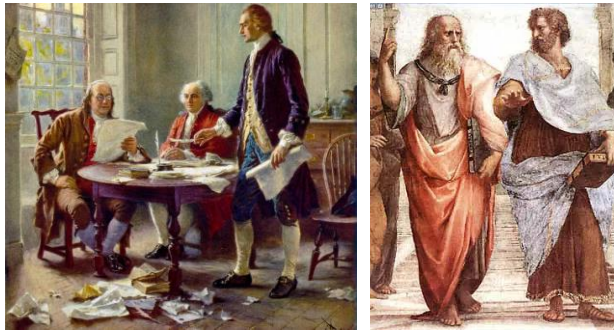


# SBC Lifestyle Weekly Newsletter and Programs Schedule

Monday, July 3 – Saturday, July 8



“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

On Tuesday we celebrate the Fourth of July holiday and here at SBC you’ll be able to enjoy the holiday buffet followed by a reading of the Declaration of Independence by thirteen of your neighbors. For many Americans, parades, barbecues with hotdogs and hamburgers, and the evening fireworks are the main highlights. John Adams believed the holiday would be celebrated with “pomp and parade ... games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other.” Adams didn’t include barbecues in his list, but they did become part of the celebrations within a couple of years of the signing of the Declaration. It took a while before hot dogs and hamburgers became synonymous with the holiday fare though (Adams allegedly celebrated with turtle soup).

Adams was one of the five Founding Fathers tasked with drafting and approving the Declaration of Independence along with Thomas Jefferson, who was selected to take the lead in writing the document which included his words above. The committee of five passed the draft of the Declaration back and forth multiple times with many edits, but “Life, Liberty and the Pursuit of Happiness” remained constant. “Pursuit of Happiness” is the phrase that has intrigued and begged for interpretation in more contemporary times, and possibly earlier, but at the time the Declaration of Independence was approved and ratified, it seems certain that the Founding Fathers had a very contemporary 18<sup>th</sup> century definition of what ‘happiness’ meant and agreed that public happiness was the purpose of government. In *Thoughts on Government*, Adams wrote that “Government is instituted for the common good; for the protection, safety, prosperity, and happiness of the people; and not for profit, honor, or private interest of any one man, family, or class of men.”

The Declaration was crafted towards the end of the Enlightenment, a period in which the great thinkers of the day based their philosophical and political thought on the writings of the ancient Greek and Roman philosophers. From Socrates, Plato and Aristotle to the Stoics, Skeptics, and Epicureans, the concept of ‘happiness,’ explored and defined by these philosophers was well known to Jefferson, Adams, and the other Founding Fathers. Aristotle said of happiness, “the happy man lives well and does well; for what we have practically defined happiness as a sort of good life and

good action.” Platonic, Aristotelian, Epicurean and Stoic philosophers all believed that happiness could be attained by human effort, and they believed it was also the role of government to uphold the quality of life and happiness for those governed.

Jefferson particularly admired Epicurus and his rational and moral philosophy and was also likely inspired by John Locke (whose books he possessed). Locke wrote: “The necessity of pursuing happiness is the foundation of liberty. As therefore the highest perfection of intellectual nature lies in a careful and constant pursuit of true and solid happiness; so, the care of ourselves, that we mistake not imaginary for real happiness, is the necessary foundation of our liberty.”

Alexander Hamilton and other founders referred to ‘social happiness,’ which is happiness that is not simply achieving individual pleasure, but one which is reflected in the ideals that Jefferson was thinking of when he wrote of the ‘pursuit of happiness.’ For Jefferson and the Founders, as for the ancient philosophers and those of the Enlightenment, happiness was a virtue that was bound up in honor, civic duty, moderation, reason, and morality.

You’ll find some personal definitions of ‘Happiness’ from Jefferson and SBC residents at the end of the newsletter.

*Joan, Lifestyle Director*

## Monday, July 3

### **Balance Classes**

9:30 & 10:30 am, Ringling Room

### **Zumba Gold**

1:00 pm, Ringling Room

This invigorating class offers a lively series of fun moves to music that will leave you feeling energized.

### **Center, Breathe and Relax with Stephanie**

1:00 pm, Whitaker Room



### **SR Quintet Jazz Band**

8:00 pm, Ringling Room

Superb and smooth jazz! SR Quintet plays everything from songbook standards to bebop classics, blue note gems, Bossa Nova favorites, and new original tunes. SR Quintet is committed to exploring the music of the jazz canon. Band members: Chris Kottke on trumpet, John Wheatley on tenor sax, Jim Lemli on guitar, Don Colladay on bass, and Pete Szujewski on drums.

## Tuesday, July 4



**HAPPY FOURTH OF JULY!**



### **A Reading of the Declaration of Independence**

2:00pm, Ringling Room

We invite you to join thirteen residents who will each take turns reading passages from the Declaration of Independence.

