

### Dining Room Hours

Breakfast • 8:00am - 9:30am  
Lunch • 12:00pm - 1:30pm  
Dinner • 5:00pm - 6:30pm

### Daily News

Every day at 9:00 am

### Transportation Schedule

Monday and Wednesday • 9:00 am – 5:30 pm

### Beauty Shop Hours

Wednesday and Friday • 9:30 am – 4:30 pm

### “Exercise Hour” – Every Day

10:00 am • Monday – Friday

10:00 am with Josh • Saturday and Sunday

### Resident Lunch Outing

Every Thursday at 11:15 am

### Wal-Mart Outing

Every Tuesday at 1:15 pm

### Catholic Service Prayer

Every Tuesday at 9:40 am

### Evening News

Every day at 6:00 pm

## Dad’s Favorite Words of Wisdom

- Your gut is usually right. Listen quietly to your intuition and you’ll see that you already know everything you need to know.
- A great handshake and an honest smile are free.
- Most of the time, people are doing the best that they can. Try to believe it.
- There are no people so far beneath you that you can’t learn something from them, or so far above you that you need permission to communicate with them.
- Don’t wait for someone else to hold you accountable. Do it yourself.
- Respect others’ beliefs, but don’t back off on your own.
- Treat yourself well. Other people will, too.
- If you follow your passion, you’ll never “work” a day in your life.
- Make empathy the default response.
- Strive to keep your promises.

**Happy Father’s Day!**



**HarborChase**  
Assisted Living



*Celebrating Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Coral Springs AL

June 2018

## Administrative List

**Veronica Yestrumskas**  
Executive Director

**Danielle Casciola**  
Director of Resident Care

**Terri Richer**  
Director of Sales

**Claudette Brown**  
Business Office Manager

**Ashley Holmes**  
Director of Life Enrichment

**Manny Ferland**  
Director of Maintenance

**Jesus Neira**  
Director of Hospitality

## Happy Birthday!

Terrill T..... 6/4  
 Clara E..... 6/5  
 Patricia F..... 6/14  
 Jean W..... 6/16  
 Helen B..... 6/18  
 Alva B..... 6/19  
 Pauline D..... 6/30

## Welcome!

Deana B. Sarah E.  
 Irene P. William E.

## The Very First Father’s Day

On June 19, 1910, the first Father’s Day events occurred in Spokane, Washington. How was this day originally celebrated? Let’s take a closer look.

According to the Spokane Regional Convention and Visitors Bureau, the first Father’s Day was inspired by Sonora Smart Dodd. Her father’s birthday fell in the month of June, and, after witnessing a special Mother’s Day celebration, she was inspired to honor her father in a similar fashion during his birth month. She and her five siblings had been raised by their father, William Jackson Dodd. Their mother had passed away, leaving them to be raised alone by their father. So Sonora asked the mayor of Spokane to help orchestrate a celebration for Dodd, highlighting his unwavering dedication to his children. And this is how the first Father’s Day came to pass.

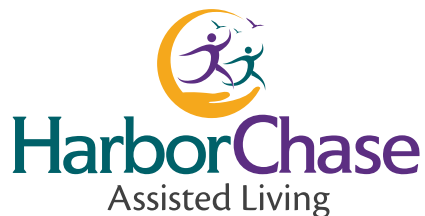
The day’s events included a large amount of roses. Red ones were pinned on living fathers or their children, while white roses were displayed and pinned on children to commemorate deceased fathers. Sonora made house calls to homebound fathers, offering gifts and roses. The day was dubbed a success, but it took decades before Father’s Day became an official holiday, which actually occurred in 1972.

## Hello, Summer!

The summer solstice officially occurs on June 21. There are a number of ways to welcome summer into your home, as well as acclimate to the warm weather. What do you have in store to welcome the new season? Below are a few suggestions.

