

Rittenhouse Village

AT SPRING CREEK - MEMORY CARE

3450 Wagon Wheel Road • Garland, TX 75044

June 2018

The Sun's Reach

You may think you're made in the shade when you're sitting under an umbrella or a tree, but you still need sun protection. The sun's indirect and reflected ultraviolet rays can reach your skin and cause a sunburn, so wear sunscreen and reapply it every two hours.

Tasty Treat

What's pastel, fluffy, and a favorite treat at carnivals and fairs? Cotton candy, of course! Thousands got their first taste of the spun sugar snack when it was introduced at the 1904 World's Fair in St. Louis.

Popular Pages: 'The Greatest Generation'

Celebrated journalist and anchorman Tom Brokaw says he was inspired to write this best-selling book after interviewing American veterans for a D-Day documentary. Published in 1998, "The Greatest Generation" tells the stories of 50 men and women who came of age during the Great Depression and "answered the call to save the world" in World War II, whether fighting abroad or on the homefront. Brokaw explores how the courage and contributions of this generation built and transformed modern-day America.

Favorite Fathers

Among TV Guide's top picks for greatest TV dads of all time are Ben Cartwright of "Bonanza," Charles Ingalls of "Little House on the Prairie" and Philip Banks of "The Fresh Prince of Bel-Air."



Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance by boosting the levels of the brain chemical norepinephrine. Lemony smells also made people feel better and more motivated and alert.

Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.

Advice From Mister Rogers

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." —Fred Rogers

Try Something New

Many people thrive on routines, but taking on new activities can stimulate the brain, experts say. Try learning a new skill, sampling a foreign food or reading a new book genre.

Calling All Bettys

Their last names are White, Grable, Crocker and Boop, but they all share the same first name: Betty. Gals named Betty are celebrated June 8, Betty Picnic Day, an annual event in Oregon since 1987 that was started by two Bettys who wanted to meet others with the same name. From 1923 to 1940, Betty was one of the top five most popular baby names, according to the Social Security Administration.

'Pops' Is One


How many words can you come up with using the letters in "Popsicles"?


Coaster Debut

America's first roller coaster wheeled into action on June 16, 1884, at New York's Coney Island. The Switchback Railway ran just 6 mph on a 600-foot-long track, but it paved the way for today's high-speed coasters with their loops, twists and gravity-defying drops.

Hardy H-arrrrgh!

Q: What did the pirate say on his 80th birthday?
 A: "Aye, matey."

Sunday	Monday	Tuesday
<h1>June</h1>	All Programs Are Subject to Change Due to Circumstances Beyond Our Control. Thank You for Your Understanding.	
9:30 Morning Coffee Social (D) 3 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 10:30 Newscurrent Chat(F) 1:00 Heart to Heart Moments (BL) 1:45 Walk N' Talk 2:15 Gardener's Galore(A) 3:30 Junk Drawer Detective 4:00 Holistic Relaxation and Hand Massages (BL)	9:30 Monday Manicures (D) 10:00 Countryside Drives -Outing 11:00 Chair Yoga (A) 2:30 Colorful Creations (A) 3:00 Domino Domination (A) 3:30 Friends Craft Circle (D) 4:00 Happy Hour Trivia (DR) 6:30 Movie Madness (FL)	4 5 9:30 Chair Chi (A) 10:00 Sip & Snack (C) 10:00 Therapeutic Jenga (C) 11:00 Travel Diaries (C) 1:30 Trivial Pursuit (A) 3:30 Target Golf Galore (BL) 3:30 Play the Player: Baseball Edition (BL) 6:00 The Laughing Hour (FL)
10 9:30 Laughter Yoga (A) 10:00 Reduce, Reuse, Recycle! (A) 10:30 Cornerstone Baptist Church (FL) 1:30 Our Daily Bread (FL) 2:30 Recyclable Art (A) 3:00 Sunday Stroll 4:00 NewsCurrent Chat (D) 6:00 Sensory Unwind (BL)	11 9:30 Laugh & Lunge (A) 10:00 Morning Glory Hymals (A) 10:30 Can You Picture This? (BL) 11:00 Garden Guru's (C) 1:30 Pedometer Pals 3:00 Sip N' Snack (D) 4:00 Tea Party Detective (DR) 7:00 Sensory Unwind (FL)	12 9:30 Coffee and Chat (D) 10:00 Let's Get Physical (A) 10:30 Dear Abby (A) 1:00 Heart to Heart Moments (BL) 2:00 Tuesday Cooking Club: Fresh Fruit & Cloud Dip (D) 3:00 Afternoon Coffee Gathering (D) 3:30 Courtyard Stroll (C) 4:00 Holistic Relaxation (BL) 6:00 Memory Card Sharks (A)
Happy Father's Day! 17 9:30 Morning Coffee Social (D) 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 10:30 Newscurrent Chat(F) 1:45 Walk N' Talk 3:30 Junk Drawer Detective 4:00 Holistic Relaxation and Hand Massages (BL)	18 9:30 Bean Bag Chair Baseball (A) 10:00 Card Sharks (A) 11:00 Travel Diaries (BL) 1:30 For a Good Cause* (BL) 2:30 Spot the Difference (A) 3:30 Noodle Chains (A) 4:00 Lounge Tunes Live! (DR) 6:30 Netflix Night: Field of Dreams (FL)	19 9:30 Chair Chi (A) 10:00 Travel Diaries (A) 10:30 Therapeutic Jenga (C) 11:00 Sip & Snack (C) 1:30 Trivial Pursuit (A) 3:30 Domino Domination! (D) 3:30 Gone Fishing Stamp Art (D) 6:00 The Laughing Hour (FL)
24 9:30 Laughter Yoga (A) 10:00 Reduce, Reuse, Recycle! (A) 10:30 Cornerstone Baptist Church (FL) 1:30 Our Daily Bread (FL) 2:30 Recyclable Art (A) 3:00 Sunday Stroll 4:00 NewsCurrent Chat (D) 6:00 Sensory Unwind (BL)	25 9:30 Monday Manicures (D) 10:00 Countryside Drives -Outing 11:00 Chair Yoga (A) 2:30 Colorful Creations (A) 3:30 Friends Craft Circle (D) 4:00 Happy Hour Trivia (DR) 6:30 Movie Madness (FL)	26 9:30 Coffee and Chat (D) 10:00 Let's Get Physical (A) 10:30 Dear Abby (A) 1:00 Heart to Heart Moments (BL) 2:00 Tuesday Cooking Club: Popcorn Balls (D) 3:00 Afternoon Coffee Gathering (D) 3:30 Courtyard Stroll (C) 4:00 Holistic Relaxation (BL) 6:00 Memory Card Sharks (A)

