



BOREDOM BUSTERS



By HealthTeam Advantage

A monthly activity packet brought to you by Caregiver Connect and
HealthTeam Advantage Community Connections

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_25283_C

Community Connections

At HealthTeam Advantage, we take our “community connections” seriously. We’re proud to partner with local nonprofits to sponsor a wide variety of community events each year. Simply put, it’s part of our mission to improve the health and well-being of North Carolina communities. Scan the QR code to learn more.



Caregiver Connect, Inc.

Caregiver Connect is a nonprofit organization established to address the needs of family caregivers through training and education, resources, and support. The organization was founded by members, leaders, and staff of Mount Zion Baptist Church in 2016. Scan the QR code to learn more.

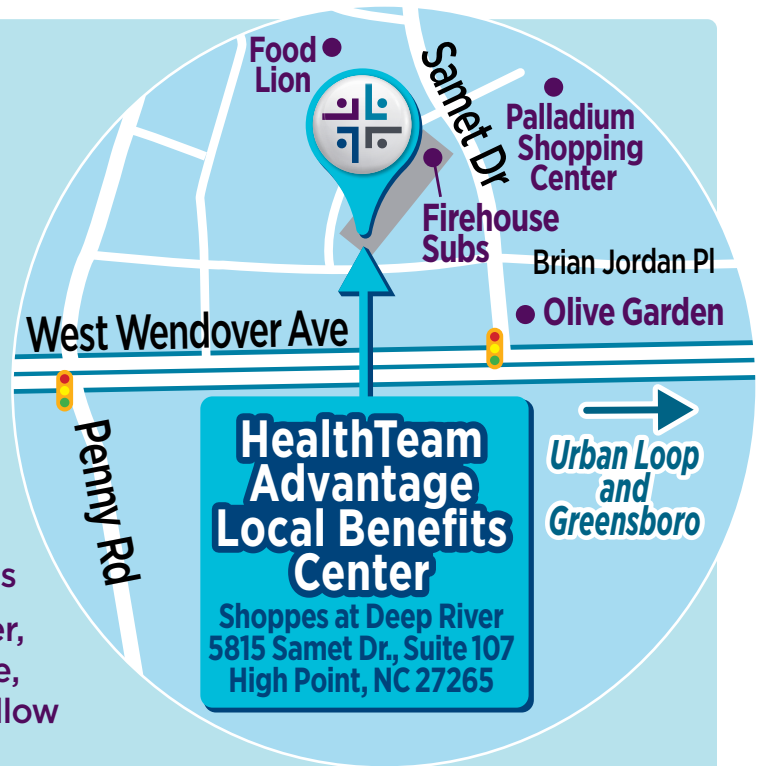


HealthTeam Advantage Local Benefit Center

If you have Medicare questions and live in the Triad, the Local Benefit Center (LBC) is the place to go! Located in High Point, the LBC makes it easy to:

- ◆ Take a class about Medicare
- ◆ Meet with a licensed agent who can help with Medicare plan comparisons
- ◆ Get information on HealthTeam Advantage’s Medicare Advantage plans

If you’re a HealthTeam Advantage member, you can meet with a Healthcare Concierge, pick up plan materials, and gather with fellow members for classes.



The Local Benefit Center is open Monday–Friday from 9 am to 4 pm.

Visit HealthTeam Advantage’s YouTube Channel for healthy recipes, exercise tips, and Medicare information.

 [@healthteamadvantage](https://www.youtube.com/@healthteamadvantage)



Here is your July **BOREDOM BUSTERS** packet



We hope you're keeping cool this July! We're sharing lots of coloring sheets, puzzles, and other July-themed activities in this month's packet, plus information on health resources and events that may be of interest.

Preventing Falls

Falling is something people usually don't like to think about — but it's important to be aware of the risks and how to minimize them. This month, we're starting a series of flyers with simple steps you can take to reduce the risk of falling.

How to Sign Up . . .

Have a friend or loved one who would like to receive a monthly Boredom Busters packet? There are three easy ways to register:

1. Scan QR Code and complete the online form
2. Email Shelby Kline at skline@htanc.com
3. Call Shelby Kline at 336-707-6285



. . . or Sign Off We hate to see you go, but if you no longer wish to receive the monthly packet, you may also use one of the methods above to have your name removed from the mailing list.



Why Fall Prevention Matters

Falls can lead to serious injuries, such as fractures or head trauma, and may result in a loss of independence. Taking preventive measures can help you stay active and avoid unnecessary hospital visits.



Step 1:

Keep Your Home Safe

Making small changes in your living space can significantly reduce your risk of falling:

Remove Clutter

Keep floors clear of objects like shoes, bags, and electrical cords.



Secure Rugs and Carpets

Use non-slip mats under rugs or remove loose carpets to prevent tripping.



Improve Lighting Ensure that hallways, stairs, and bathrooms are well-lit. Use nightlights to illuminate paths at night.

Install Safety Equipment

Consider installing grab bars in bathrooms, handrails on stairs, and non-slip mats in the tub or shower.