- Choose some summer buds to bask in the brightness of your home. Summer is home to many beautiful, colorful blooms, including peonies, marigolds, chrysanthemums and sunflowers.
- Change the layout of your furniture to better utilize the sunlight.
- Make a list and plan some new and exciting summer salads you’re up for trying this summer.
- Open the main windows/doors of your home and let the warm air circulate in the morning. This can be quite refreshing and therapeutic.
- Plant a small raised bed garden, if space permits. If not, there’s always room for an herb garden in your kitchen. There’s nothing like fresh veggies, fruits and herbs in the summer.

Now, say hello to summer!




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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Dining Room Hours</b>            Breakfast ..... 8:00am – 9:30am            Lunch ..... 12:00pm – 1:30pm            Dinner ..... 5:00pm – 6:30pm</p>						
9:30 Catholic Communion 3 10:00 Beach Body Ready! 10:45 Blitz Bingo 1:30 NewsCurrent: A Royal Wedding! 2:00 Texas Hold Em & Dominoes! 3:00 Piano Grooves w/ Adonis 4:00 Horn Hole Tournament	10:00 Chair Aerobics 4 10:45 NewsCurrent: Health Benefits of Dark Chocolate 10:45 Madness Monday Bingo 1:30 Confection Cannolis! 1:30 Pinball Pandemonium 3:00 Donna's Quirky Trivia! Bonus Edition! 4:00 Black Jack! All In! 6:00 Table Top Games!	10:00 Cardio Corner 5 10:30 Google Earth: Madagascar 10:45 Blending Minds: Group Crossword! 1:15 Walmart Shopping 1:30 Ruth B. Ginsburg Reigns Supreme! 2:15 Rummikub Ramblers 4:00 HC Shufflepucks 6:00 Twilight Bingo	10:00 Theracise! 6 10:45 Hump Day Bingo 10:45 World Renowned Music Composer 1:15 Wii: Sharp Shooter Archery! 1:30 Homemade Ice Cream! 3:15 Who's Who Charades! 4:00 Darts of Hazard 6:15 And Action! Rogue One: Star Wars	10:00 Sit & Fit 7 10:30 US Landmarks 10:45 Words Within: History Edition! 11:15 SweetBowl Thai & Sushi! 1:30 Bill Gates: Unlocking the Genius 2:15 Cinema- The Silent Years! 2:30 Round of Rummikub! 4:00 Ante Up! Bonus Round! 6:00 Twilight Bingo	10:00 Chair Aerobics 1 10:45 TED Talks: A Parkland Teachers Homework for all 1:05 The Scriptures! 1:30 Brainiacs w/ Donald! 1:40 Shabbat Service! 2:15 Nothing But Net! 2:30 Wii Sports Resort! 3:30 Yum! Charcuterie Spread!	10:00 Dumbbell Workout 2 10:45 Blitz Bingo 1:30 St George Chapel, Windsor Castle Virtual Tour/History 2:00 Tar Grip Toss! 3:00 Sultry Sounds of Ebony! 4:00 Charades: British Royalty!
9:30 Catholic Communion 10 10:00 Stretch & Flex 10:45 Blitz Bingo 1:30 Masterpiece Centerpiece! 2:30 Rebound Skee Ball 3:00 Groove w/ Diane S 4:00 Extra, Extra Read All About It! 6:15 Scrabble Crossword	10:00 Chair Aerobics 11 10:30 Macho Man Bingo 10:35 Eye of The Tiger! Strength in Numbers! 1:30 Dart Vaders! 1:30 Wii: 3 Strikes You're Out! 1:45 Drink Like a Gentleman! 3:00 Sports Illustrated: Swinsuits! 4:00 Wing It To Ring It!	10:00 Sit & Fit 12 11:00 Men Only: Hooters! 1:30 Walmart Shopping 1:30 LeBron James: The Greatest!?!? 2:15 Netflix Pix: Semi Pro! 2:15 Suited Pokeno 2:15 Wii: 3 Pointers Step Up! 4:00 Hoops I Did It Again! 6:00 Twilight Bingo	10:00 Zenful Yoga 13 10:45 Hump Day Bingo! 10:45 TED Talks: Healthier Men 1:30 I Moustache You A Question! 2:00 Jubilee w/ Richie 3:15 Men w/ Tools: Tin Can Man! 4:00 Blindfolded Bullseye 6:15 3,2,1 Action: London Has Fallen	10:00 Theracise! 14 10:45 Words Within: Manly Men! 1:15 Antique Car Museum! 1:30 Automobile Nostalgia & Trivia! 2:15 Jivin' Jingo! 3:00 A Perfect Pairing: Beer & Nuts! 3:15 Men's Spa Hour! 4:00 Hit Me, 21! 6:00 Double \$\$ Bingo	10:00 Actions in Motion 15 10:45 Salute Our Flag! 12:00 Cognac & Cigars: Men Only! 1:05 The GODspel 1:40 Shabbat Service 2:30 Guest: American Legion's Jeff C! 3:30 Patriotic Hour! 6:15 Bistro Buzz: Caption America: Civil War!	10:00 Tee off Exercise! 16 10:45 Bogey Bingo! 1:30 Wii: Fore! 1:30 World of Golf: PGA Tour! 2:15 Black Jack Fun! 3:00 ScrewDRIVER Refreshers! 3:00 Sultry Sounds of Diane S. 4:00 Tricky Trivia 6:15 Relax & Reflect Social
