July 2025

Currents at the Cove

Sunapee Cove Assisted Living & Memory Care 1250 Rt.11 Sunapee, NH 03782 603-763-0566

ACTIVITIES IN JULY

www.sunapeecove.com

for our full activity calendar

7/4 Sunapee Cove's Annual Family & Friends 4th of July Picnic

7/8 Music w/Martha Mitchell

7/18 Trip to NL Barn Playhouse

7/19 Music w/Moe Kennett

7/22 Music w/John Lovejoy

7/24 Music w/Jack

Garden Club residents decided to plant cherry tomato plants on the memory care patio. They also built an outdoor fountain with flowers. It has a solar water fountain to enjoy. The water helps our pollinator garden butterflies and birds.

Kiwi Christmas Magic

New Zealand's Festival of Christmas brings a unique twist to holiday celebrations, transforming the small town of Greytown into a winter wonderland each July. This monthlong extravaganza, aptly nicknamed the "happiest festival in New Zealand," offers a delightful blend of festive cheer and ingenuity.

Although it began only five years ago as a pandemic initiative, the Festival of Christmas has quickly become a beloved tradition, drawing visitors from across the country. The event's timing in July, which is winter in the southern hemisphere, allows New Zealanders to experience a more traditional chilly Christmas atmosphere, complete with the (unlikely) promise of snow.

The festival boasts an impressive array of activities and attractions. Visitors can marvel at spectacular light displays, participate in workshops, and celebrate the Māori New Year.
The program also includes vibrant night markets, lively parties, and an abundance of festive food and drinks, including the warming winter favorites of mulled wine and gin.

One of the festival's unique features is how it embraces a "Fire and Ice" theme, creating a captivating contrast that adds to the event's charm. Attendees are encouraged to don Christmas sweaters and gather around braziers (portable outdoor firepits), fostering a cozy community atmosphere despite the winter chill.

But the Festival of Christmas isn't just about entertainment; it's a community effort that brings together families, school children, and local groups. This collaborative spirit is evident in the diverse range of events, from art classes and author talks to "Books at the Bar" reading parties.

While the festival primarily takes place in Greytown, it has put the region of Wairarapa on the map as a winter destination. The event has grown to attract people from all around New Zealand, boosting local tourism and showcasing the region's hospitality. With its unique blend of traditional Christmas elements and distinctly Kiwi touches, this midwinter celebration offers a fresh perspective on holiday festivities, proving that the Christmas spirit thrives in New Zealand, summer or winter.

SUNAPEE COVE
LAKESIDE ASSISTED LIVING
& MEMORY CARE COMMUNITY

New Changes for the Cove!

Families & Associates:

We are thrilled to share that Donna Pavlin has transitioned into the role of Executive Director.

We warmly welcome Nelly Simon to the Sunapee Cove team, formerly with another HallKeen community.

www.SunapeeCove.com

Donna Pavlin, Executive Director

Donna joined our community in late 2023 as the Business Office Manager, bringing with her a decade of experience in Assisted Living. She held the same position at another HallKeen community in Watertown, MA, before moving to New Hampshire. Donna was named Assistant Executive Director earlier this year, and we are excited to see her continue to grow and contribute in this new capacity!

Nelly Simon, LPN, Resident Care Director

With over 20 years of nursing experience, Nelly Simon is a dedicated and compassionate healthcare professional licensed in both MA and NH. Throughout her career, Nelly has served in a variety of clinical settings, gaining a wealth of knowledge and expertise in patient care across all age groups. Her commitment to excellence, strong work ethic, and collaborative spirit have made her a trusted team member and advocate for the populations she serves.

1250 Route 11 | Sunapee, NH 03782 | 603 763 0566

Summer Mind Diet Salad

Chickpea Salad

Prep Time: 20 mins Total Time: 20 mins
Serves: 6

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove, grated
- 1 teaspoon Dijon mustard
- 1 teaspoon sea salt
- Freshly ground black pepper
- 3 cups cooked chickpeas, drained and rinsed
- 2 cups mixed yellow and red grape tomatoes, halved
- ½ English cucumber, diced
- ½ cup Pickled Red Onions
- ½ cup kalamata olives, pitted and halved
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh mint, plus whole mint leaves for garnish

Instructions

1. In a large bowl, whisk together the olive oil, lemon juice, garlic, mustard, salt, and several grinds of pepper.

2. Add the chickpeas, tomatoes, cucumber, pickled onions, and olives and toss to coat. Add the parsley, dill, and mint and toss again.