Rearrange Frequently Used Items Store items within easy reach to avoid using step stools or ladders.



Cut this out and save the dates for the 2025 Music in the Park series!

2025 Oak Ridge

MUSIC IN THE PARK

Oak Ridge Town Park Ampitheater | 6-9pm*

**Oct. 11 event 5-8pm*



**APRIL
12**

BROTHER PEARL (ROCK)

Food trucks/Beverage garden provided by
Gypsy Road Brewing Company and Oak Ridge Craft & Vine

**MAY
10**

GIPSY DANGER (INDIE-FOLK)

Food trucks/Beverage garden provided by
Wise Man Brewing and Oak Ridge Craft & Vine

**JUNE
14**

**SPECIAL OCCASION BAND
(BEACH MUSIC)**

Food trucks/Beverage garden provided by
Brown Truck Brewery and Oak Ridge Craft & Vine

**JULY
12**

**ERIC AND THE CHILL TONES
(BEACH MUSIC)**

Food trucks/Beverage garden provided by
Brown Truck Brewery and Oak Ridge Craft & Vine

**AUG.
9**

THE ALEK OTTAWAY BAND (COUNTRY)

Food trucks/Beverage garden provided by
Wise Man Brewing and Oak Ridge Craft & Vine

**OCT.
11***

**RETROVINYL BAND
(ROCK, COUNTRY, SOUL)**

Food trucks/Beverage garden provided by
Brown Truck Brewery and Oak Ridge Craft & Vine

THANK YOU
to our 2025 sponsors



Oak Ridge Commons
SHOP • DINE • ENJOY

A surprisingly uncommon experience in the heart of Oak Ridge



Oak Ridge • Summerfield • Kernersville • High Point



Ramila Siegel
CRS, GRI, ABR, SRES
336 215 9856
rsiegel@kw.com
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Keller Williams Realty

Each office is independently owned and operated.

All events are free! No outside coolers.



MUSIC

for a Sunday Evening in the Park

SUMMER 2025 CONCERT SCHEDULE

FREE TO ATTEND
DONATIONS ACCEPTED
FREE PARKING

**ALL CONCERTS BEGIN
AT 6 PM**

JUNE 8



GREENSBORO BIG BAND

Greensboro College Main Lawn,
815 W Market St.
Mostly Melts & Blue Skies Creamery

JUNE 15



PHILHARMONIA OF GREENSBORO

Sponsored by
LeBauer Park,
208 N Davie St.
Parkside Pull-Up & Little Bros Brewing

JUNE 29



GREENSBORO CONCERT BAND

LeBauer Park,
208 N Davie St.
Parkside Pull-Up & Little Bros Brewing

JULY 13



DEL WARD & SAHARA REGGAE

Country Park Shelter #4,
3905 Nathanael Green Dr.
Kibi's Crazy Casserole & Donut NV

JULY 27



KAY MARION & THE NEO SYMPHONY

Lindley Park,
3300 Starmount Dr.
Maho's Bistro & Miki Bowls

AUG 10



SOULTRII

Barber Park,
1500 Barber Park Dr.
Hot Diggity Dog & Ice Queen

AUG 24



THE PHOBES & NU-BLU

Keeley Park,
4100 Keeley Rd.
Hot Diggity Dog & Knightly Rose



Jeopardy Trivia

We have chosen six categories with six questions in each category. The categories are: Musical Scores, Day Time, Time for *-UNCH*, Cold Treats, “Ears” to You, and July Bucket List.

Choose from one of the following activities:

- Print a copy of the Jeopardy questions and answers. Play as a group or in teams. The “host” reads the clue, and the group/team tries to come up with the question/answer. Keep score and award points. Print [pictures](#) to hand out as visual clues for some of the trivia questions.
- Set up a Jeopardy board. Draw a grid. Write the six categories across the top of a whiteboard or flip chart, and write the dollar amounts below each category. Play as a group, in teams, or with three contestants, as on the TV show. Keep score and award points. Mark off each amount after it is awarded. The first person/team to answer correctly gets to select the next category and amount. Choose a Daily Double question in advance and award double points for the correct answer. Players can wager any amount of their winnings during the Final Jeopardy round. Alternate answers appear in parentheses after the primary answer.
- Print [fill-in-the-blank copies of just the clues](#) to hand out for independent activities. Also available are the [clues with the answers](#).

Trivia Questions and Answers

Musical Scores

1. (\$100) This 34-letter tune is from *Mary Poppins*.

Answer: What is “Supercalifragilisticexpialidocious”? Created by songwriting team Richard and Robert Sherman, the meanings of the roots of the word are as follows: *super* means “above,” *cali* means “beauty,” *fragilistic* means “delicate,” *expiali* means “to atone,” and *docious* means “educable.” Put it together and you get a loose definition of “atoning for educability through delicate beauty.”

2. (\$200) This tune from *The Sound of Music*, which is set in summertime, has become a classic Christmas song.