Wednesday	Thursday	Friday	Saturday
<p>Activity Locations</p> <p>(A)= Activity Room (BL)= Back Living Room (C)= Courtyard (D)= Diner (DR)= Dining Room (FL) = Front Living Room (S) = Sensory Room</p>		<p style="text-align: right;">1</p> <p>9:30 Coffee and Chat (A) 10:00 Friday DJ Dance Party (A) 10:30 What's New: Daily Chronicle (A) 1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 4:00 Veggie Peeler's Club (D) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p style="text-align: right;">2</p> <p>9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 1:00 Heart to Heart (BL) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 3:30 Walking Warriors 6:00 Word Search Fun (A)</p>
<p style="text-align: right;">6</p> <p>9:30 Yoga & Poetry Poise (A) 10:00 NewsCurrent Chat (A) 10:30 Natural Beauty Tips (A) 11:00 Once Upon a Story Time (D) 2:00 Laugh It Out! (BL) 3:00 Family Feud (BL) 4:00 Wine Down Wednesday (DR) 6:30 Movie Madness (FL)</p>	<p style="text-align: right;">7</p> <p>9:30 Bean Bag Chair Baseball (A) 10:00 Card Sharks (A) 11:00 They Handyman Wordfit (BL) 1:30 For a Good Cause* (BL) 2:30 Spot the Difference (A) 3:30 Noodle Chains (A) 4:00 Lounge Tunes Live! (DR) 6:30 Netflix Night (FL)</p>	<p style="text-align: right;">8</p> <p>9:30 Jazzercise Jams (A) 10:00 A Memorable Day of Fishing (BL) 1:30 Sensory Unwind (S) 2:30 Orange Rind Rose (A) 3:00 Sip & Snack (C) 4:00 Bird Watching for Beginners (C) 6:30 Film Fanatics (FL)</p>	<p style="text-align: right;">9</p> <p>9:30 Saturday Morning Coffee Clutch (A) 10:30 Name That Famous Person! (A) 1:00 Heart to Heart (BL) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 3:30 Walking Warriors 6:00 Puzzle Mania (A)</p>
<p style="text-align: right;">13</p> <p>9:30 Chair Aerobics (A) 10:00 Natural Beauty Tips (A) 10:30 Garland Library Picks (A) 11:00 Passport Traveler(D) 1:30 Bible Study (FL) 2:30 Steps in Strength 3:30 Travelogue: Around the World (A) 4:00 Happy Hour Trivia (DR) 6:30 To Kill A Mockingbird (FL)</p>	<p style="text-align: right;">14</p> <p>Flag Day</p> <p>9:30 Laugh & Lunge (A) 10:00 Morning Glory Hymals (A) 10:30 Betsy Ross's Five Pointed Star (BL) 11:00 Garden Guru's (C) 1:30 Pedometer Pals 3:00 Sip N' Snack (D) 4:00 Father's Day Cards (A) 7:00 Flag Day Colorist (FL)</p>	<p style="text-align: right;">15</p> <p>10:00 Father's Day Celebration: Donuts & Coffee</p> <p>1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 4:00 Veggie Peeler's Club (D) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p style="text-align: right;">16</p> <p>9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 10:30 Name That Famous Person! (A) 1:00 Heart to Heart (BL) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Domino Domination (A)</p>
<p style="text-align: right;">20</p> <p>9:30 Yoga & Poetry Poise (A) 10:00 NewsCurrent Chat (A) 10:30 Natural Beauty Tips (A) 11:00 Once Upon a Story Time (D) 2:00 Laugh It Out! (BL) 3:00 Family Feud (BL) 4:00 Wine Down Wednesday (DR) 6:30 Movie Madness (FL)</p>	<p style="text-align: right;">21</p> <p>9:30 Bean Bag Chair Baseball (A) 10:00 Card Sharks (A) 11:00 Travel Diaries (BL) 1:30 For a Good Cause* (BL) 2:30 Spot the Difference (A) 3:30 Noodle Chains (A) 4:00 Lounge Tunes Live! (DR) 6:30 Netflix Night (FL)</p>	<p style="text-align: right;">22</p> <p>9:30 Jazzercise Jams (A) 10:00 Tool Time Detective (A) 1:30 Sensory Unwind (BL) 2:30 Roses Through the Senses (D) 3:00 Sip & Snack (C) 4:00 Bird Watching for Beginners (C) 6:30 Film Fanatics (FL)</p>	<p style="text-align: right;">23</p> <p>9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 3:30 Walking Warriors 6:00 Word Search Fun (A)</p>
<p style="text-align: right;">27</p> <p>9:30 Chair Aerobics (A) 10:00 Natural Beauty Tips (A) 10:30 Garland Library Picks (A) 11:00 You Can Puzzle Too (D) 1:30 Bible Study (FL) 2:30 Steps in Strength 3:30 Libraries Around the World (A) 4:00 Happy Hour Trivia (DR) 6:30 To Kill A Mockingbird (FL)</p>	<p style="text-align: right;">28</p> <p>9:30 Laugh & Lunge (A) 10:00 Morning Glory Hymals (A) 10:30 Can You Picture This? (BL) 11:00 Garden Guru's (C) 1:30 Pedometer Pals 3:00 Sip N' Snack (D) 6:00 Sensory Unwind (FL)</p>	<p style="text-align: right;">29</p> <p>9:30 Coffee and Chat (A) 10:00 Friday DJ Dance Party (A) 10:30 What's New: Daily Chronicle (A) 1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 4:00 Veggie Peeler's Club (D) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p style="text-align: right;">30</p> <p>9:30 Saturday Morning Coffee Clutch (A) 10:30 Name That Famous Person! (A) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 4:00 Sharing Compliments (FL) 6:00 Word Search Fun (A)</p>



