



Notable Quotable

“But he that dares not grasp the thorn Should never crave the rose.”

~ Anne Brontë, English novelist and poet



For your funny bone



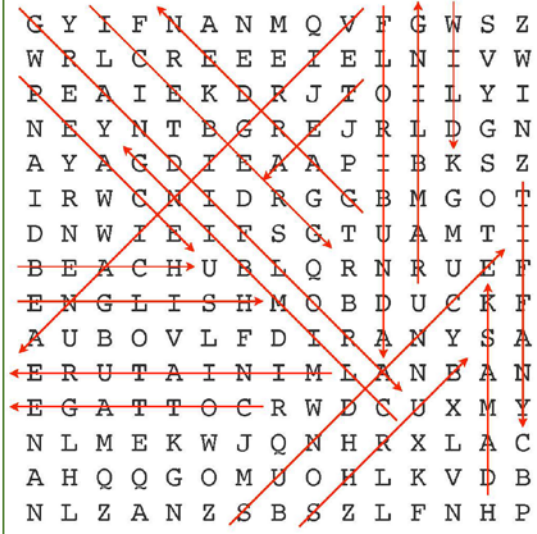
The first senior moment.

Seeing What's Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to

earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to helping others.

Lovely Roses (solution)



A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People

Arbor Hills Grapevine

June 2018



Arbor Hills Senior Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Rachel Carmack
Community Director

Jerome Jackson
Food Service Director

Ramon Miranda
Maintenance Director

Leslie Schwartz
Activities Director

Lori Merrill
Resident Relations

Physician Transport
Wednesday and Friday

Shopping
Monday

Beauty Shop
Open on Saturdays for hair appt. and Tuesdays for Mani&Pedi's.

See reception to make appointment.

From the Community Director

This month we have two fantastic things to celebrate:

First, our wonderful community's third anniversary! Arbor Hills Independent Living Community was officially opened on June 7, 2015.

Second, on June 17th we celebrate all the dads, papas and grandfathers!

When our community opened it's doors, we started building a little family and a place where you can relax and enjoy each day. We hope each of you have found that here. We have also built a wonderful hardworking staff, who work each day to make this a pleasant place to live. We love our community and love watching it grow. We are thankful for each of our current residents and those that no longer reside within these walls.

We also welcome all of our newest residents and can't wait to know you better. We are excited you have chosen Arbor Hills to be your home!

Oh Father's Day! A day to celebrate the men that loved us though our messes, taught us how to catch a ball and change a car tire, and tried to keep momma happy, because you know the saying, "If momma ain't happy, ain't nobody happy."

This is the first year for my husband to celebrate Father's day, and I couldn't be more excited! I keep threatening him that he is getting a tie for father's day! ☺ (He never wears ties)

My husband was nervous before we found out we were pregnant, because he didn't know what kind of father he would be. Well to tell you the truth, he's a broken one. By that I mean he just looks at our babies and starts tearing up because he loves them so much! He makes bottles, changes diapers, gets up in the middle of the night, he does it all. He loves them with every fiber of his being and it makes my heart soar!

So thank you to all the fathers, grandfather, uncles and even brothers that brought that manly love! We celebrate you!

-Rachel

Resident Spotlight



This month we celebrate our third anniversary as a community! As we celebrate, I want to revisit our very first resident spotlight, Betty Frei! She was our very first resident! She was featured in the first community newsletter in July of 2015 and this is what the feature said:

Meet Betty Frei, Arbor Hills’ first official resident. We are so excited to have Betty as part of the Arbor Hills family,

Betty was born and raised in Wisconsin. She was married to her husband Norbert Frei, for 69 wonderful years. Betty worked in a defense plant during WWII, and after that she worked as a beautician. Norbert owned a frame and alignment shop in Wisconsin.

In 1954, Norbert and Betty made their home with their family in Lakeland, Florida, where Betty continued to work as a beautician. Norbert started and owned a frame and alignment company that serviced Publix trucks.

While they weren’t busy working, Betty was raising her son, David. Sadly, Betty lost her other son in a bicycle accident in 1961. Betty has two wonderful grandchildren and a great-granddaughter.

Betty says she is so happy to finally be living at Arbor Hills.

Favorite Recipe of all time!

Over the past three years, we have shared with you some of the yummiest of the yum recipes there are to offer. Everything from cookies, pies, casseroles, salads, meats and fruits/veggie dishes.

