



Retirement Living in the Heart of Downtown

The Gardens

July Events

- 7/1 Chair Tap with Pati
- 7/2 & 7/16
Scott-Farrar Singers
- 7/4 **Independence Day**
- 7/8 & 7/22
Mary Armstrong
Music and Movement
- 7/10 Union Sound
Popular Music
- 7/23 Gorgeous Grandma's
Photo shoot
- 7/24 Maple Trio
Chamber Music
- 7/27 Diane Ammons
Piano and Singing
- 7/31 Remembrance Service



Notes from Activities

With the deep summer finally here, the gardens around Scott-Farrar are beautiful. We bring the Gardens residents outside to view the beauty all around when the weather is pleasant. Outdoor socials and reminiscing are a big part of the activity's agenda this time of year. We may stray from the activities calendar to take full advantage of this brief season. We have started the dollhouse renovation. We will work on it here and there throughout the summer with a completion date by the fall. Once the basic refurbishing is done, the fun of interior design will begin! Stay tuned.



The planter boxes are starting to take off with the recent sunny days and heat.





July Flower-

Larkspur is a member of the *Delphinium*

genus. There are many varieties of this vibrant flower, ranging in height from one to seven feet. The Larkspur has petals that grow together forming a spur at the end, thus the name. Larkspurs symbolize an open heart and a passionate attachment. It also conveys a feeling of lightness or levity.



July Birthstone-Ruby

The red ruby is one of four precious gemstones along with the sapphire, emerald, and diamond. Its brilliance has been treasured for centuries, and natural rubies are even rarer than diamonds. The ruby hails from Asia and is found in Myanmar, Afghanistan, Cambodia, Thailand, and Sri Lanka. Given as a gift, the ruby is a symbol of friendship and lasting love as well as devotion and integrity.



July Special Days

7/1 Canada Day

7/2 National Wildland Fire-fighter's Day

7/4 Independence Day

Did You Know?

Grilling dates back to the Paleolithic era, when humans first cooked meat over open fire. There were no fancy rubs or sauces, no direct or indirect heat. Dr. Richard Wrangham, a professor of biological anthropology at Harvard University, claims that the discovery of heating food altered the course of human development. Wrangham writes that "cooking was a great discovery not merely because it gave us better food, or even because it made us physically human. It did something even more important: it helped make our brains uniquely large, providing a dull human body with a brilliant human mind."

Before humans discovered cooking, our ancestors spent most of their time and energy chewing raw fibrous plants and vegetables. But their jaws and teeth were no match for raw meat. To make chewing easier, they used stone tools as "second teeth" to break down animal flesh. This was still a lot of work. According to Wrangham, once humans began cooking with fire, they were able to consume more calories with less time and effort, which supported the development of larger brains.

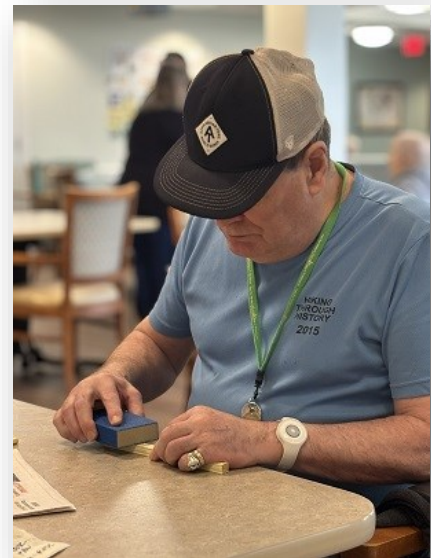
From Food52

Recent Activities

Extreme Makeover- The Dollhouse



Left and above, the "before" pictures of the dollhouse. Right, Cresca, top, and Barbara, literally dig in to remove the dingy wallpaper.



Above, Dave, Rich and Rick start on the tedious task of sanding of the porch railings. Rich explained to me that we need courser sandpaper to remove the sloppy glue job done by the original builder!

'25 Walk to End Alzheimer's Fundraising Events

Paws for a Cause Dog Show

Wednesday July 30th 1:30– 3:30

(Registration begins at 1pm)

Scott-Farrar at Peterborough

Join or Donate to The Alzheimer's Avengers team

<http://act.alz.org/goto/TheAlzheimer'sAvengers>



Religious Services Offered at Scott-Farrar, Monthly

Communion – 2nd and 4th
Monday

Episcopal Service – 2nd Tuesday

Mass – 2nd Thursday

Apostolic Lutheran Service – last
Sunday

Remembrance Service

at Scott-Farrar

July 31, 2025

2:30 pm

in the Auditorium

Each quarter Scott-Farrar offers a service of remembrance—a time when residents, staff, family members and close friends come together to honor residents to remember and celebrate their lives.

Dementia Support Group for Memory Care meets on the second Thursday of each month at 4pm in the auditorium.

If you have any questions
contact Bethany, Memory Care Director.
(603)924-3691 Extension 207

