventure. (B)

Day 9: Saturday, March 26, 2022 Amalfi Coast - Pompeii - Winery - Amalfi Coast Experience the excavated ruins of Pompeii at the foothills of Mount Vesuvius. On an in-depth historical tour with a local guide, see the eerily preserved buildings of this 2,000-year-old Roman town. At the foot of Mount Vesuvius, stop at a local winery to savor the famous Lacryma Christi wines and enjoy a typical Neapolitan lunch. After some free time, join your fellow travelers for a farewell dinner and bid salute to the end of your Italian getaway. (B, L, D)

Day 10: Sunday, March 27, 2022 Amalfi Coast - Tour Ends Your tour comes to a close today. (B)

Per Person Rates*: Double \$3,398; Single \$3,998; Triple \$3,348

Included in Price: Round Trip Air from Spokane Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$399 per person

*** All Rates are Per Person and are subject to change**

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

Bluegrass Country & the Smoky Mountains
Featuring Louisville, Gatlinburg & Asheville

Tour Leader: Jan Charbonneau
March 31 — April 08, 2022 • 9 Days • 13 Meals



Take a delightful trip through the heart of Appalachia, discovering the equestrian culture of Kentucky, the pioneer spirit of Tennessee, and the mountainous beauty of North Carolina. Get a taste of bourbon, baseball, and Thoroughbreds in Louisville and Lexington, Kentucky. Travel through Daniel Boone National Forest as you make your way to Gatlinburg, Tennessee. From your home base of Gatlinburg, explore the natural wonders of Great Smoky Mountains National Park. After a day of exploring, relax and tap your toes during Dolly Parton's Stampede and Dinner Show. Travel on to Asheville, North Carolina, and enjoy the city's historic architecture, engaging neighborhoods and robust arts districts. Tour the Biltmore Estate, George Vanderbilt's "little mountain escape" in the Blue Ridge Mountains. When you leave, you'll have the warmth and charm of southern Appalachia still in your heart.

Pricing: \$3,198PPDO, \$4,098 PPSO

*** Included in Price:** Round Trip Air from Spokane Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Let's have some fun!

THINGS TO DO

Try something new!!

SPOKANE SENIORS ONLINE PROGRAMS PRESENTS



Free Zoom Bingo

Friday July 30th

1:30pm Login / 2:00pm Start

Final Winner will receive a Basket valued at \$200

Must have email, access to WIFI, & Computer or tablet to play.

To find the zoom link, Log onto Corbin's website (www.corbinseniordcenter.org) and search Bingo under activities

If you are new and need a Bingo card and instructions email: info@corbinseniordcenter.org or call 509-327-1584



Jerry is back and ready to help with all your technology needs. He is available by appointment Fridays starting at 10:30am (call 509-466-5846 for appointment). Jerry Daub, former board member, is here to help you navigate with your Kindle Fires, iPads, digital cameras, smart phones, and laptops. Come with all your questions.

Cribbage: Played on Mon. and Wed., at 1:00 pm, cost is .50 per person. Stop by, we will make room for you!



Pinochle: Played on Wed. and Fri., at 8:30 am in the Multi Purpose room, cost is .50 per person. The Lower South room has pinochle on Wednesday at 12:30 pm for \$1.00 per person.



Mexican Train is played on Tuesdays and Thursdays at 12:30 in the Multipurpose room .50 person. This is one of our most popular games. Come and join the fun!



Pool Room: All welcome, anytime M-F, 8am to 4pm! Check in at reception, \$1 to play and best of luck! Solo and looking for partners to play with? Social times are at 12 noon and 2pm. Drop by during these times and find a partner. Someone else is always ready to play!



SANDBOX SEWERS

Tues. 9am- 2pm \$10 class or \$25 month UN/US)

"Looking to sew with friends, then come and sew with the Sandbox Sewers. In July there will be no monthly sewing project due to members enjoying the summertime with family and friends but you are still welcome to come join us and sew on your own project.

Stop by on Tuesdays and see what we are working on or bring your sewing machine and sew with us. You are free to bring any sewing project you would like to work on. If you have any sewing related questions or could use some help, please stop by on Tuesdays and the group will help you in any way we can.

We also do mending on the last Tuesday of the month and will take a maximum of 2 items. Any clothing for mending must be clean. Cost starts at \$2 per item to be donated to the Corbin Center.

For questions, contact Nancy at 509-944-1888 or nemunson@msn.com."