Happy Father's Day 17 10:00 Yoga Connection 10:45 Blitz Bingo 12:00 Bibs Ready BBQ! 1:30 Golf Match Up Competition! 2:15 Tee Around Tournament 3:00 Bottoms Up: Arnold Palmers! 3:00 Serenading w/ Diane S! 4:00 Tar Grip Toss!	10:00 Sit & Fit 18 10:30 Surprise Bingo! 10:45 Africa: Sahara! 1:30 Mini Summer Berry Galettes! 1:45 Catch Phrase 2:30 Word Search Challenge! 3:30 Elephants Endangered? 4:00 Blindfolded Bullseye	9:45 Catholic Fellowship 19 10:00 Actions In Motion 10:45 Family Feud Fun! 1:15 Isles Casino! 1:30 Marine Conservation! Saving our Animals 2:15 Jivin' Jingo 3:00 Fire side Chats w/ Terri 4:00 Nothing But Net! 6:00 Twilight Bingo	10:00 Chair Aerobics 20 10:40 Ed-zoo-cation 101! 10:45 Lightning Bingo 1:30 Baby Animals in the Wild! 1:30 I've been Framed! 2:15 Twisted Taboo! 3:00 Pets A Prancing! Petting Zoo Mania! 4:00 Rebound Skee Ball	10:00 Beach Body Ready 21 10:30 Residents Choice! 11:15 Brunch at Petes! 1:30 Painting w/ A Twist! 2:15 Hi, I'm Alexa. How May I Help You? 2:30 A Healthy You Jingo 3:00 June Birthdays Celebration! 4:00 Hit Me, Busted! 6:00 Twilight Bingo!	10:00 Chair Aerobics 22 10:45 Challenge Your Mind 10:45 Suited Pokeno! 1:05 Bible Discussion 1:30 Out Fishing! 1:30 Rocking Rummikub 1:40 Shabbat Service 2:15 Double \$\$ Bingo 6:15 HC Shufflepucks	10:00 Chair Yoga 23 10:45 Blitz Bingo! 1:30 Constellations: Can You Point Em Out? 1:30 Guardians of the Galaxy! 1:30 Paddywhack Paws 2:15 Texas Hold Em & Dominoes! 3:00 Jam w/ KJ 4:00 Hole-In-One 6:15 Reflection Social
9:30 Catholic Communion 24 10:00 Stretch & Flex 10:45 Blitz Bingo 1:30 Netflix Pix: Guardians of the Galaxy II 1:30 Virtual Tour: Solar System 2:15 Wing It To Ring It! 3:00 Groove w/ Diane S 4:00 Who Wants To Be A Millionaire	10:00 Sit & Fit 25 10:45 Barrel Bingo! 1:30 Snowcones & Sunny Trivia! 1:30 Weekend at Bernies II 2:30 The Price Is Right 3:00 Remember When: Beach Cruisers 4:00 Rebound Skee Ball	9:45 Catholic Fellowship 26 10:00 Actions In Motion 10:45 5 Sec Rule: Just Spit It Out! 1:15 Festival Flea Market 1:30 101 Funny thing to Ask Alexa! 1:30 Beach Boys: Surfin' USA 2:15 Wavy Pokeno 4:00 Volleyball Competition 6:00 Twilight Bingo	10:00 Beach Body Ready 27 10:40 NewsCurrent: Great Barrier Reef 10:45 Lightning Bingo 1:30 Retro Swimwear to...barely there? 2:00 Jubilee w/ Bev 3:00 Donna's Quirky Trivia 4:00 Rebound Skee Ball 6:15 Cowabunga Dude: Surfs Up Family Night!	10:00 Work it Out! 28 10:45 Dogs Surfing? How Frickin Cute! 11:15 Casa Tequila 1:30 10 Most Influential Surfers of all Time 2:15 A Healthy You Jingo 3:00 Resident Council/ Food Committee 4:00 Ante Up! 6:00 Twilight Bingo!	10:00 Cardio Corner 29 10:45 Challenge Your Mind 10:45 Pipeline Pokeno! 1:05 Bible Discussion 1:30 Wii: Bow-Paddler 1:40 Shabbat Service 2:15 Double \$\$ Bingo 3:30 Don't Bring Sand to the Beach! 6:15 HC Shufflepucks	10:00 Chair Yoga 30 10:45 Blitz Bingo! 1:30 Paddywhack Paws 1:30 Sand Dollar Cookie Creations 2:30 Shufflin' Along! 3:00 Java Time! 3:00 Smooth Sounds of Don S. 4:00 Hole-In-One 6:15 Reflection Social

