

Happy Birthday!

Susan S..... June 3rd
Edith W..... June 11th
Beatrice W..... June 17th
Jeanne C..... June 24th



Welcome!

Bernice B..... 221
Susan D..... 343
Joan F..... 346
Donald H..... 320
Sheila M..... 221
Herman M..... 221

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!



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HarborChase
Assisted Living • Skilled Nursing



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*Celebrating
Senior Living*

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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
 <div>KEY AL Assisted Living IRR.....In Resident's Rooms HCDR..... Health Care Dining DR..... Day Room 2..... Second Floor AL</div>						
9:30 Daily Scoop 10:00 Prayer Meeting with AI 10:15 Hollywood Actress Quiz 11:30 Would You Rather 1:30 Lisa Marquez 2:00 Bridge Club 3:00 HarborBuck Bingo 6:30 Checkers	9:30 News Current 10:00 Mind, Body, Soul 10:00 Questions to Answer 11:00 Spiritual Conversation With Jim 1:30 Name that Tune Group Challenge 3:00 Bingo with Marge 5:30 The Puzzler	9:30 Information Central 10:00 Sittersize 10:15 Resident Store 11:00 Card Sharks 11:30 Giant Tic Tac Toe Tourny 1:30 Pals With Paws 1:30 Whose Line Is It Anyways 2:45 Bridge Club 3:00 Bingo with Marge 5:30 Sorry Board Game	9:30 Hot Off The Press 10:00 Move and Groove to the Music 10:00 Password 11:00 Giant Crossword 1:30 This Day in History 2:00 Smoothie Demo w/Francesco 3:00 Bingo with Marge 5:30 Card Sharks	9:30 News Update 9:50 St. William Catholic Communion 10:00 Surfing for Balance 10:00 Uno Group 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Laughter Is The Best Medicine Hour 3:00 Bingo with Marge 6:30 Bridge Club	9:30 Good News 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:00 Front Porch Chatter 11:30 Word Teaser 1:30 Bingo with Marge 3:00 Happy Hour With Glenn Williams 6:30 Lifetime Movies	9:30 News Update 10:00 Cross Word Galore 10:00 Fit Xpress 11:00 Apples to Apples 1:30 Chain Reaction 3:00 Bingo With Marge 4:15 Patio Chatter 5:30 Board Game Galoor 6:30 Saturday Evening Movie
9:30 Daily Scoop 10:00 Prayer Meeting with AI 10:15 Hollywood Actress Quiz 11:30 Would You Rather 1:30 Lisa Marquez 2:00 Bridge Club 3:00 HarborBuck Bingo 6:30 Checkers	9:30 News Current 10:00 Mind, Body, Soul 10:00 Questions to Answer 11:00 Spiritual Conversation With Jim 1:30 Name that Tune Group Challenge 3:00 Bingo with Marge 5:30 The Puzzler	9:30 Information Central 10:00 Sittersize 10:15 Resident Store 11:00 Card Sharks 11:30 Giant Tic Tac Toe Tourny 1:30 Pals With Paws 1:30 Whose Line Is It Anyways 2:45 Bridge Club 3:00 Bingo with Marge 5:30 Sorry Board Game	9:30 Hot Off The Press 10:00 Move and Groove to the Music 10:00 Password 11:00 Giant Crossword 1:30 This Day in History 2:00 Smoothie Demo w/Francesco 3:00 Bingo with Marge 5:30 Card Sharks	9:30 News Update 9:50 St. William Catholic Communion 10:00 Surfing for Balance 10:00 Uno Group 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Laughter Is The Best Medicine Hour 3:00 Bingo with Marge 6:30 Bridge Club	9:30 News Flash 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:30 Are You Smarter Than a 5th Grader 1:30 Bingo with Marge 3:00 Blue Tones Live Entertainment 6:30 Classic Movie	9:30 Headline News 10:00 IN2L Games 11:30 Pop Up Trivia 1:30 Who Are We? 3:00 Bingo for Bucks 4:15 Scattergories Game 5:30 Movie Cub 6:30 Major League Baseball