Sincerely,
Nancy Munson
Sandbox Sewers



Retail Therapy is Recommended!

Welcome to Summer!

The Boutique entrance is now open. The first two weeks of July we will have capris on sale for \$2 each. Our clothes are upscale and we try our best to keep them free of rips and stains.

We have lanterns, kitchen items, Knick knacks, all women's clothes, and shoes. We also have greeting cards, books, and gift items.

If you are donating clothes, please bring them smoke free and no dog or cat hair. Thank you very much!

WE ARE ANXIOUS TO SEE NEW FACES!!!!

The Thrifty Boutique is located at 827 W Cleveland Ave.

Tuesday—Thursday 10am to 2pm.

Starting July 19th we will be open Monday's from 10am-2pm

Your Friendly Thrifty Boutique

Volunteers.

THANK YOU
for supporting this
Small Business

The Corbin Wii bowling league—CLOSE DOWN AND START UP OF NEXT WII BOWLING SESSION

The Wii Bowlers will be having a close down meeting for the Spring 2021 Wii bowling session and the start of the Summer 2021 bowling session July 19th at 1:00 p.m. in the multipurpose room. At this meeting we will be doing the close down of the Spring 2021 session and will be talking about starting the Summer 2021 session which is tentatively starting on August 9th and ending the week October 25th 2021, This is twelve weeks with bowling once a week. Please attend if you are interested in bowling in the Spring and/or summer session.

Mary Kay Bryan
487-4632



FUN

200

400

600

800

1000

JEOPARDY

Tuesday

7.20.21

Location:
Spokane Online
Senior Program

Must have email, access to WIFI, and computer or tablet to play.

To find the zoom link, Log onto Corbin's website (www.corbinseniordcenter.org) and search Jeopardy under activities



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BY POPULAR DEMAND, COFFEE & CONVERSATION IS NOW MONDAYS AND THURSDAYS AT 10 AM IN THE MULTI-PURPOSE ROOM

NO GAMES, NO ACTIVITIES, JUST GOOD COFFEE AND GREAT CONVERSATION

Monday Night Dance

Starting July 19th Dances will be back at Corbin

7PM TO 9PM IN THE HENDERSON ROOM

Join your friends at Corbin Every Monday Night at 7pm. If you love to dance or just sit and enjoy the live music, there is something for everyone. There is a small \$5 cover charge to cover the cost of the band, refreshments, and prizes.

NEWCOMERS ALWAYS WELCOME

Phoenix Foot Care
Medically Essential Foot Care

Reduce nail length
Reduce nail thickness
Reduce corns and calluses

Remove ingrown part of a nail
Moisturize legs and feet

Offering Appts at Corbin Senior Center

July 20th

\$40.00 (cash or check)

