



# Buffalo Crossings

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## Buffalo Crossings Management Team

Sandy Sternefeld	Executive Director
Brittney Russel	Director of Nursing
Alexia Reese	Asst Director of Nursing
Kathylee Brack	Marketing Director
Naomi Peebles	Marketing Counselor
Rhonda Ficco	Activities Director
Ina Weintraub	Business/HR Manager
Brandon	Executive Chef
Jeannelle Gatmari	Kitchen Manager



## Friends and Family

This month we suit up, salute high and fly even higher with loyalty like Goose, courage like Maverick, and hearts of red, white and blue. We're writing our own story, and we are the main characters. Theme (Top Gun) July 31st 4:00pm to 6:00pm.

Please sign up at front desk before July 23.

HAPPY  
*Fourth of July*

## July 2025



## Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

## Happy Fourth!

Happy Independence Day to everyone! We hope you have a fun and festive holiday.

## America's First Zoo

The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.



# Restaurant Review

## Havana Country Club

Our Lunch Club visited the Havana Country Club here in The Villages, and we had a fantastic experience! Our group of 13 enjoyed a variety of dishes - everything from the Cuban to chicken wings. Every item was a hit, and the group unanimously gave it a 5 out of 5!

The server was not only attentive and efficient but also brought a great sense of humor.

## Prima Italian Steak House

Our Lunch Club also visited the Prima Italian Steak House here in The Villages. Another large group sampled a lot of different dishes on the menu. Every item was a hit, and the group unanimously gave it a 5 out of 5!

**The service was outstanding!** The hospitality stood out and made Buffalo Crossing feel welcome from start to finish!

Our residents here at Buffalo highly recommend these to Country Club in The Villages.

Check the monthly trips to see when the next LUNCH BUNCH trip time is and where.



## Stages Under the Stars

Stage meets starlight in these world-famous open-air arenas:

*Red Rocks Amphitheatre.* This mountaintop venue is always ready to rock. Wedged between 300-foot-high prehistoric sandstone walls, builders broke ground on the amphitheatre during the 1930s as part of a Depression-era jobs and conservation program. Laborers were paid a dollar a day to carve this famous theater overlooking Denver, Colo. Since then, Red Rocks has hosted legends like The Beatles, Johnny Cash, Jimi Hendrix and Stevie Wonder.

*Sydney Opera House.* The iconic shell-shaped roof silhouetting the Sydney skyline has come to symbolize Australia itself. This UNESCO World Heritage site has hosted a range of performances as well as notables such as the Pope and Nelson Mandela, who spoke about forgiveness after being imprisoned for almost three decades.

*Theatre Antique d'Orange.* This first-century Roman theater located in France has served several purposes in its nearly 2,000-year existence, including as a fort and prison.

## Flag Facts

Our American flag has been flying for more than 240 years and has quite the story to tell.

*Kid wonder.* Our current version of the flag was created by a high school student for a history project. In 1958, Robert G. Heft designed the 50-star flag—a year before Alaska or Hawaii officially became states, though rumor was that they would both join the United States before long. Heft's teacher, however, gave him poor marks for counting and said Heft could save his grade if he could convince the government to accept his design. Two years later, Heft got a call from President Eisenhower: his flag was in. (And yes, his teacher did increase his grade, though by this time Heft had graduated!)

*Lunar legacy.* Six American flags have been placed on the moon. An American astronaut has planted the flag for each of the six lunar missions, bringing the Stars and Stripes to space.

*The tried and true Red, White and Blue.* Our pennant's colors are as symbolic as the numbers of stars and stripes. Red was chosen for valor and bravery, white for purity and innocence, and blue for vigilance, perseverance and justice.







## A Juicy Journey Through Stone Fruits

If you're looking for a healthier option to satisfy a sweet craving, swap the sugar for a juicy stone fruit. What classifies as a stone fruit? Any fleshy fruit with a hard pit or "stone" inside. Known for their sweetness and juiciness, stone fruits are a staple summertime refreshment.

*Hall of fame.* The most popular stone fruits include peaches, plums, cherries,

nectarines, mangoes and apricots. Some surprise stone fruits? Raspberries, olives and coconuts!

*The pits.* Did you know? That pit inside is actually a seed. So what would happen if you planted it? You'd grow a tree! But the fruit your tree would yield would be a hybrid variety from the fruit it came from.

*The good stuff.* Stone fruits are packed with vitamin C, which supports the immune system and encourages collagen production. Plus, stone fruits are full of fiber, which coincidentally helps you feel full, too.

Stone fruits are best enjoyed when they're ripe.

## Protect Your Peepers

Before you head outdoors to enjoy some sunshine this summer, make sure your eyes are protected with the proper sunglasses.

*Block UV rays.* Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can slow the development of cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

*Fit matters.* Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for

your eyes.

*Cut the glare.* Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

*Pick a color.* Sunglass lenses come in an assortment of colors, but gray is most common. Amber or green lenses can increase contrast, which may be useful if you play outdoor sports. Choose according to your preference, but remember there is no relationship between color and UV protection.



## Happenings

\*Bingo! Tuesdays at 3:00 in the activities room.

\*July 4th Cookout. Dining room starting at 11:30.

\*The Book Club First Friday of every month.

\* The Vets Club meets 1st Thursday of every month.

Check the front desk for bus scheduled trips. Sign up at front desk to ensure your place on the bus.

Check your "daily schedules" for daily activities.

Join the activities committee and be a part of ideas and suggestions on trips and new games.

Please see Rhonda or Shelly with any questions or concerns.



Happy Hour is every Friday in the Bistro. Drinks and entertainment, snacks.

Check your dailies for entertainers.

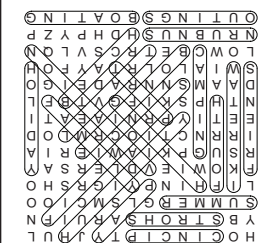
# Word Search

Category: July

H O C I N C I P T Y J H U L	1. Boating	8. _____	15. _____
Y B S T R O H S A R U I F N	2. _____	9. _____	16. _____
S U M M E R G L S M C I O O	3. _____	10. _____	17. _____
L I F H I N P Y I G R S H O	4. _____	11. _____	18. _____
F K O W I E V D L E R S A Y	5. _____	12. _____	19. _____
R S U G P K I A W I E R I A	6. _____	13. _____	20. _____
I R R N C T I O C R M L O D	7. _____	14. _____	21. _____
E E T I Y P R N I A E A T I			
N T H P S K I F G V T B F L			
D A A M S N N R A D E I G O			
S W I A L O L R T A Y F O H			
L O W C B E T R C S V L Q N			
N R U B N U S H D H P Y Z P			
O U T I N G S <b>B O A T I N G</b>			

**Word Search Solution:**

21. Water Ski	14. Play	7. Fourth
20. Vacation	13. Picnic	6. Fireworks
19. Trip	12. Outings	5. Family
18. Travel	11. Humidity	4. Camping
17. Sunburn	10. Holiday	3. Bonfire
16. Summer	9. Hiking	2. Boating
15. Shorts	8. Friends	1. Beach



## "This Month In History" JULY

**1799:** French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

**1826:** Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

**1847:** The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

**1903:** The Tour de France hosts its first race outside of Paris.

**1955:** Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

**1969:** Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

**1979:** Sony reveals the first portable cassette player—the Walkman.

**1985:** More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

**2002:** American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.