Fill 'Er Up

Since the invention of the automobile, the price of gasoline has been the driving force behind many decisions consumers make, from the type of vehicles they buy to their road trip destinations. Fill up on this rundown of average prices at the pump over the years.

Average Gas Price	
Year	Per Gallon
1938	20 cents
1949	27 cents
1957	31 cents
1969	35 cents
1979	86 cents
1981	\$1.31
1996	\$1.23
2008	\$3.27
2012	\$3.64
2017	\$2.42

"This Month In History"

JUNE

1919: A colt named Sir Barton wins the Belmont Stakes, making him horse racing's first Triple Crown winner.

1927: The Cyclone roller coaster opens on New York's Coney Island. The wooden coaster is one of the oldest amusement park rides in the U.S.

1934: Sporting a sailor shirt and cap, Donald Duck debuts in the cartoon short "The Wise Little Hen."

1948: Columbia Records introduces its new long-playing 33 1/3 rpm phonograph record.

1958: Brazil wins its first World Cup title, beating Sweden 5-2. Then just 17 years old, soccer legend Pelé scored two goals in the victory.

1969: Featuring country music and comedy, the TV variety show "Hee Haw" premieres.

1971: President Richard M. Nixon's daughter Tricia marries Edward Cox in a ceremony in the White House Rose Garden.

1981: The video arcade game "Donkey Kong" debuts.

1991: Natalie Cole releases her hit album "Unforgettable ... With Love," singing the classic songs of her father, Nat King Cole.

2007: Customers line up to buy the first model of the Apple iPhone.

2010: Woody and Buzz are back for "Toy Story 3," which becomes the first animated film to earn \$1 billion at the box office.

2014: One of Claude Monet's iconic water lilies paintings sells for a record \$54 million at a London auction.