**Happy Father's Day**

1 2  
3  
4 5  
6 7  
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10 11  
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15  
16

**ACROSS**

- Often referred to as this comic book hero
- Hangout in the basement also called a
- Sport that has a race in Daytona
- A sport that is a Sunday favorite
- This is usually in his back pocket
- Item that is often found in a couch
- A cookout
- Means Father in Latin

**DOWN**

- Dad's favorite chair that leans back
- Five O'clock
- Has a big collection of these in his workshop
- Father knows
- Something furry on dad's lip
- Traditional Father's Day gift
- Looks good in a 3-piece
- Short word for Father

# Celebrating Senior Living!

## Celebrating Senior Living With Our Friends & Family



Giving back survival kits for our Strong Firemen! ☺



Some of the ladies of HC enjoying the High Tea Party! ☺



Creative Crafters Corner! Say that 3 times fast!



Play that Saxophone!



Fire department shenanigans! Love the smiles! ☺



Pinky's Up High Ladies! ☺



Tea for 3... I think so! ☺



Making hats for our Annual High Tea Party!



Gotta love those smiles! ☺

THIS MONTH  
IN HISTORY,  
AN AMERICAN  
LEGEND IS BORN:  
THE DOUGHNUT



Doughnut shops are a dime a dozen these days and they're sold in mass-produced quantities in just about every convenience store or establishment with anything barely reminiscent of a bakery. Let's take a sweet trip down memory lane back to the dawn of what has become an American icon: the doughnut.