Season to taste, garnish with fresh mint leaves, and serve.

Weather or Not

It may seem strange that Americans use a groundhog to help predict the weather, but those in Britain look to the sky. According to an old rhyme about July 15, St. Swithin's Day:

St. Swithin's Day if thou dost rain
For 40 days it will remain.
St. Swithin's Day if thou be fair
For 40 days 'twill rain nae mair (no more).

Saint Swithin was the bishop of Winchester. At either his or other clergy's request, he was buried outdoors where he could be among the people and where the rain could fall on his grave. After more than a century outdoors—on July 15, 971—the monks brought his remains to a shrine inside a newly built cathedral. And, as legend has it, torrential rains followed. Ever since, people have believed that the weather on St. Swithin's Day will foretell the weather for the next 40 days. Those who have looked into the weather records from 971 say there's no proof of 40 days of rain, but the legend lives on.

Eye-Catching Diversity

While only one out of every 100 people experience this rare genetic trait, everyone is invited to celebrate Different Colored Eyes Day on July 12.

This genetic phenomenon is most common in cats, dogs, and horses. But humans, too, can experience heterochromia, or two different colored eyes. Our eye color develops shortly after birth due to the pigment melanin. More melanin means darker eyes, and less melanin means lighter eyes. It just so happens that sometimes two eyes develop differently. In fact, sometimes one eye can have two different colors, such as a blue iris with a brown ring around the pupil, or a completely brown eye with a splash of green. This is just one way that we are each a unique work of art.

A Day for Kings and Queens

Every year on July 20, chess enthusiasts around the world come together to celebrate International Chess Day. This special day commemorates the founding of the International Chess Federation (FIDE) in 1924, which marked a significant milestone in the organization and standardization of chess as a competitive sport.

Chess itself has a rich history, originating in ancient India over a millennium ago. It evolved from a game called *chaturanga* and spread across the globe, influencing cultures and fostering intellectual development. Today, chess is played by millions worldwide, transcending language and cultural barriers.

International Chess Day was first celebrated in 1966, inspired by UNESCO, to highlight chess's role in promoting cultural exchange and mutual understanding. The day is now recognized by the United Nations, which officially acknowledged it in 2019. On this day, chess clubs, schools, and communities organize tournaments, workshops, and events to celebrate the game's enduring appeal and educational benefits.

What makes chess so special? It's not just about moving pieces on a board; it's about strategy, patience, and sportsmanship. Chess teaches valuable life skills and values, making it a beloved pastime and educational tool. Whether you're a seasoned grand master or a beginner, International Chess Day is a chance to connect with fellow chess lovers and enjoy the game's unique blend of challenge and camaraderie.

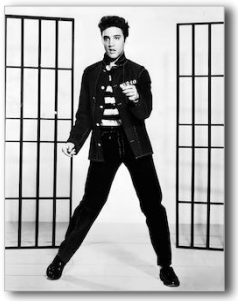
So, on July 20, grab a chessboard, gather some friends, and join the global chess party. Whether you're playing online or in person, it's a day to celebrate the game that unites us all. To borrow FIDE's motto, "*Gens Una Sumus*": "We are one people, united by our love for chess."

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.

P. T. Barnum (circus showman) – July 5, 1810
Nancy Reagan (first lady) – July 6, 1921
Michelle Kwan (figure skater) – July 7, 1980
Milton Berle (comedian) – July 12, 1908
Harrison Ford (actor) – July 13, 1942
Phyllis Diller (comedienne) – July 17, 1917
Don Knotts (actor) – July 21,1924
Gracie Allen (comedienne) – July 26, 1895
Paul Anka (singer) – July 30, 1941

The Birth of a King



On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—"My Happiness" and "That's When Your Heartaches Begin"—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player. And besides, his mother's birthday had long passed. Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock 'n' Roll was born.