Answer: What is “My Favorite Things”? As a marketing tool for the movie, Rodgers and Hammerstein’s music publishers talked Jack Jones into adding sleigh bells to the tune and including it on his Christmas album.

3. (\$400) This hit, recorded by B. J. Thomas, is part of the *Butch Cassidy and the Sundance Kid* score.

Answer: What is “Raindrops Keep Falling on My Head”? The song is also featured in other films, including *Forrest Gump*.



4. (\$600) You probably associate Andy Williams with this standard tune, but Holly Golightly introduced it first in *Breakfast at Tiffany's*.

Answer: What is “Moon River”? Audrey Hepburn wasn’t a singer, and she barely whispers the lyrics while playing the guitar on her fire escape. Paramount wanted to can the tune, but Hepburn told them, “Over my dead body.”



5. (\$800) “Monkey See, Monkey Do” is featured in this film, starring Connie Francis and Harve Presnell.

Answer: What is *When the Boys Meet the Girls*? The film features tunes by popular performers of the day, including Connie Francis, Louis Armstrong, and Herman’s Hermits.

6. (\$1,000) The hit song “Everybody’s Talking” is featured in this 1969 film.

Answer: What is *Midnight Cowboy*? It was written and first released by Fred Neil and later performed in the film by Harry Nilsson. Nilsson won a Grammy Award for his version of the tune.

Day Time

7. (\$100) Everyone looks forward to TGIF, which is the acronym for this.

Answer: What is Thank God/goodness it’s Friday? In 1965, the casual dining chain TGI Friday’s opened in New York City and grew to a chain of restaurants across the United States and around the globe. It’s seen a huge decline in recent years.

8. (\$200) The Mamas and the Papas recorded a tune about this day of the week.

Answer: What is Monday? The tune is “Monday, Monday.” John Phillips wrote the song, but the rest of the band hated it. They were all taken aback when it became a hit and topped the charts.

9. (\$400) Alphabetically, this is the first day of the week.

Answer: What is Friday? It’s also most people’s favorite day of the week because they’re in a weekend state of mind.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16

10. (\$600) John Travolta stars in this movie featuring a tune by nearly the same name.

Answer: What is *Saturday Night Fever*? The film and its tune “Night Fever” by the Bee Gees are emblematic of the 1970s disco craze.

11. (\$800) This now-defunct retail store used to buy excess products and resell them at a discount.

Answer: What is Tuesday Morning? COVID-19 led to its downfall and eventual liquidation.

12. (\$1,000) A popular 1969 European travel movie is titled *If It's [This Day], This Must Be Belgium*.

Answer: What is Tuesday? In the 1960s, airline fares to Europe were extremely expensive. People often considered a European trip the vacation of a lifetime and went for a whirlwind month, rarely spending more than a day or two in any one place.

Time for **-UNCH**

13. (\$100) This meal is typically eaten on the weekend instead of breakfast and lunch.

Answer: What is brunch? The meal has roots in 19th-century England and crossed the pond in the 1930s. The English are renowned for huge breakfasts. People tend to sleep in on the weekends, so brunch was a natural progression.

14. (\$200) This is several bananas held together at the stem.

Answer: What is bunch? You can increase the life of ripe bananas by wrapping plastic wrap tightly at the cut end of the bunch.

15. (\$400) This is used to pull hair into a ponytail.

Answer: What is scrunchie? Do you remember using rubber bands to hold your ponytails? Often they would break the hair a little bit each time you used them. Silk scrunchies turn a ponytail into an upscaled, elegant look.



16. (\$600) When the clock is ticking and the time to do something is yesterday, it's this time.

Answer: What is crunch? When a deadline is rapidly approaching, people say, "It's crunch time." In the United States, the week of April 15 is crunch time for taxpayers.

17. (\$800) Employers use this gathering to teach their employees something around noontime.

Answer: What is Lunch and Learn? It's often used to introduce a new product or concept.

18. (\$1,000) Quasimodo was one of these.

Answer: What is hunchback? Victor Hugo's novel *The Hunchback of Notre Dame* was originally titled *Notre-Dame de Paris* (*Our Lady of Paris*).

Cold Treats

19. (\$100) An ice-cream sandwich consists of ice cream between two slices of this.

Answer: What are cookies or thin brownies? You can make them at home by slicing brownies thinly or using flat cookies. Use mint ice cream for a special summer treat.



20. (\$200) If you can hide these classic Girl Scout cookies in green boxes deep in the freezer, they make a wonderful frozen treat.

Answer: What are Thin Mints? Good luck saving them until July. Freezing is the preferred method for storing Thin Mints so the chocolate coating doesn't melt.

21. (\$400) This classic beverage is made with vanilla ice cream and orange soda and topped with a little whipped cream.

Answer: What is an orange soda float? You can thicken it with ice to make a thicker shake, and you can make Popsicles with it.

22. (\$600) This fermented dairy product is a great alternative to ice cream.

Answer: What is frozen yogurt? Pop a single-serving container in the freezer and let it thaw for a few minutes before eating.