Please call or email to schedule

509-655-2218

phoenixfootcare@yahoo.com
Paula Phoenix RN CHPN CFSC



Corbin Activities & Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pool- \$1 per day (Pool Room)</p> <p>Coffee & Conversation- Monday's at 10:00am-11:30am (Multi-Purpose Room)</p> <p>Tap Grandmas- 11am-12am (Henderson Room)</p> <p>Cribbage- 1pm (Multi-Purpose Room) 50¢ pp</p> <p>Wii Bowling - RSVP-Contact Mary Kay at 327-1584. (Members only). (Pool Room)</p> <p>Monday Night Dances- 7pm to 9pm—Starting July 19th (Henderson Room)</p> <p>Silver Café- 11:00am to 12:30pm (Dinning Room) Starting July 12th</p>	<p>Pool-\$1 per day (Pool Room)</p> <p>Sandbox Sewers- 9am-4pm (Upper North & Upper South)</p> <p>Stretch & Tone - 8:50am 50¢ pp (Upper North)</p> <p>Thrifty Boutique Tuesday- 10:00am-2:00pm</p> <p>Free Soup and Social— Tuesday -11:30am-1pm (Dining Room)</p> <p>Tap Grandmas- 12-2:30pm w/Joan Hamilton 499-5813 (Henderson Room)</p> <p>Mexican Train- 12:30pm 50¢ pp (Multi-Purpose Room)</p> <p>Foot Care- 3rd Tuesday, (July 20th By Appointment (Paula Phoenix -509-655-2218)</p> <p>Jeopardy- 3rd Tuesday July 20th (Location: Spokane Online Senior Program) To find the zoom link, Log onto Corbin's website (www.corbinseniordcenter.org) and search Jeopardy under activities</p>	<p>Pool-\$1 per day (Pool Room)</p> <p>Pinochle- 8:30am 50¢ pp (Multi-Purpose Room)</p> <p>Thrifty Boutique Wednesday- 10:00am-2:00pm</p> <p>Open Wii Bowling- RSVP Contact Mary Kay at 327-1584. (Members only). (Pool Room)</p> <p>Pinochle-12:30pm \$1 (Lower South)</p> <p>Tap Grandmas- 12:00pm-2:30pm w/Joan Hamilton 499-5813 (Henderson Room)</p> <p>Silver Café- 11:00am to 12:30pm (Dinning Room) Starting July 14th</p>	<p>Pool- \$1 per day (Pool Room)</p> <p>Stretch & Tone- 8:50am 50¢ pp (Upper North)</p> <p>Thrifty Boutique- Thursday-10:00am-2:00pm</p> <p>Coffee & Conversation- Thursdays at 10Am-11:30am (Multi-Purpose Room)</p> <p>Free Soup and Social— Thursday-11:30am-1pm (Dining Room)</p> <p>Mexican Train- 12:30pm 50¢ (Multi-Purpose Room, Over flow in Upper South)</p> <p>Tap Grandmas- 11:00pm-12:00pm w/Joan Hamilton 499-5813 (Henderson Room)</p> <p>Bridge—12:00pm (Lower South)</p>	<p>Pool- \$1 per day (Pool Room)</p> <p>Board Meetings- 3rd Friday, (July 16th Upper North) 9am</p> <p>Tour Meeting- 1st Friday, (July 2nd, lower south) 10am</p> <p>Birthday Brunch—1st Friday , Starting July 2nd, 11am</p> <p>Pinochle- 9am 50¢ pp (MP) (Multipurpose room, Over flow in dining room.)</p> <p>Scrabble- 12:30pm 50¢ pp (Multi-Purpose Room)</p> <p>Wii Bowling- RSVP- Contact Mary Kay at 327-1584. (Members only). (MP)</p> <p>Computer Help - Jerry Daub By Appointment (509-466-5846)</p> <p>Virtual Bingo- Friday July 30th 1:30pm login, 2:00pm start Join Zoom Meeting:https://us02web.zoom.us/j/84918037399?pwd=U1hVT3dEz21lcjY1Z3cxVWI4QWUwZz09 Meeting ID: 849 1803 7399 Passcode: 096611</p>

The Welcome Mat is Out!

Silver Cafe Reopening

The welcome mat is out for seniors across Spokane County as we begin opening up our Silver Cafes. These sites allow friends to meet and enjoy a social setting made just for people over 60. Join us today!

Enjoy lunch with friends along with:

Your Choice of Two Soups
Salad Bar
Monthly Speakers
Table Service

A participant contribution of \$5.00 per meal is suggested, but seniors pay only what they can, even if nothing at all.

Silver Cafe: Corbin Senior Activity Center

Address: 827 W. Cleveland Spokane WA 99205

Days: Monday's & Wednesday's Starting July 12th

Time: 11:00am-12:30pm

Volunteers Needed!

Contact Steve at (509) 993-8003.

GSCMealsonWheels.org

SOUP AND SOCIAL HOUR

Soup & Social
is Sponsored By:

Tuesdays and Thursdays
11:30am to 1:00pm

A BENEFIT TO MEMBERS OF CORBIN SENIOR ACTIVITY CENTER

Corbin Senior Center 509-327-1584
827 W. Cleveland Ave, Spokane WA 99205

Summer Quarter 2021 at
ACT **Corbin Senior Center**
827 West Cleveland, Spokane, WA

after sixteen (very) long months

We Are Getting Back In The Classroom!

Pilates-Yoga Strength w/ Chris Erickson

Class #9666

Wednesday Afternoons

July 7th through August 25th

3:30pm to 4:30pm

Cost: \$24

Enjoy a hybrid, athletic workout that incorporates the principles of sports stretch, strength training, conditioning, movement and balance. The goal is to increase your strength, flexibility and balance, along with reducing stress and improving your overall fitness level. Bring a mat and water. Fitness Level: 2 3 4

Call SCC's Registration Team at (509) 533-8500 to Enroll Today!

