

Whaler's Cove Assisted Living
114 Riverside Avenue
New Bedford, MA 02746



July Birthdays

In astrology, those born July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others and are tenacious in their pursuit of domestic harmony. Those born July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot.

Richard Petty – July 2, 1937
Ringo Starr – July 7, 1940
Tom Hanks – July 9, 1956
Arthur Ashe – July 10, 1943
Woody Guthrie – July 14, 1912
Ginger Rogers – July 16, 1911
Janet Reno – July 21, 1938
Lynda Carter – July 24, 1951
Gracie Allen – July 26, 1895

Happy Birthday to Our Residents...

Manuel A.	July 10th
Margaret M.	July 11th
Kathleen B.	July 12th
Leonette B.	July 15th
Lorraine M.	July 18th
Yuko M.	July 19th
Janet G.	July 25th
Kenneth H.	July 29th
Judith A.	July 30th



July 2026

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
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Parks and Recreation Month

Canada Day
July 1

World UFO Day
July 2

Independence Day (U.S.)
July 4

Blueberry Day
July 8

Nelson Mandela International Day
July 18

Tell an Old Joke Day
July 24

Paperback Book Day
July 30

Reflecting on the Meaning of Independence Day

Each year on the Fourth of July, Americans come together to recognize Independence Day, a holiday rooted in history, courage, and the pursuit of freedom. On July 4, 1776, the Continental Congress adopted the Declaration of Independence, marking the colonies' decision to separate from British rule and form a new nation.

While today's celebrations often include fireworks, parades, music, and cookouts, the true meaning of Independence Day goes much deeper. It is a time to remember the bravery of those who helped shape our country and to reflect on the values of liberty, independence, and unity. It also reminds us to appreciate the freedoms we enjoy and the generations of people who have worked, served, sacrificed, and contributed to the nation we know today.

For many residents, Independence Day may bring back special memories — gathering with family, watching fireworks, attending local parades, decorating in red, white, and blue, or sharing favorite summer foods. These memories are part of what makes the holiday so meaningful. It is not only a celebration of our country's history, but also a celebration of community, tradition, and togetherness.

Here at Whaler's Cove, we look forward to honoring the spirit of Independence Day with patriotic activities, music, and festive summer fun. We hope residents will join us as we celebrate, reflect, and enjoy time together as a community.

Please refer to the July Activity Calendar for a full list of Independence Day programs and other special events happening throughout the month.

July Fun at Whaler’s Cove

July is bringing plenty of opportunities for residents to enjoy the season, stay connected, and take part in something fun. From patriotic celebrations and summer treats to beach-inspired crafts, music, games, and special outings, there is something for everyone to look forward to this month.

Residents can enjoy seasonal favorites such as creative craft projects, summer socials, musical entertainment, themed snacks, and friendly games with neighbors. July will also feature fun ocean-inspired programming, including Shark Week activities, beach-themed art, and a few coastal touches to celebrate the heart of summer.

As always, our activity calendar is designed to encourage connection, creativity, and movement throughout the month. We hope residents will join us for their favorite programs and maybe try something new along the way.

Please refer to the July Activity Calendar for a full list of programs, outings, and special events.



No-Bake Summer Berry Shortcake Cups

Recipe Corner: No-Bake Summer Berry Shortcake Cups

Looking for a simple and refreshing summer treat? These no-bake berry shortcake cups are easy to make and perfect for July.

Ingredients:

- Pound cake or angel food cake, cut into small cubes
- Fresh strawberries, blueberries, or both
- Whipped cream
- Vanilla pudding, optional

Directions:

Layer cake cubes, berries, and whipped cream in a small cup or bowl. Add a spoonful of vanilla pudding for extra sweetness if desired. Repeat the layers and top with a few berries.

This light and festive dessert is a great way to enjoy the flavors of summer!



July Word Scramble

Unscramble the summer-themed words below:

1. RFEIWORKS
2. MERSUM
3. CIPCIN
4. HCAEB
5. DLONEMAE
6. TAIPCROIT
7. CNOAE
8. SRSTA
9. PSECOLPI
10. DYLOHIAS

Answer Key:

1.Fireworks 2.Summer 3.Picnic 4.Beach 5.Lemonade 6.Patriotic 7.Ocean 8.Stars 9.Popsicle 10.Holidays



World Cup: A Global Celebration of Soccer

This summer, excitement is in the air as soccer fans around the world cheer on their favorite teams during the World Cup. Known as one of the biggest sporting events in the world, the FIFA World Cup brings countries together through friendly competition, national pride, and the shared love of the game.

The World Cup is held every four years and features national teams from around the globe. For the first time, the 2026 tournament includes 48 teams and is being hosted by three countries: the United States, Canada, and Mexico. This makes this year’s tournament especially exciting for fans across North America.

Soccer, often called “football” in many parts of the world, is the most widely played sport globally. Part of what makes the World Cup so special is that it is not only about the game itself, but also about culture, tradition, and connection. Families and friends often gather to watch matches, cheer for their home countries, and celebrate the pride that comes with seeing their nation represented on the world stage.