23. (\$800) This Italian version of a snow cone comes without the cone.

Answer: What is an Italian ice? All over New York City, including at street stands, you will see merchants selling Italian ice. They come in a cup instead of a cone, and there's no comparison in taste.

24. (\$1,000) In America, we drink iced coffee. In Greece, this is the standard cold coffee drink.

Answer: What is frappé? It's made with instant coffee, water, and sugar, and can be topped with milk or cream.



“Ears” to You

25. (\$100) This Disney character has a hat with his round ears on it.

Answer: Who is Mickey Mouse? Roy Williams, a Disney employee who appeared in four Mickey Mouse seasons, created the hat in the 1950s.

26. (\$200) This land mammal has the largest ears.

Answer: What is an elephant? The elephant has only a few sweat glands, located in its feet, so the huge ears help cool the animal.

27. (\$400) You'd better be careful when talking about a secret because these have ears.

Answer: What are the walls? That is especially true with today's technology. Anyone can be a spy—even you.

28. (\$600) Not a medical doctor (M.D.), this doctor deals with hearing.

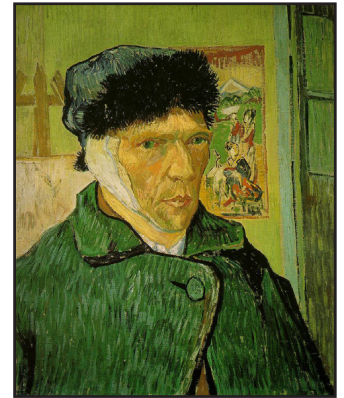
Answer: What is an audiologist? Many hold a doctor of audiology (AuD) or PhD, and they can help with loss of hearing and balance issues.

29. (\$800) This Dutch artist cut off part of his ear.

Answer: Who is Van Gogh? No one knows why he did this on a cold night before Christmas Eve.

30. (\$1,000) Sounds are converted by these before sending the information to the brain.

Answer: What are electrical impulses? The ear hears and the brain reacts.



July Bucket List

31. (\$100) July is a great month to make some of this the old-fashioned way, with a hand crank machine and rock salt.

Answer: What is ice cream? You could opt for an easier, modern method, but what fun it would be to share making ice cream with the grandkids the way it used to be made.

32. (\$200) Outdoor barbecues, music and frivolity, and ending with fireworks is the typical way to celebrate this holiday.

Answer: What is the Fourth of July or Independence Day? France celebrates a similar holiday, Bastille Day, on July 14. It commemorates the storming of the Bastille, leading up to the French Revolution.

33. (\$400) If you can't eat all the summer produce you're growing, this is the time to preserve them in sterilized jars, a process otherwise known as this.

Answer: What is canning? There are two methods for canning, depending on whether the item has low or high acidity.

34. (\$600) This is the term for a stay-at-home vacation.

Answer: What is staycation? This is a great time to do something many people don't do: visit sites in their own city and surrounding areas.

35. (\$800) The early bird gets the worm at these outdoor "grocery stores."

Answer: What are farmers markets? Farmers markets open and close early. You'll find much fresher produce than you will at the grocery store along with homemade delectables. Look for a local farmers market on localharvest.org.

36. (\$1,000) Nothing says "made in America" like this holiday, the national day of this cookout food, held each year on the third Wednesday in July.

Answer: What is National Hot Dog Day? In 2025, it is celebrated on July 16.



Fancy Sugar-Free Chocolate Milk

Makes 2 servings

Ingredients:

- 2 cups milk
- 2 tablespoons cocoa powder
- 2 tablespoons sugar-free chocolate syrup
- 1/2 teaspoon vanilla extract
- Pinch of salt



Directions

1. Add all ingredients to a jar or bottle with a tight lid.
2. Shake well until fully mixed and smooth.
3. Pour into two glasses.

Cooking Tidbit

Shaking helps dissolve the cocoa powder. For an extra smooth drink, blend it instead. Garnish with a drizzle of additional chocolate syrup before serving to make it extra fancy.

Greek Yogurt Blueberry Muffins

Makes 12 servings



Ingredients:

- 1 1/2 cups all-purpose flour
- 1/4 cup vegetable oil
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 egg
- 1/4 teaspoon salt
- 1 cup plain Greek yogurt
- 1/2 teaspoon cinnamon
- 1/4 cup milk
- 1/2 cup sugar
- 1 cup fresh or frozen blueberries

Directions

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
3. In a separate large bowl, whisk together the sugar, oil, vanilla, egg, yogurt, and milk until smooth.
4. Gradually fold the dry ingredients into the wet mixture, stirring until just combined.
5. Gently fold in the blueberries, being careful not to overmix.
6. Divide the batter evenly among the muffin cups.
7. Bake for 18–22 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the muffins cool for a few minutes before transferring to a wire rack.

Cooking Tidbit

Greek yogurt adds moisture and a slight tang to these muffins while keeping them tender. It also boosts the protein content, making these a great option for a nutritious breakfast or snack!

