



July 04, 2026

Cathy Hula, President of the Social Activities Committee, welcomed everyone to coffee.

- **Pledge of Allegiance:** **Lori Johnson** led the Pledge of Allegiance, which was followed by a moment of silence.
- **Coffee Committee:** Pam Walker, Bob Goguen, Charlie Gilmette, Bruce and Patty Coursey prepared coffee today. Thank you!
- **New Homeowners/Renters/Guests:** None this week
- **Seniors in Service** – There is a sign-up sheet in the hallway at the Hacienda for the July Lunch & Learn (Thursday July 9th). You must sign up in advance so the Seniors in Service team know how much food to bring. A disaster kit will be handed out including a portable weather radio.
- **4th of July Picnic** – The thermostat in the Hacienda is set at 72 degrees, so you may want to bring a sweater.
- **Pool Volleyball** – This Sunday, July 5th at 6:00pm at the Corral Pool
- **Did You Know?: Carolyn Johnson - All about Popcorn**
 1. Popcorn's scientific name is *zea mays everta*, and it is the only type of corn that will pop.
 2. It is believed that the Wampanoag Native American tribe brought popcorn to the colonists for the first Thanksgiving in Plymouth, Massachusetts.
 3. Traditionally, Native American tribes flavored popcorn with dried herbs and spices and even chili. They also made popcorn into soup and beer and made popcorn headdresses and corsages.
 4. Charles Cretors in Chicago invented the first commercial popcorn machine in 1885.
 5. Popped popcorn comes in two basic shapes: snowflake and mushroom. Movie theaters prefer the snowflake because its bigger. Confections such as caramel corn use the mushroom because it won't crumble.
 6. What makes popcorn pop? Each kernel contains a small amount of water. As the kernel is heated, this water turns to steam. Popcorn differs from other grains in that the kernel's shell is not water-permeable, so the steam cannot escape and pressure builds up until the kernel finally explodes, turning inside out.
 7. Americans consume 17 billion quarts of popped popcorn each year. That's enough to fill the empire state building 18 times.
 8. American vendors began selling popcorn at carnivals in the late 19th century. When they began to sell outside movie theaters, theater owners were initially annoyed, fearing that popcorn would distract their patrons from the movies. It took a few years for them to realize that popcorn could be a way to increase their revenues. Popcorn has been sold in movie theaters since 1912.
 9. Nowadays, many movie theaters make a greater profit from popcorn than they do from ticket sales, since, for every dollar spent on popcorn, around 90 cents is pure profit. Popcorn also makes moviegoers thirsty and more likely to buy sodas.
 10. Nebraska produces more popcorn than any other state in the country – about 250 million pounds per year. That is about a quarter of all the popcorn produced in the United States.

And by the way, January 19th is National Popcorn Day!

➤ **Helpful Hints from Hanna: Carolyn Johnson**
Storage Times for Dairy Products

The following optimum storage times for dairy products are provided by the USDA.

Product	Shelf Life
Milk	5 to 7 days
Cottage Cheese	5 to 7 days
Cheese, hard (parmesan, asiago, etc.)	Several months
Cheese, processed	3 to 4 weeks
Cream or Half & Half	1 week
Evaporated Milk, opened can	1 week
Ice cream or sherbet	1 month in the freezer

- **Milk Cubes** – If you live alone or just don't use a lot of milk within the "use by" date, pour some of the milk into an ice-cube tray, cover with plastic wrap and freeze. After the cubes are solid, store in a freezer safe plastic bag – then you can add "milk" and cool your coffee or tea at the same time. The cubes can also be used for cooking or baking. Just put the cubes into a microwave-safe container and defrost in your microwave oven.
- **Powdered Milk** – If you find yourself often throwing away milk because it sours before you can drink it all, try powdered milk. It has a long shelf life and when mixed with cold water, it can be palatable or used in cooking.

Avoiding Onion Tears

- Store onions in the fridge for a few days; they are less apt to induce tears when you cut them cold. Alternatively, you can put them in the freezer for 30 to 45 minutes before slicing. Caution: Do not leave in the freezer too long or they will become mushy.
- Wear swimming goggles.
- Hold a slice of bread between your teeth while you cut onions. This forces you to breathe through your mouth instead of your nose. Breathing through your mouth keeps the onion odor from reaching your tear-producing glands.