9:30 Information Central 10:00 Devotional with AI 10:15 Numero Uno 11:00 Trivia on the Porch 1:30 FreeRice Trivia: for the World Food Organization 2:00 Bridge Club 6:30 Dominos Challenge	9:30 Hot Off the Press 10:00 Be Fine and Fit 11:30 Spiritual Conversation with Jim 1:30 An Oldie But A Goodie 1:30 Blackjack Tourney 3:00 Bingo with Marge 5:30 TV Show Classics	9:30 News Flash 10:00 Stretch & Be Fit 10:15 Resident Store 11:00 Wheel of Fortune 1:30 Pals With Paws 1:30 Uno Card Group 1:30 Creating with Clay 3:00 Bingo with Marge 5:30 HarborChase Card Players	9:30 Daily Scoop 10:00 Getting to Know You Exercise 10:00 Twister Touney 11:00 Great American Trivia 2:30 Get the Scoop Ice Cream Social 3:00 Bingo with Marge 5:30 Romance Movie Night	9:30 News Update 9:50 St. William Catholic Communion 10:00 Fit for Life 11:00 Bible Instruction Class 11:30 Whos Line Is It Anyways 1:30 Stress Busters 2:00 Giant Tic Tac Toe Tourney 3:00 Bingo with Marge 6:30 Bridge Club	9:30 News Summary 9:45 Bible Stories With AL 10:30 Music w/ Rick & Becky 10:30 Password 1:30 Bingo with Marge 3:00 Happy Hour With Peggy 3:15 Get Your Board Game On 6:30 Lifetime Movie	9:30 Good News 10:00 Caravan of Love Music Performance 10:30 Its Never Too Late Game 11:30 Get Crafty 1:30 The Brain Game 3:00 Bingo With Marge 6:30 Classic Movie Night
9:30 Bulletin Update 10:00 Prayer Service with AI 10:15 Who Would Have Thought 11:30 Test Your Memory Bank 1:30 DJ Stevenson Entertainment 2:00 Bridge Club 2:45 Calling All Card Players 3:00 Bingo Bash 6:30 Table Top Games	9:30 Daily Scoop 10:00 Tic Tac Toe Touney 10:00 Fit Express 11:00 Spiritual Conversation with Jim 1:30 Blackjack Tourney 1:30 It Happened This Day 3:00 Bingo with Marge 5:30 The Puzzle Hour	9:30 Hot Off The Press 10:00 Strength & Balance 10:15 Resident Store 11:00 Today in History 11:30 Giant Jenga 1:30 Kowiachoobee Preserve Live Animal Presentation 1:30 Pals With Paws 3:00 Bingo with Marge 5:30 Puzzlers	9:30 News Current 10:00 Ageless Fitness 10:00 Calling All Card Players 11:00 Its Never Too Late Game 1:30 Reminisce and Recall 2:30 Root Beer Floats 3:00 Bingo with Marge 5:30 Make a Friend Board Games 8:00 Comedy Movie Night	9:30 News Flash 9:50 St. William Catholic Communion 10:00 Move to the Music 11:00 Bible Instruction Class 11:30 Surfing Locations Around the World 1:30 Surfs Up w/Joe Cirillo 2:00 Beads and Buttons 3:00 Bingo with Marge 6:30 Bridge Club	9:30 Information Central 9:45 Bible Stories 10:30 Music w/ Rick & Becky 11:30 Resident Council Meeting 1:30 Bingo with Marge 3:00 Happy Hour With Vicki Lei 4:15 Puzzle Time 5:30 Classic Movie	9:30 News Update 10:00 Destiny Church Visit 11:00 Mental Floss 11:30 Team Jeopardy 1:30 National Superhero Day 3:00 Bingo for Bucks 7:00 Major League Baseball
9:30 Information Central 10:00 Joy Fellowship with AI 10:15 Walking Club 11:30 Bean Bag Twister 1:30 Music with Michael Monroe 2:00 Bridge Club 3:00 Bonus Bingo 5:30 Games Galore 6:30 Let's Play Uno	9:30 Hot Off The Press 10:00 Mind Games 10:00 Stretch & Be Fit 11:00 Spiritual Conversation With Jim 1:30 Blackjack Tourney 1:30 The Songs of My Times 3:00 Bingo Buzz 5:30 Comedy Movie Night	9:30 Headline News 10:00 Strength & Balance 10:15 Resident Store 11:00 Pokeno 11:30 Giant Jenga 1:30 Pals With Paws 1:30 Questions Unlimited 3:00 Bingo with Marge 5:30 Sorry Board Game Challenge	9:30 Current News 10:00 Calling All Card Players 10:00 Be Fit Exercise 11:00 It's Never to Late Game 1:30 Famous Nicknames 2:30 Ice Cream Social 3:00 Bingo with Marge 6:00 Family Fued	9:30 News Flash 9:50 St. William Catholic Communion 10:00 Fitness for All 11:00 Bible Instruction Class 11:30 Poem In Your Pocket 1:30 Yahtzee 3:00 Bingo with Marge 4:15 Courtyard Strolls 6:30 Bridge Club	9:30 Information Central 9:45 Bible Stories 10:30 Music w/ Rick & Becky 11:30 Bingo with Marge 1:30 Bingo with Marge 3:00 Happy Hour With Larry D 4:15 Puzzle Time 5:30 Classic Movie	9:30 News Update 10:00 Remember When: A Virtual Stroll Through our Past 11:00 Mental Floss 11:30 Team Jeopardy 1:30 Expressional Art 3:00 Bingo for Bucks 7:00 MLB Baseball

Happy Father's Day

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

Hello Summer

Easy

	7		4	6	8		
6		1		3	7	5	
		3	5		1		4
3				4	1	6	5
4	1		9		5	3	
2	5	6		8	3		9
		9		4	2		8
7	8			5	9		1
	3					9	4

Medium

		6		9		8	1
	4	1	8		6		3
	8	7		3	4	6	5
			5		3		
	2			9			6
					7	2	
4	6						
		3	6		1		
7		8	3				

Difficult

		6	3		8	7	1	5
5	9						8	6
	8		6					
					4	5		1
7				2			4	
1			5				2	8
	3				1			4
6								
		2			6	1		

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.