Searching for July

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



H	L	G	H	R	W	A	Y	X	S	R	I	S	O	R
A	D	A	N	A	C	B	E	K	C	N	Z	T	P	U
S	X	H	I	N	U	R	R	Z	D	T	B	R	F	P
T	E	W	T	R	J	O	C	E	P	J	L	O	R	S
B	O	S	J	T	W	L	P	H	H	Z	U	H	T	K
A	T	U	S	E	C	E	B	T	J	L	E	S	R	R
S	E	Y	R	A	N	W	Z	I	V	P	B	A	A	A
T	X	I	L	D	L	O	C	A	N	C	E	R	V	L
I	F	R	E	I	E	G	K	H	H	E	R	V	E	T
L	B	N	O	L	L	F	N	Y	T	K	R	J	L	U
L	C	G	A	T	U	R	R	U	H	N	I	P	F	V
E	T	F	D	H	I	R	E	A	S	F	E	E	A	K
G	R	I	L	L	I	N	G	T	N	M	S	V	K	M
U	H	G	N	I	P	M	A	C	A	C	V	R	E	T
N	O	L	E	M	R	E	T	A	W	W	E	H	I	S

BASTILLE (Day)

GRILLING

SHORTS

BLUEBERRIES

INDEPENDENCE (Day)

SUNGLASSES

CAMPING

LARKSPUR

TOUR DE FRANCE

CANADA (Day)

LEO

TRAVEL

CANCER

RUBY

WATER LILY

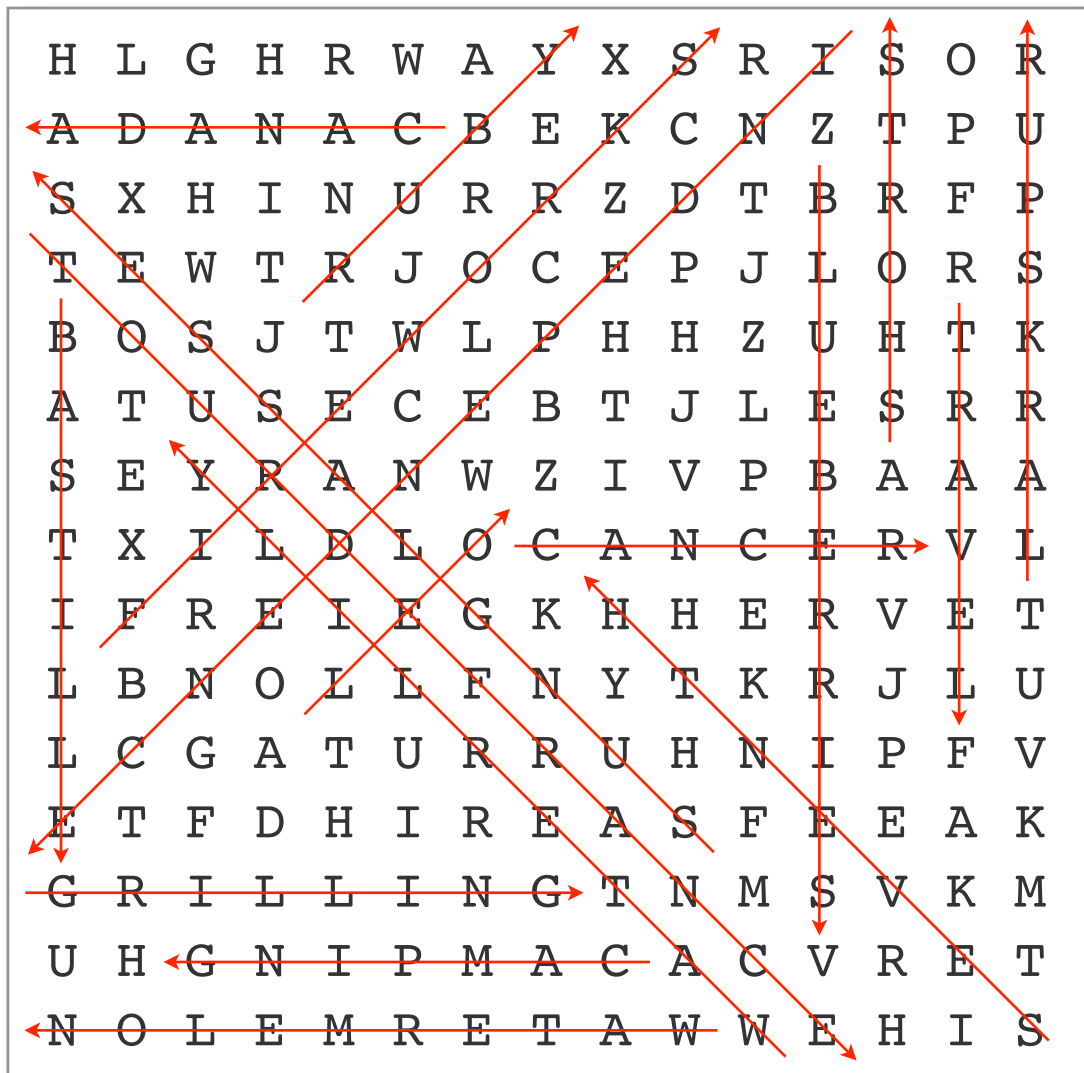
FIREWORKS

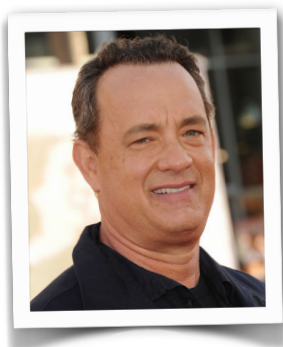
SEVENTH

WATERMELON

Searching for July

(solution)