We thought it would be fun to a vote on all the recipes submitted over the last three years and try our hand at making it.

Here are your choices:

- Grant Kitchen Sink Cookies
 - Baked Yellow Eyed Beans
 - Lemon Meringue Pie
 - Stuffed Strawberries
 - Texas Brownies
 - Lime Belatin with Nuts
 - Santa Fe Chicken
- Bacon Pea Salad
 - Old Fashion Slippery Pot Pie
 - Coconut Crème Pie
 - Frittata
 - Apple Pork Chop Casserole
 - Company Casserole
 - Rappie Pie
 - Squash Casserole
 - Pumpkin Pie
 - Pot Roast
 - Lemon Pie
 - Copper Pennies
 - Banana Cake
 - Peanut Butter Cookies
 - No Bake Apple Pie
 - No Bake Pumpkin Cheesecake
 - Chocolate Peanut butter Fudge Bars
 - Southwest Chicken Casserole

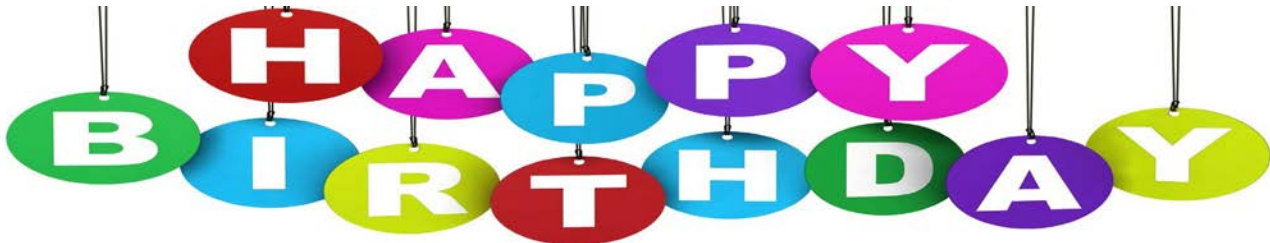
March Horoscopes and Birthdays



Donald Trump, 45th President of the United States.

In astrology, those born between June 1–20 are Gemini’s Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create comfortable homes and always welcome people into their circle.

- Jerry Mathers – June 2, 1948
- Anderson Cooper – June 3, 1967
- Prince – June 7, 1958
- Cole Porter – June 9, 1891
- Gene Wilder – June 11, 1933
- Donald Trump – June 14, 1946
- George Mallory – June 18, 1886
- Brian Wilson – June 20, 1942
- John Dillinger – June 22, 1903
- George Orwell – June 25, 1903
- Abner Doubleday – June 26, 1819
- Richard Rodgers – June 28, 1902



- Minne Caban - June 8th
- Dan Zabel - June 13th
- Peggy Pope - June 22nd
- Patricia Brett - June 26th

THIS MONTH IN HISTORY

- 1 Ed Sullivan's final show. (1971)
 - 2 PT Barnum's circus begins first tour of US (1835)
 - 4 After winning 122 straight races, hurdler Edwin Moses' winning streak is broken. (1987)
 - 5 Bobby Kennedy is assassinated. (1968)
 - 6 Chrysler Corporation is founded. (1925)
 - 7 The United Colonies make a name change and become The United States. (1775)
 - 10 Benjamin Franklin flies a kite in a lightening storm and discovers electricity. (1752)
- 12 John Lee Richmond pitches baseball's first "Perfect Game". (1880)
 - 15 George Washington is appointed the Commander-in-Chief of the U.S. Army(1775)
 - 17 The Statute of Liberty arrive in New York City. (1885)
 - 18 Sally Ride becomes the first woman in space. (1983)
 - 23 US Secret Service is created. (1860)
 - 27 The song "Happy Birthday to You" was first sung. (1859)
 - 30 French acrobat Blondin crosses over the Niagara Falls on a tightrope. (1859)

Lovely Roses

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



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- BEACH

CLIMBING

COTTAGE

DAMASK

ENGLISH

FLORIBUNDA
- GARDEN

GRANDIFLORA

ICEBERG

MINIATURE

PEACE

RAMBLING
- SHRUB

SUNDANCE

TEA

TIFFANY

VIRGINIANA

WILD

The King Is Born



Elvis may have been famous for his black hair, but he dyed it from his natural brown.

