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Seniors celebrate National Watermelon Day

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With seeds or without; grilled or fresh; eaten with a fork or with your hands, Americans love their Watermelon.

Residents at Woodridge Assisted Living and Memory Care, a DePaul Senior Living Community in Monroe, recently celebrated National Watermelon Day (Aug. 3) with some fun crafts and tasty slices.

By weight, watermelon is the most-consumed melon in the United States followed by cantaloupe and honeydew, according to the Watermelon Board, representing 1,500 watermelon growers, shippers and importers nationwide. According to the Guinness World Records, the world's heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350 pounds.

"Our residents love watermelon so this was the perfect holiday for us to celebrate," Activities Director Brittany Plyler said in a statement. "We ate delicious watermelon and topped the celebration off by making watermelon windsocks. The residents really enjoyed the celebration."



Contributed photo
Woodridge residents Wortha Jackson, Jacquelyn Massey, Chloe Phillips, Nancy Snyder, Gloria King and Activities Director Brittany Plyler show off their watermelon crafts.