Famous July Birthdays

The following people were born in July. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Dan **AYKROYD**
- B. P. T. **BARNUM**
- C. Calvin **COOLIDGE**
- D. Phyllis **DILLER**
- E. John **GLENN**
- F. Tom **HANKS**
- G. Michelle **KWAN**
- H. Ann **LANDERS**
- I. Satchel **PAIGE**
- J. Walter **PAYTON**
- K. Linda **RONSTADT**
- L. Leon **SPINKS**

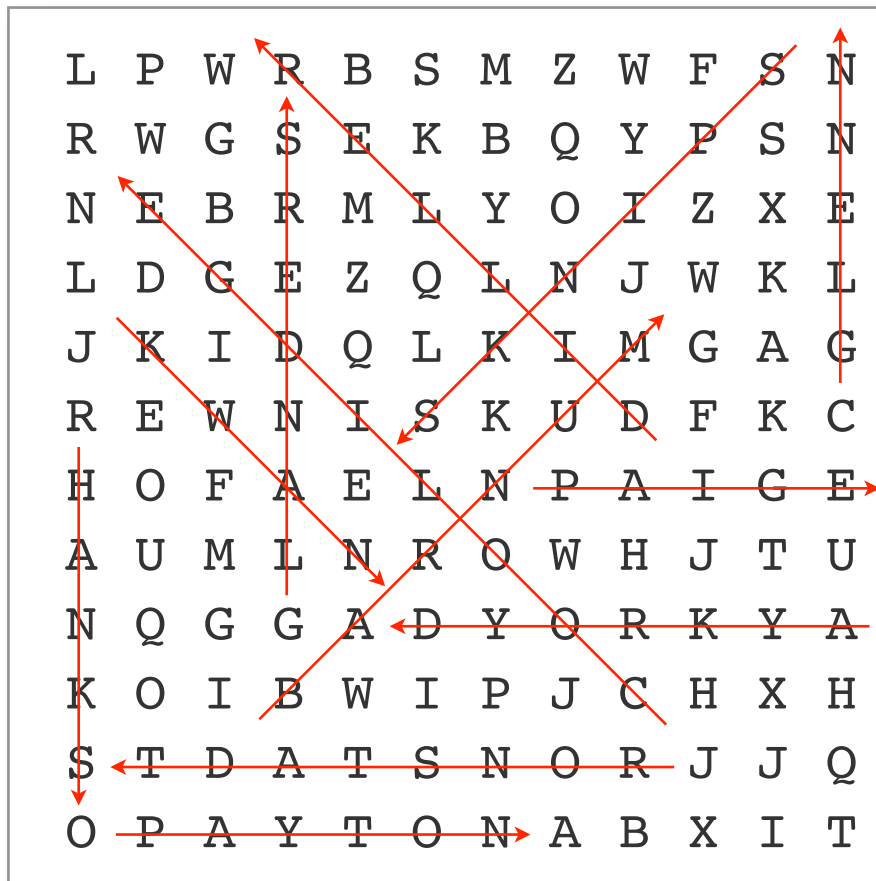
L	P	W	R	B	S	M	Z	W	F	S	N
R	W	G	S	E	K	B	Q	Y	P	S	N
N	E	B	R	M	L	Y	O	I	Z	X	E
L	D	G	E	Z	Q	L	N	J	W	K	L
J	K	I	D	Q	L	K	I	M	G	A	G
R	E	W	N	I	S	K	U	D	F	K	C
H	O	F	A	E	L	N	P	A	I	G	E
A	U	M	L	N	R	O	W	H	J	T	U
N	Q	G	G	A	D	Y	O	R	K	Y	A
K	O	I	B	W	I	P	J	C	H	X	H
S	T	D	A	T	S	N	O	R	J	J	Q
O	P	A	Y	T	O	N	A	B	X	I	T

Bonus: Match the person to the correct clue.

- | | |
|-----------------------------------|-------------------------------------|
| 1. <i>Forrest Gump</i> actor ____ | 7. Advice columnist ____ |
| 2. Heavyweight boxer ____ | 8. Baseball pitcher ____ |
| 3. Circus founder ____ | 9. <i>SNL</i> actor / comedian ____ |
| 4. NFL football player ____ | 10. Actress / comedian ____ |
| 5. Champion figure skater ____ | 11. U.S. president ____ |
| 6. Singer ____ | 12. Astronaut ____ |

Famous July Birthdays

(solution)



Bonus: Match the person to the correct clue.