MORE ACT2 CLASSES COMING THIS FALL

- Lewis & Clark Expedition** with Don Popejoy
- Fearless Painting** with Elise Beattie
- Yoga for Life** with Peggy Raye Thomas
- S.A.I.L.** with Richard Miller
- Writer's Workshop** with Lou Dunham

Corbin Needs Volunteers

We are looking for some more volunteers for the Reception Desk and the Boutique. If you are interested, please call Corbin at 509-327-1584.

K

Karen KEARNEY

FOR CITY COUNCIL DIST. 3

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Here at **Medicare Made Easy**, we are often asked, "What is the difference between an HMO and a PPO?" And it is usually followed up with, "Which one is better for me?" First, **HMO** stands for *Health Maintenance Organization*, and the coverage restricts patients to a particular group of physicians called a network. HMOs usually require referrals and only cover emergency care outside the network. Keep in mind that you may be responsible for the whole bill if you *schedule* care outside the network. Yikes!!

PPO is short for *Preferred Provider Organization* and allows patients to choose any physician they wish, either inside or outside their network, with out-of-network care coming with a higher co-payment. No referrals are needed either.

Secondly, Medicare Advantage plans can be an HMO or a PPO, and the plan you choose depends on your needs. PPOs work well for snowbirds who need coverage here and at their winter location. Seniors with family scattered about the country like of freedom of PPOs, as they can visit their kids and not have to return to Spokane for any follow-up care after an emergency.

Not so long ago, Spokane had only a couple of Medicare Advantage PPO plans with costly premiums. However, several new PPO plans have \$0 premiums and many of the same added-on benefits, like gym memberships and hearing and eyewear discounts.

If you would like more information on a Medicare Advantage PPO, or just have a question about Medicare, please reach out to us anytime.

Nancy and Will Maupin
981-8239/maupinmedicare@gmail.com

12 Fantastic Facts About the Fourth of July : Continued from pg. 3

6. Three U.S. Presidents Have Died on July 4: Incredibly, both Thomas Jefferson and his fellow Founding Father John Adams died on the very same day: July 4, 1826. Even more insane, that year was the 50th anniversary of the adoption of the Declaration of Independence. Jefferson died in Virginia and Adams passed in Massachusetts, but the close friends weren't far from each other's minds in their final hours. Ironically, rumored to be among Adams' last words were "Thomas Jefferson survives." In 1831, just five years later, James Monroe became the third U.S. president to die on the Fourth of July. A mourning nation saw the hand of God in the timing of the deaths. The New York Evening Post wrote: "Three of the four presidents who have left the scene of their usefulness and glory expired on the anniversary of the national birthday, a day which of all others, had it been permitted them to choose [they] would probably had selected for the termination of their careers."

7. President Zachary Taylor Died After a July Fourth Party: Although he didn't expire on the Fourth of July itself, President Zachary Taylor died on July 9, 1850, after contracting cholera from eating tainted fruit during Independence Day celebrations. Summer in Washington, D.C. is famously hot and muggy. After a long day of festivities in the nation's capital, Taylor walked home all the way from the Washington Monument. Arriving at the White House, Taylor reportedly drank buckets of ice water followed by heaps of cherries and other fresh fruits with iced milk. Almost immediately, Taylor was beset with severe stomach pain and diarrhea that lasted for five days, until he couldn't keep down any fluids. Food-borne cholera is believed to have been the culprit. Before his death, he called for his wife and told her not to weep. "I have always done my duty, I am ready to die," said Taylor. "My only regret is for the friends I leave behind me."

8. Just One President Was Born on the Fourth of July: Calvin Coolidge is the only U.S. president who was born on the Fourth of July. Born on July 4, 1872, in tiny Plymouth Notch, Vermont, Coolidge was serving as vice president when President Warren G. Harding died suddenly on Aug. 3, 1923. Two other famous contributors to American culture were born on that day too. Stephen Foster, known as the "father of American music," was born on July 4, 1826, the same day that Thomas Jefferson and John Adams keeled over on the 50th anniversary of the Declaration of Independence. Foster is famous for American folk classics like "Oh! Susanna" and "Old Folks at Home (Swanee River)." Nathaniel Hawthorne, author of "The Scarlet Letter," was born on July 4, 1804, in Salem, Massachusetts, where his great-great-grandfather played a sinister role in the town's infamous witch trials. More recently, Malia Obama was born on July 4, 1998.

