

# NEWSLETTER

For the Month of July 2021

The word "July" is written in a large, elegant, dark blue script font. Below it, the words "The Month of" are written in a smaller, dark blue, sans-serif font. The background is a blue-tinted landscape of rolling hills and mountains under a clear sky.

WE ARE OPEN! Just in case you did not know, we re-opened for limited programming and limited attendance on June 21st and so far we have absolutely loved seeing your faces once again! It sure has been a long trek, but we came out well and ready to serve you in person at our Senior Centers. If you have any questions on how to register please give us a call and we can help you find the program you are looking for. "Here's looking at you, kid!"

- Justin I. Perez ( Recreation Specialist - South Austin Senior Activity Center )



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. Click [here](#) for full article.

# NATIONAL DAY CALENDAR



HAPPY  
*Chocolate*  
DAY

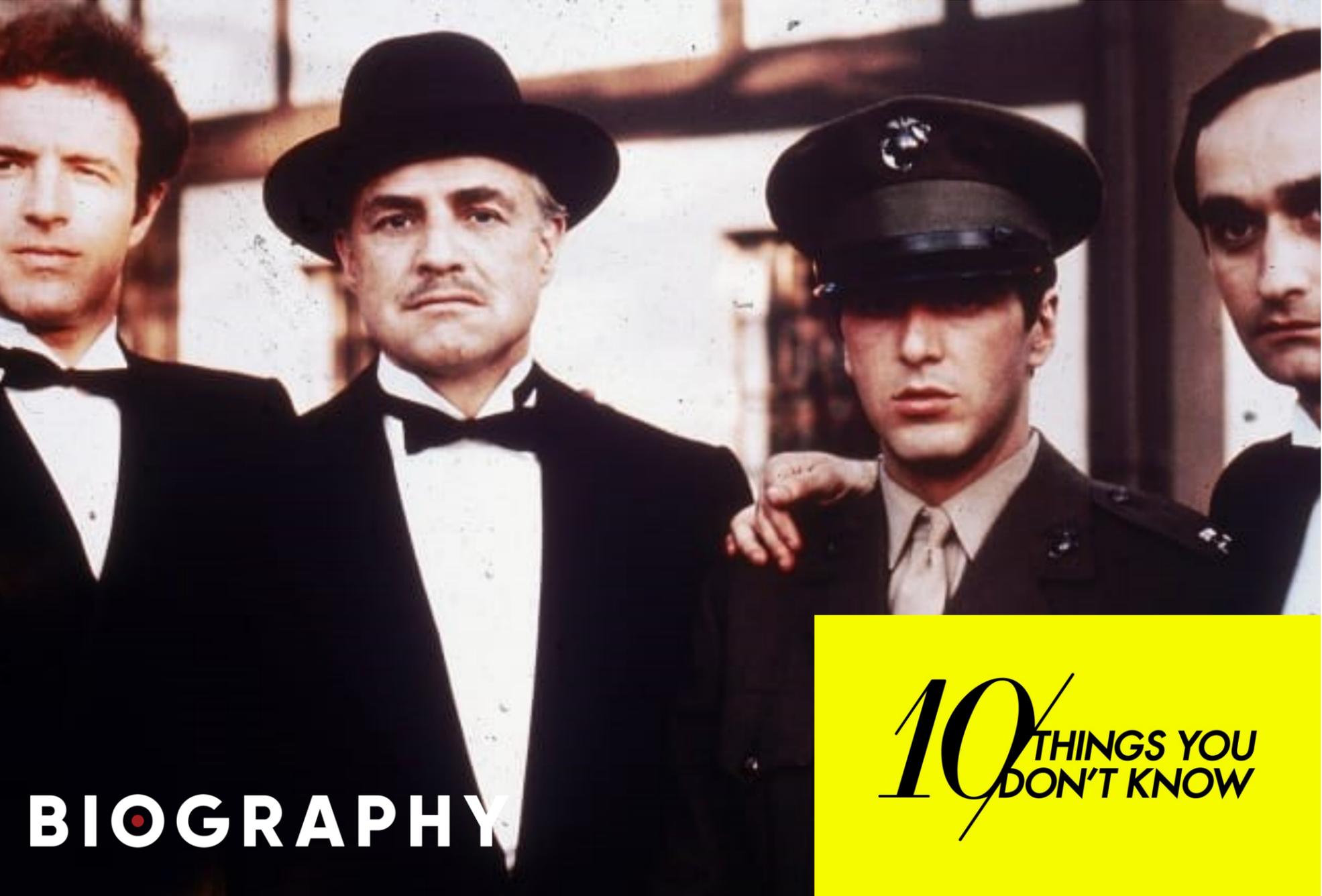
Some like it dark and bitter, others smooth and sweet, but no matter what your flavor preference this World Chocolate Day, on July 7, join us in taking a bite. The cacao bean, which is responsible for that unmistakably rich flavor we know and love so well, is native to Mexico as well as South- and Central America but has been transplanted into the U.S. and some European countries to match the high consumer demand for this delicacy. Whether it's used to coat other candies and nuts, melted over fruit, or shaven over a gourmet dessert, chocolate always hits the spot. Click [here](#) for full article.