➤ **American Idioms – Carolyn Johnson**

1. **Spill the Beans**

Meaning: To reveal a secret.

Example: "Who spilled the beans about the surprise party?"

Possible Origin: Some historians believe this phrase comes from ancient voting systems using colored beans.

1. **Hit the Nail on the Head**

Meaning: To describe something perfectly or accurately.

Example: "You really hit the nail on the head with that explanation."

Origin: The phrase comes from carpentry and accurately striking a nail with a hammer.

2. **Bite the Bullet**

Meaning: To endure something painful or difficult.

Example: "I didn't want to pay for car repairs, but I had to bite the bullet."

Origin: Before modern anesthesia, soldiers reportedly bit bullets during surgery to handle pain.

3. **Barking Up the Wrong Tree**

Meaning: Accusing the wrong person or focusing on the wrong issue.

Example: “If you think I broke the television, you’re barking up the wrong tree.”

Origin: Hunting dogs sometimes barked at the wrong tree while chasing animals.

4. **Throw in the Towel**

Meaning: Quit.

Origin: Boxing trainers throw towels into the ring to stop a fight.

5. **The seven-year itch**

Before the phrase became associated with Marilyn Monroe’s iconic skirt, the “seven-year itch” felt much worse than a playful subway breeze. The term originally referred to scabies, an itchy infection caused by mites burrowing underneath a person’s skin. Its “seven-year” moniker referred to how long the bugs could linger. Yuck!

6. **Bikini**

In the summer of 1946, the United States tested its new atomic bomb on the Bikini atoll in the Marshall Islands. At the same time, French swimwear designer Louis Reard decided he needed an attention-grabbing name for his two-piece swimsuit invention. Reard likely chose the term “bikini” because he believed the style would be just as explosive as the bombs that were tested on the island of their namesake.

➤ **Sunshine Report: Karen Ray –**

- Bill Reynolds is back at home – no visitors please.
- Karen shared some jokes with us.

➤ **Rich Hula –** Recited the words of a song by Johnny Cash – “Ragged Old Flag”.

➤ **Men's Club: Dennis Juda:**

- The July 4th picnic will be co-sponsored with the VFW at the Hacienda. Over 150 tickets have been sold thus far. Doors will open at 4:00pm, and food will be served beginning at 5:00pm. We will have hot dogs, brats, salads, soft drinks, water, and dessert.

There were 4 \$10 50/50 winners today.

There were 26 in attendance this morning, no baked goods for sale.

Summary of Upcoming 2026 Events

For Regular Occurring Events, please consult the Monthly Bulletin

Date / Time	Time	Location	Event	Sponsor	Notes
Saturday, July 4, 2026	4:00pm	Hacienda	July 4th Picnic	Men's Club/VFW	\$5.00 per ticket
Thursday July 9, 2026	10:00am	Hacienda	Lunch & Learn	Seniors in Service	Free weather radios will be given out.
Thursday July 16, 2026	10:00am	Hacienda	Senior Food Pantry		Free Produce
Thursday August 20, 2026	10:00am	Hacienda	Senior Food Pantry		Free Produce
Thursday September 17, 2026	10:00am	Hacienda	Senior Food Pantry		Free Produce
Thursday October 10, 2026	TBA	Suncoast Theater	Pretty Woman	HOA	Matinee performance
Saturday, October 17, 2026	5:00pm	Hacienda	Welcome Back Dinner/Dance	Women's Club/Dance	\$15.00 per ticket
Saturday, October 24, 2026	7 – 10pm	Hacienda	Halloween Dance	Dance	\$10.00 per ticket
Sunday, November 8, 2026	TBA	Hacienda	Fall Bazaar	Women's Club	
Saturday, November 14, 2026	7 – 10pm	Hacienda	Fall Dance	Dance	\$10.00 per ticket
Saturday, November 21, 2026	TBA	Hacienda	Fall Clothing Swap	Women's Club	
Thursday December 3, 2026	TBA	Suncoast Theater	Christmas Carol	HOA	Matinee performance
Saturday, December 19, 2026	7 – 10pm	Hacienda	Holiday Dance	Dance	\$10.00 per ticket