9. NYC Has America's Biggest Fourth of July Fireworks Display: Of the more than 14,000 public fireworks spectacles that blow up every year on Independence Day, the Macy's 4th of July Fireworks Show is believed to be the biggest. The Macy's show, which has been blasting off over New York City's East River for more than 40 years, includes more than 75,000 individual shells and costs the clothing retailer an estimated \$6 million.

10. There Are Lots of July Fourth Fireworks Injuries: The Fourth of July is a busy day in America's emergency rooms as people get reckless with home fireworks displays. In 2017 alone, there were 12,900 fireworks-related injuries treated in U.S. hospitals with eight known fatalities, according to the U.S. Consumer Product Safety Commission. Of those fireworks injuries, 67 percent (8,700) occurred during the month around July 4th (between June 16 and July 16, 2017). Men were far more likely than women to suffer a fireworks-related injury (70 percent to 30 percent) while kids younger than 15 accounted for 36 percent of all injuries. Almost all the injuries were burns of varying degrees of seriousness, most frequently to the hands and fingers (31 percent) and also to the head, face and ears (22 percent).

11. Sousa Was the "March King" of July Fourth: The great American composer John Philip Sousa wrote 135 marches in the late 19th and early 20th centuries. Some of his greatest hits were among the first to be recorded and mass-produced as phonograph records, making Sousa's military band one of the world's first bona fide recording stars. Since Fourth of July patriotism has always been tied up with military pride, Sousa's marches were the de facto soundtrack of July 4 parades and celebrations. His best-loved marches include "The Washington Post" (1889), "Semper Fidelis" (1888), which has become the official march of the U.S. Marines, and the incomparable "The Stars and Stripes Forever" (1896). Despite its stirring military melody, "The Stars and Stripes Forever" wasn't composed on a battlefield or while reviewing uniformed ranks of Marines. Instead, Sousa wrote it entirely in his head on Christmas Day while on a return sea journey from a vacation in Europe. Sousa's longtime friend and manager had died suddenly, and he was rushing home to an unsure future. "As the vessel (the Teutonic) steamed out of the harbor I was pacing on the deck, absorbed in thoughts of my manager's death and the many duties and decisions which awaited me in New York," wrote Sousa in his autobiography. "The Stars and Stripes Forever" became the official march of the United States in 1987.

12. Sousa Also Inspired a Contemporary Patriotic Anthem: YouTube data shows that Lee Greenwood's patriotic 1984 song "God Bless the U.S.A." gets nearly 25 times more views on July 4th than any other day of the year. According to Greenwood, part of his inspiration to write the song came from none other than Sousa. Greenwood was out to write an anthem dedicated to the military veterans he met at his concerts. "The Sousa marches were in the back of my head," Greenwood told NPR. "I did a lot of those as drum major for my high school marching band. And I wanted some pomp and circumstance." The song was a mild success on the country charts when it was first released in 1984, but it really started to gain traction during the Gulf War of the early 1990s, when it was played during troop homecomings and parades. The song soared to new heights of patriotic popularity after the September 11 attacks in 2001 and has cemented itself as a Fourth of July staple.

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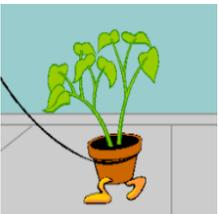
A history of writers and food.

The Corbin Senior Writers' workshop has been sharing their love of the pen at Corbin for 32 years. In 2002 this creative group of individuals began selling their love of writing in a unique combination of short stories and poems and time tested recipes.

All proceeds go to directly to Corbin Senior Activity Center.

July 27 is Take Your Houseplants for a Walk Day is a day for enthusiastic plant growers to take their plants for a walk to get additional sunlight during the summer days and also to make them meet the surrounding environment. Sure, it is a weird day to observe. It is believed that the changing of the environment is healthy for the plants because plants have a sense of knowing the surrounding. By taking your indoor plants for a walk, you make your plants increase the sense of understanding and wellness.

Take Your Houseplant For A Walk Day was created by Thomas and Ruth Roy. They are the creator of many other weird and fun holidays.



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"EACH PATIENT AND FAMILY WE SERVE IS UNIQUE, and I feel it's

our job to customize the care that we provide because this is their journey. We want to make sure that we're doing everything we can to help them navigate this time with as much comfort, as much dignity, and as much peace as they can possibly have."

—GINA DRUMMOND, RN, MSN, CEO



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