"Beyond the CANVAS" Season 2 Episode 3 honors five trailblazing women in the arts. In this episode of "Beyond the CANVAS," the legendary Dolly Parton, Julie Andrews, and other creators show us how the road to success wasn't just one they walked, but one they paved themselves. Click [here](#) to watch video.



Americans consume about 23 gallons of ice cream each year, on average. As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation’s favorite frozen treat with friends and family. Ice cream has historically been a key feature of American communities. According to an IDFA survey, most ice cream companies are family owned and have been in operation for more than 50 years! Here’s more sweet news: Ice cream companies help support the U.S. economy, contributing more than \$11 billion directly to the national economy and supporting more than 26,000 direct jobs that generate \$1.6 billion in direct wages, according to IDFA’s Dairy Delivers®. In 2017, about 1.4 billion gallons of ice cream and related frozen desserts were produced in the United States. That’s something to celebrate! Click [here](#) for full article.



It’s one of the most popular and critically acclaimed movie series in Hollywood history. But when The Godfather was in production, it was anything but a surefire hit. From casting squabbles to the producers’ real-life battle with organized crime bosses, here’s the story you may not know about The Godfather films. Click [here](#) for full article.



# Discovery

# SHARK WEEK

STARTS SUNDAY JULY 11

SHARK WEEK is truly the best thing about summer. And this July, you can see more hours of shark programming than ever before! Don't miss celebrities including William Shatner, Tiffany Haddish, Brad Paisley, the cast of Jackass, and many others who will be diving into the water for extraordinary shark adventures. Plus, working with nearly two dozen of the world's most respected marine biologists and science institutions, SHARK WEEK will once again deliver incredible brand-new, innovative shark research and compelling insight on some of the most remarkable shark species in the world. Here is your [SHARK WEEK guide](#) of what to watch and when on the Discovery Channel.



## THIS DAY IN HISTORY



On July 2, 1964, U.S. President Lyndon B. Johnson signs into law the historic Civil Rights Act in a nationally televised ceremony at the White House. In the landmark 1954 case *Brown v. Board of Education*, the U.S. Supreme Court ruled that racial segregation in schools was unconstitutional. The 10 years that followed saw great strides for the African American civil rights movement, as non-violent demonstrations won thousands of supporters to the cause. Memorable landmarks in the struggle included the Montgomery bus boycott in 1955—sparked by the refusal of Alabama resident Rosa Parks to give up her seat on a city bus to a white woman—and the “I Have a Dream” speech by Martin Luther King, Jr. at a rally of hundreds of thousands in Washington, D.C., in 1963. As the strength of the civil rights movement grew, John F. Kennedy made passage of a new civil rights bill one of the platforms of his successful 1960 presidential campaign. As Kennedy’s vice president, Johnson served as chairman of the President’s Committee on Equal Employment Opportunities. After Kennedy was assassinated in November 1963, Johnson vowed to carry out his proposals for civil rights reform. Click [here](#) for full article.

# WHY DO WE AGE?



Human bodies aren't built for extreme aging: our capacity is set at about 90 years. But what does aging really mean, and how does it counteract the body's efforts to stay alive? Monica Menesini details the nine physiological traits that play a central role in aging. [Directed by Cinematic, narrated by Pen-Pen Chen]. Click [here](#) for video.

**TED** Ideas worth spreading



Legendary duo Jane Fonda and Lily Tomlin have been friends for decades. In a raw, tender and wide-ranging conversation hosted by Pat Mitchell, the three discuss longevity, feminism, the differences between male and female friendship, what it means to live well and women's role in future of our planet. "I don't even know what I would do without my women friends," Fonda says. "I exist because I have my women friends." Click [here](#) for video.

*I'm still worried  
about leaving  
my house.*

*I miss my  
friends and the  
things we used  
to do.*

# Times are tough. We're here to help.

No problem is too big or too small.



(4357)

## 512-472-HELP

Free Emotional Support | Apoyo Emocional Gratuito

 IntegralCare.org



Press 1 for English, then 7 to speak with a counselor.

*I'm nervous  
about getting  
a vaccine.*

*I havent seen  
my grandkids in  
over a year.*