- | | |
|----------------------------------|------------------------------------|
| 1. <i>Forrest Gump</i> actor – F | 7. Advice columnist – H |
| 2. Heavyweight boxer – L | 8. Baseball pitcher – I |
| 3. Circus founder – B | 9. <i>SNL</i> actor / comedian – A |
| 4. NFL football player – J | 10. Actress / comedian – D |
| 5. Champion figure skater – G | 11. U.S. president – C |
| 6. Singer – K | 12. Astronaut – E |

Mixed-Up Summer Movies

Unscramble the letters to reveal movies that take place during the summer.

1. *TEH SVNEE YERA ITHC*

2. *RGESAE*

3. *AERMCINA FRTFAGII*

4. *THE NETAPR PTR*

5. *AWSJ*

6. *HCEBA PTYRA*

7. *MY VTAIOEFR BENOLD*

8. *AERR IWOWDN*

9. *HEEWR ETH SYOB RAE*

10. *HTE LOGN TOH MRUESM*

11. *ETH GADUEATR*

12. *NDTAS YB EM*

13. *HET STLA TPRICEU SWOH*

14. *OLOC NADH LEKU*

15. *NO LDGONE NPOD*

16. *ETH ROME HTE MIRRERE*

17. *HBAEC BENKTLA BIGNO*

18. *RAMNO AOYIHD*



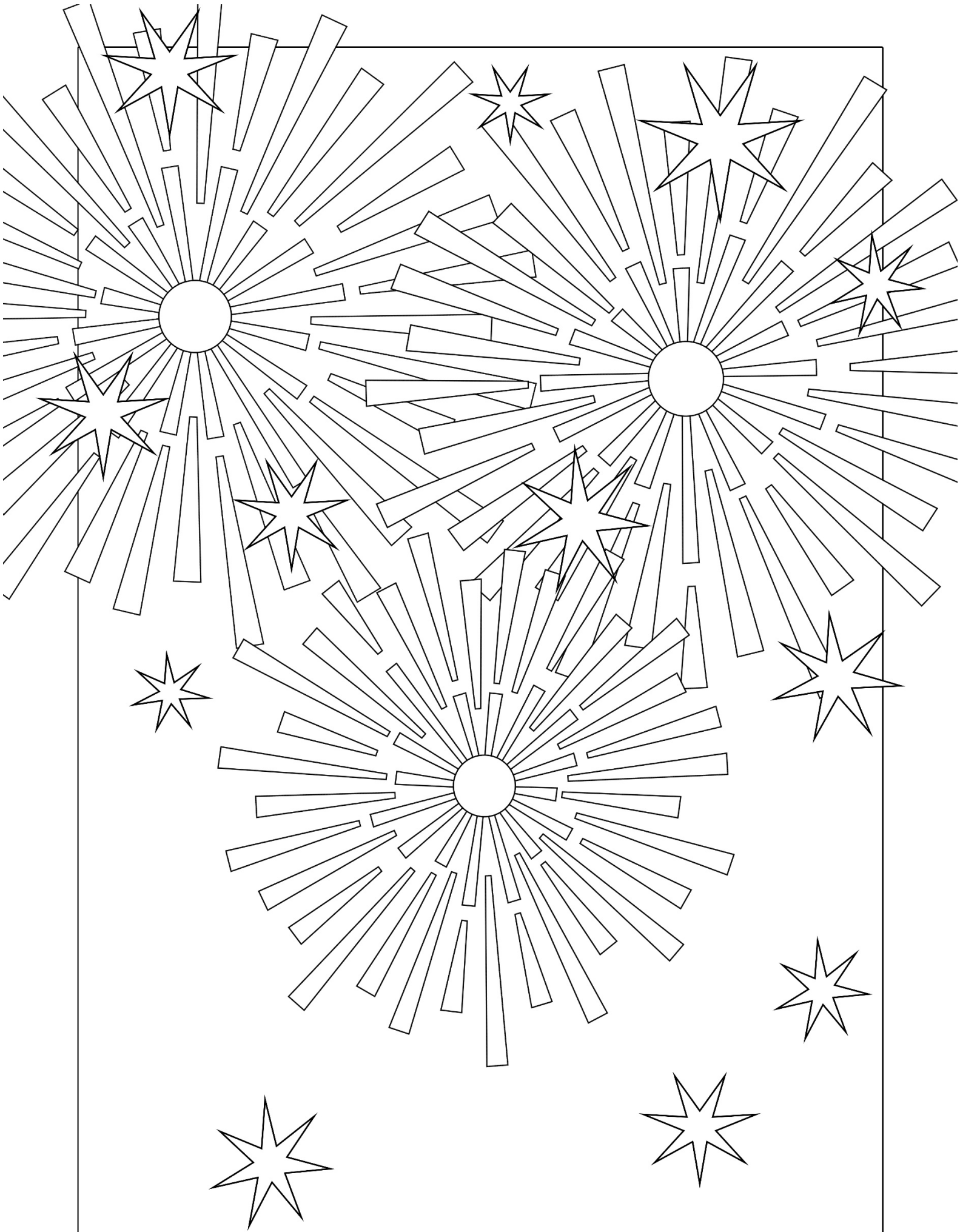
Mixed-Up Summer Movies

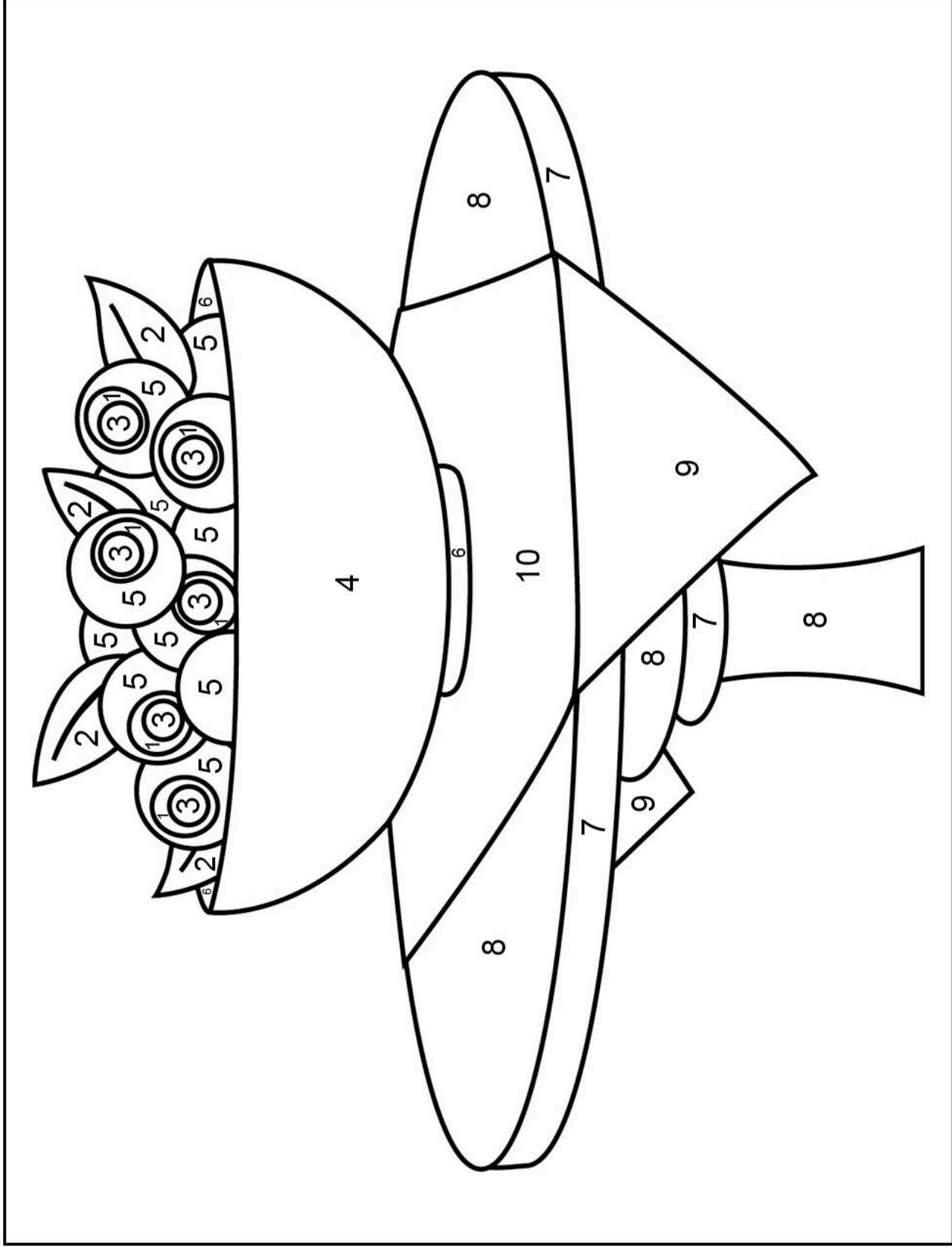
(solution)

1. *The Seven Year Itch*
2. *Grease*
3. *American Graffiti*
4. *The Parent Trap*
5. *Jaws*
6. *Beach Party*
7. *My Favorite Blonde*
8. *Rear Window*
9. *Where the Boys Are*
10. *The Long, Hot Summer*
11. *The Graduate*
12. *Stand By Me*
13. *The Last Picture Show*
14. *Cool Hand Luke*
15. *On Golden Pond*
16. *The More the Merrier*
17. *Beach Blanket Bingo*
18. *Roman Holiday*









1 = Dark Blue-Purple 2 = Green 3 = Plum 4 = Dark Red 5 = Purple 6 = Brick
 7 = Dark Gray 8 = Taupe 9 = Orange 10 = Light Orange