## Wednesday, July 5

### **Balance Class**

9:30 am and 10.30, Ringling Room



### **Brain Games**

11.15 am, South Tower Conference Room

### **Chair Aerobics**

1:00 pm, Ringling Room

## Thursday, July 6

### **Tai Chi**

10:00 am, Ringling Room

### **Pool Exercise**

11:00 am, Swimming Pool

### **Stretch and Relax with Andrew**

1:30 pm, Ringling Room



### **Jackpot Bingo**

8:00 pm, Ringling Room

Join your friends and neighbors for this fun and fast paced game of concentration and chance! Cash prizes for the winners of each game.

*Don't forget to bring your \$6 to play. Please bring exact amount or please bring nothing bigger than \$10 bills.*



### **Creative Writing**

3:00 pm, South Tower Conference Room

All are welcome to either share their stories, or to listen.

## **Friday, July 7**

### **Brush up on Bridge with Harriet**

10:00 am, Ringling Room

### **Music and Movement**

1:00 pm, Ringling Room



### **Science and Technology Group**

3:00 pm, Ringling Room

## **Saturday, July 8**

### **Rummikub**

2:00 pm, Whitaker Room



## **SBC Singers, Summer Workshop #4**

11:00 am – 12:30 pm, Ringling Room

Voice coach, Join voice coach, Sherri Seiden for this series of fun workshops, until August 5. These workshops are designed to increase your love of and joy of singing. This is a wonderful opportunity to hone your singing skills and to learn a variety of methods to help you achieve a level of relaxed, easy, and confident delivery.

*We'll serve hot tea and cookies to keep your energy levels up until lunchtime.*

### **Plan Ahead:**

#### **Monday, July 10**

**Pietro Iannotti, Piano**

8:00 pm, Ringling Room

#### **Wednesday, July 12**

**Bastille Day Celebration**

7:30 pm – 9:00 pm, Ringling Room

#### **Friday, July 14**

**Art Appreciation with Katherine Bzura**

3:00 pm, Ringling Room

#### **Saturday, July 15**

**SBC Singers Singing Workshop**

11:00 am – 12:30 pm, Ringling Room

#### **Monday, July 24**



### **Trip to The James Museum of Western and Wildlife Art, St. Pete**

Join us for a tour of the museum with a focus on their current exhibition - UN/NATURAL SELECTIONS: WILDLIFE IN CONTEMPORARY ART: Drawn from the collection of the National Museum of Wildlife Art, *Un/Natural Selections* centers on wildlife images from the last two decades that dynamically confront categorizations and speak to the significance of wildlife in art – in unconventional ways. The variety of art explores the relationship between humanity and the natural world with the artists' personal narratives woven throughout.

Cost: \$19, which will be billed to your monthly account. Please sign up on Resident Connect.

*Please note that we may not have the SBC bus available for this trip and may have to either postpone it until August or rent a van. We will make the best determination the week prior to the planned date and will keep you informed if you are signed up.*

### **Front Page Source Articles:**

*The Declaration of Independence*

*Pursuit of Happiness, Monticello.org*

*Why did Jefferson change “property” to the “pursuit of happiness”? Carol V. Hamilton, historynewsnetwork.org*

*Sorry, but the “Pursuit of Happiness” Doesn’t mean What You Think it Means, Karen Robbins, historynewsnetwork.org*

### **Further thoughts on love from Jefferson and SBC residents:**

#### Thomas Jefferson

*“Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.”*

*“Health, learning and virtue will ensure your happiness; they will give you a quiet conscience, private esteem and public honour.”*

*“The happiest moments of my life have been the few which I have passed at home in the bosom of my family.”*

*“Happiness is not being pained in body or troubled in mind.”*

#### SBC Residents

*“You may have and own everything in the world, but if you lack contentment, you will never be happy.”*

*“Everyone is different! What any individual needs to be happy is indeed individual. No one has the right to determine what that is for anyone else!”*

*“What brings happiness? Many things in the temporal realm can be said to bring happiness. Personal successes, freedom from want, time to recreate, freedom from oppression can bring forms of*

*happiness or at least prevent opposites such as disappointment, fear, or deprivation. I think the giving and receiving of love is the best sources of happiness. The love of family, friends, and a life partner prevent the unhappiness of loneliness, isolation, and lack of purpose. Service to others, another form of love, brings a deep sense of happiness and fulfillment. But, above all these temporal elements is the assurance of the personal and intimate knowledge of the eternal love of God for us."*

*"My own idea of happiness has changed. When I was working, happiness was the feeling of writing well, easily, and never blowing a deadline. When I was active in politics, happiness was feeling my candidate was doing well, and well presented. When my kids were young, happiness was, I admit it: peace and quiet. Now, as a resident of SBC, considered to be elderly (can I still say "elderly"/) I must admit that happiness is the absence of pain ... and, of course, a four-legged friend named Herschel."*

*"The Declaration references the pursuit of happiness in the broadest sense. Most interesting is the term pursuit. This puts us in the driver's seat. It was our responsibility, as the citizens of this new country, to so comport ourselves as to create this "happiness." The year is 2023. Are we happy? I'm not sure."*

*"Happiness = healthy wife and family, no financial concerns for family, personal health, having many friends ... and knowing the Lord has been there for all of we humans."*

*"I think to be loved and to love is the greatest gift we could ever get or give."*

Thank you to those of you who participated.