Back in the mid-1800's, doughnuts were known by the Dutch word *olykoeks*, or "oily cakes." They were literally balls of dough fried in pork fat. The legendary doughnut truly gets its start because of a woman named Elizabeth Gregory. Elizabeth had a mean recipe for a sweet fried dough that her son loved. He was a ship captain, and he would bring her spices such as nutmeg and cinnamon, which she used to flavor her famous little fritters. Elizabeth made batches of the pastries so her son and his crew had something sweet to savor while spending a long time at sea. She placed a nut in the center of the dough ball, like a hazelnut, hence the name "doughnuts."

But where did doughnuts get their holes? Much lore surrounds the first doughnut with a hole. Some think the Captain Gregory skewered the pastry on a spoke of the ship's wheel in order to steer better whilst enjoying a snack. However, according to Gregory himself, the first doughnut actually got its hole when he cut the center out of one of the pastries with a small round metal can to remove the nut. And then the doughnut hole was born.

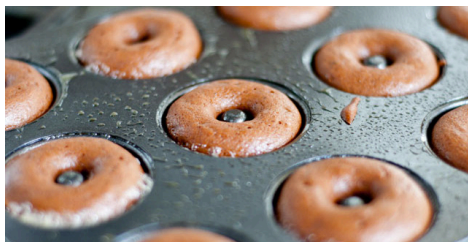
Fast forward a few years and doughnuts were even served to soldiers during World War I to give the men overseas a taste of home. This is when these little sticky, sweet legends really started to come into their own.

Once the 1920's rolled around, oily cakes were being mass-produced and the first mass-production doughnut making machine was created. The sugary confections were just now becoming associated with breakfast foods, but were still regarded as a popular snack food in

movie theaters.

By the 1940's and 50's, familiar brands such as Dunkin Donuts and Krispy Crème were started to pop up. Coincidentally, the bagel was also coming into existence at this time. The doughnut's popularity wavered, but only for a brief moment in time. People called doughnuts unhealthy alternative to bagels and cream cheese, but really – who's to argue that either are necessarily a low-calorie health food?

Next time you bite into a fresh-off-the-press donut and it melts in your mouth, think of that sea captain, sailing along, enjoying one of his mother's sugary treat of sweet fried dough, and thank him for helping invent one of America's most celebrated food past times.



## The Statue of Liberty Arrives in NEW YORK CITY

June 17, 1885

Over a hundred years ago, the people of France gave the Statue of Liberty to the people of the United States in recognition of the friendship established during the American Revolution.

200,000 people lined the bay on June 17th, 1885, to welcome the Statue of Liberty when it arrived to the U.S. aboard the Frigate *Iser*. She stood 151 feet tall, and was broken down into 350 pieces, and placed into 214 crates when transported to America in 1885. She stands off of New York's bay facing the east, away from land greeting incoming ships, standing toward her birthplace back in France.

The framework was designed by Alexandre-Gustave Eiffel, the man behind the famed Eiffel Tower, and the outside panels constructed of copper sheets hand sculpted by French sculptor Frederic-Auguste Bartholdi. The pedestal that she stands on was built from funds raised by the local community through benefits, charity auctions and private donations.

The Statue of Liberty was not recognized for her fame until she was declared a national monument in 1924 by President Calvin Coolidge and had to undergo major restorations in the 1980's. Since then, she has grown to represent freedom and democracy as well as this international friendship.



## Facts about June

According to the Gregorian calendar, which is used over most of the world today, June is the sixth month. On the Roman calendar, it was considered the fourth month and had only 29 days. Julius Caesar gave the month 30 days in 46 B.C., when he reformed the Roman calendar.

Spring ends and summer begins around June 20, 21 or 22 in the Northern Hemisphere. It's the time that the flowers are beautiful. It is especially the month for roses. In the Southern hemisphere, winter begins during June, and it brings cold, rainy weather to this part of the world.

"Flag Day" is observed in the United States on June 14. It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars to match its 13 stripes.

It's not an official national holiday, but in Pennsylvania it is a legal holiday. The President has proclaimed a public flag day observance every year. It was first observed to celebrate the 100th anniversary of the selection of the flag. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.