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the

21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

Heroes of June



William Moulton Marston, Wonder Woman's creator, also invented the lie detector.

We're calling the month of June wonderful, super, and heroic. Forgive the use of superlatives, but June celebrates both Wonder Woman Day on June 3 and Superman Day on June 12.

Wonder Woman has enjoyed a massive surge in popularity after the release of her own Hollywood movie in 2017. Wonder Woman wasn't the first female superhero, but she was the first female superhero created specifically to be a feminist icon. Her creator, William Moulton Marston, was a Harvard-educated psychologist who believed that women would rule the future because men were too immersed in violence and war. In many respects, Wonder Woman embodied his hope for a new world order of feminist peace. Over her 75 years, Wonder Woman has been caught in a tug-of-war between being called a feminist icon and feminist failure. Regardless of her politics, Wonder Woman has become a

cultural phenomenon worthy of her own holiday.

Superman as the hero we know today made his comic book debut on June 12, 1938. While Wonder Woman was designed as a savior, Superman was originally conceived as a villain by creators Jerry Siegel and Joe Shuster. He made his first appearance in 1933 in a story in which a mad scientist finds a nobody and turns him into "the superman," a bald madman bent on destroying the world. Of course, this idea was scrapped in favor of a cape-clad alien who becomes a savior to Earth.

Wonder Woman and Superman may be some of the most beloved superheroes of all time, but a debate rages: who is more powerful? The two have battled 15 times, with Wonder Woman defeating Superman eight times and drawing him four, but who's counting?

Previous Events and Activities

Fun at
Wednesday
Arts and
Crafts



with Tricia
and Maia!



We always enjoy Ice Cream
Socials especially when it's
hot fudge sundaes!



**Thank you Darek Smith with
Burgos & Brein for bringing us
wonderful information regarding
VA benefits.**



Put
your
dancing
shoes
on!



Thank you Les
for throwing
yourself
a great
birthday party
for everyone
to enjoy!

Upcoming Events and Activities

June 1st: Grumpy Old Men's Club will be in the Social Kitchen at 9:30am.
- Join us at Happy Hour in the Community Center at 3:45pm with entertainer Jim Baker.

June 5th: Town Hall meeting will be in the Community Center starting at 10:15am.

June 6th: Please join us in the Community Center to welcome all of our newest residents starting at 1pm.
- At 3pm, during our Arts & Crafts time, Cecile from Comfort Keepers will be helping us make handmade Father's Day cards!

June 8th: Lovely Ladies will be meeting in the Social Kitchen at 9:30am.
Sam Kistner will be entertaining us for our weekly Happy Hour at 3:45pm in the Community Center.

June 12th: At 10:15am we will be introducing you to a new game: Chair Volleyball! Come join us and have some fun!
- At 3:30pm we will have the always fun and entertaining Lima Bean Auction.
- Please join us for our June edition of Coffee and Conversation featuring Perry Kainth regarding med management. Please let the front desk know if you would like to be a part of the conversation.

June 14th and 28th: Join us in the Social Kitchen for our first two Yarn Club meetings 3:30pm! Any and all that would like to knit, crochet or just sit and watch, are welcome.

June 15th: Grumpy Old Men's Club will be in the Social Kitchen at 9:30am.
- Join us at 11am for a class of Chair Zumba with teacher Ann! Let's have some fun!
- Eddy Rivers will be serenading us during our Happy Hour in the Community Center starting at 3:45pm.



We are so excited to share with special day with you! We ask if you have family members or friends joining you for lunch on Father's Day, June 17th, please be sure to RSVP with the front desk by Monday June 11th.
Thank you very much!

June 21st: Calling all Ladies! Bon Worth will be joining us at 10:30am in the Community Center for you to shop!

June 22nd: Lovely Ladies will be meeting in the Social Kitchen at 9:30am.
- Join us for Happy Hour at 3:45pm in the Community Center with musical entertainer Tom McGannon!

June 26th: Join us in the Community Center at 10:15am for Chair Volleyball!
- Angel Tuider will be entertaining us during our Birthday Bash in the Community Center at 3pm.

June 29th: Grumpy Old Men's Club will be in the Social Kitchen at 9:30am.
- Sherrie Nosal will be joining us in the Community Center for our fun Happy Hour entertainment starting at 3:45pm.