



July 18, 2026

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

- **Pledge of Allegiance:** Cathy Hula led the Pledge of Allegiance, which was followed by a moment of silence.
- **Coffee Committee:** Pam Walker, Bruce and Patty Coursey prepared coffee today. Thank you!
- **Chapel – Picnic** is scheduled for tomorrow, July 19th at 5:00pm at the Hacienda. Tickets are available for \$7.00. You may purchase tickets at the door tomorrow.
- **Did You Know?: Carolyn Johnson (presenting for Dave Casady) -**
 1. During the Carboniferous Period, (approx. 299 to 359 million years ago), the earth had vast swamp forests, the emergence of reptiles, and the high oxygen content in the atmosphere (35% to our present 21%) which allowed earth to produce its primary coal deposits, which we use today.
 2. During the high oxygen period, dragonflies had 28-inch wing spans, scorpions grew bigger than a house cat, and millipedes 8.5 feet long. During one of earth's Epoch periods, when the oxygen level dropped on earth to its percent level, the giant insects suffocated and became extinct.
 3. One tablespoon of Heinz ketchup has more sugar than a chocolate chip cookie. (Not sure how a cookie chip cookie would taste on a hot dog though. We've got to make sacrifices for our taste buds).
 4. The oldest living thing on earth a Great Basin Bristlecone Pine Tree, named Methuselah, which has been growing in California for over 4,800 years.
 5. The Amazon River carries more water than the World's next seven largest rivers combined and has no bridges crossing its entire 4,000-mile length.
 6. The Mariana Trench, located in the Western Pacific, is so deep that if you dropped Mt. Everest into it, the peak would be over a mile underwater.
 7. Parmesan cheese is one of the most protein-dense foods on the planet. It is technically about 35% protein.
 8. Anatidaephobia is the irrational fear that somewhere in the world, a duck or goose is secretly watching you. (it might be associated with our fear of bills, but I could be stretching it).
 9. A more common phobia today is Nomophobia, a severe modern anxiety of being completely without your mobile phone or cellular coverage.
 10. SPAM was introduced by Hormel Foods in 1937 as a convenient, long-lasting affordable protein source. Hormel officially states the name stands for "Spiced Ham".

➤ **American Idioms: Carolyn Johnson**

1. **Fly off the handle**

Meaning: Risky behavior with unpredictable results.

Origin: In the days before mass merchandising, poorly fastened axe heads would fly off while they were in use - the result was dangerous.

2. **Steal someone's thunder**

In the early 1700s, English dramatist John Dennis invented a device that imitated the sound of thunder for a play he was working on. The play flopped. Soon after, Dennis noted that another play in the same theater was using his sound-effects device. He angrily exclaimed, "That is my thunder, by God; the villains will play my thunder, but not my play." The story got around London, and the idiom was born.

3. **White elephant**

Legend has it, kings of Siam (now Thailand) used to give actual white elephants to people they wanted to punish. Yes, the elephants were valuable and respected, but that also meant they were expensive to take care of, so the kings hoped the present would drive the recipient into financial ruin. Now, of course, a white elephant exchange is meant for useless (though probably cheaper) gifts.

4. **Cat Got Your Tongue**

This was derived from the old British military in the 17th century. Back then, the navy was incredibly strict, and anyone caught in wrong doings or misbehaving or being disobedient would be dealt with by corporal punishment. Or in other words, they would be whipped or flogged.

These floggings were usually executed and witnessed by the entire crew. The offender was tied to the ship's rail and whipped with nine knotted cords, known as a cat o' nine tails, and often referred to simply as the 'cat'. This whip had nine ends, with a knot on each end, and it got its name from the wounds it left on a man's back that looked like cat scratches. It inflicted incredible pain, and when sailors were flogged, the pain was often so severe that it rendered the victim speechless, hence the victim being mocked with the phrase 'Has the cat got your tongue', which was later truncated to 'Cat got your tongue?'

➤ **Wacky Sports Injuries: Carolyn Johnson**

1. **Ryan Klesko** – in 2004, this San Diego Padre was in the middle of pregame stretches when he jumped up for the singing of the national anthem and pulled an oblique/rib cage muscle, which sidelined him for more than a week.

2. **Freddie Fitzsimmons** – In 1927, New York Giants pitcher "Fat Freddie" was napping in a rocking chair when his pitching hand got caught under the chair and was crushed by his substantial girth. Surprisingly, he only missed three weeks of the season.

3. **Lionel Simmons** – As a rookie for the Sacramento Kings, Simmons devoted hours to playing his Nintendo Game Boy. In fact, he spent so much time playing the video game that he missed a series of games during the 1991 season due to tendonitis in his right wrist.

4. **Paul Diogo** – After assisting on a goal in a 2004 match, the newlywed soccer player celebrated by jumping up on a perimeter fence, accidentally catching his wedding ring on the wire. When he jumped down, he tore off his finger. To make matters worse, the referee issued him a violation for excessive celebration.

5. **Clint Barmes** – Rookie shortstop Barmes was sidelined from the Colorado Rockies lineup for nearly three months in 2005 after he broke his collarbone when he fell carrying a slab of deer meat.

6. **Sammy Sosa** – In May 2004, Sousa sneezed so hard that he injured his back, sidelining the Chicago Cubs all-star outfielder and precipitating one of the worst hitting slumps of his career.

7. **Jamie Ainscough** – A rough and ready rugby player from Australia; Ainscough's arm became infected in 2002, and doctors feared they might need to amputate. After closer inspection, physicians found the source of the infection – the tooth of a rugby opponent had become lodged under his skin, unbeknownst to Ainscough who had continued to play for weeks after the injury.

- **Deliberator in the Hacienda: Bruce Coursey** – Bruce queried the audience as to whether anyone knew how to use the device and wanted to know if we should have a class on this. The majority agreed to having a class – possibly during the August Seniors in Service meeting.
- **Chair Volleyball:** The Chair Volleyball competition with Pelican Palms was a big success, we had a lot of fun and will do this again.
- **Sunshine Report: Karen Ray** –
 - Margaret Johnson lot 431 is at Oak Manor recovering from a fractured ankle; visitors are welcome.
 - Karen shared some jokes with us.
- **Chair Volleyball:** Reminder that chair volleyball will be held on Monday at 1:00pm and Thursday at 6:00pm.
- **Men's Club: Dennis Juda:** There were 3 \$10 50/50 winners today.

There were 20 in attendance this morning and 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 18, 2026	2:00pm	Francis Wilson Playhouse	Memory Lane Play		302 Seminole St., Clearwater
Sunday, July 19, 2026	5:00pm	Hacienda	Chapel Picnic	Chapel	Tickets are \$7.00 per person
Friday, July 24, 2026	6:00pm	Hacienda	Game Night		
Saturday, August 1, 2026	2:00pm	Catherine Hickman Theatre	Memory Lane Play		5501 27 th Ave. S, Gulfport
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



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*****Saturdays 2:00-3:30pm*****

7/11 The Palladium (253 5th Ave N, St Pete)

7/18 Francis Wilson Playhouse (302 Seminole St, Clwtr)

8/1 Catherine Hickman Theatre (5501 27th Ave S, Gulfport)

Questions? Call 727-
202-2302 or email
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