

Oak Park Retirement

Gracious Retirement Living

548 White Oaks Drive • Salisbury, NC 28147 • Phone (704) 636-4600 • www.seniorlivinginstyle.com

JUNE 2020

OAK PARK STAFF

Managers..... CHUCK & CHARLENE TURNER
Assistant Managers ...RANDY & ROBINN COOK
Executive Chef..... JUSTIN GRIER
Community SalesCHRISTINA HELM
Activity Coordinator TBA
Maintenance PETE TOWNSEND
Transportation..... NELSON GERALDS

TRANSPORTATION

Monday & Wednesday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

Tuesday, 9 a.m.-noon: Errands

Friday, 9:45 a.m.: Walmart

HAWTHORN
SENIOR LIVING

Happy Father's Day!

Grateful To Have You As My
Dad
From the earliest that
I remember,
From when I was first aware,
Through all the years come
hail or shine,
You've always showed
you care.

You not only taught me the
everyday things,
Like washing my hands and
tying a shoe,
But also to deal with what
life brings;
You've shaped my values
and worldview.

You've been there whenever
I needed,
You've helped in many a way,
Whether fixing
something broken,
Or knowing just what to say.



I always know I can count
on you,
That's a matter of fact.
For that countless
other things,
I love you to the moon
and back.

Most of all, I'm grateful,
And my heart is truly glad,
That today and every
single day,
I have you as my Dad.



National Bubba Day

National Bubba Day is observed across the United States each year on June 2nd.

Often used as an affectionate nickname for a brother, Bubba is also used by close family friends as a term of endearment. National Bubba Day celebrates all those loved ones who we have affectionately called Bubba over the years.

To all of those named, nicknamed or just sometimes called Bubba, Happy National Bubba Day!

HISTORY

Comedian T. Bubba Bechtol founded National Bubba Day to celebrate everyone we call Bubba. The day originally took place on May 1st but was moved to June 2nd in honor of his wife, Bubbalicious.

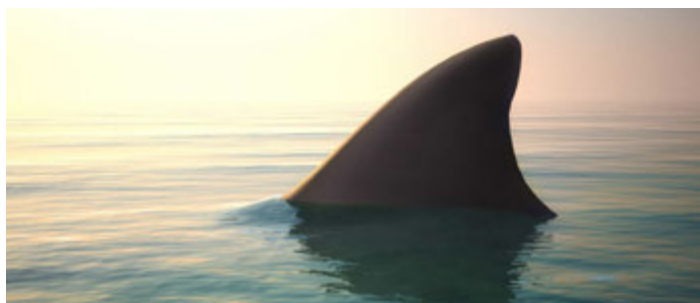


This is our Bubba!

'Jaws' Turns 45

Considered to be the first summer blockbuster, the thriller "Jaws" opened in theaters on June 20th, 1975. Dive into these fin-tastic facts about the film.

- "Jaws" was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book "Silence in the Deep."
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.
- To add suspense, the shark isn't seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line "You're going to need a bigger boat" was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.
- John Williams composed the famously foreboding two-note "Jaws" theme, winning the Academy Award for best original score.
- The first movie to make over \$100 million at the box office, "Jaws" was the highest-grossing film of all time until 1977's "Star Wars."



Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.



Mary loves her bananas!

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.



We're Having Some Fun Here at Oak Park!



Walter, do you see anything wrong with this picture?



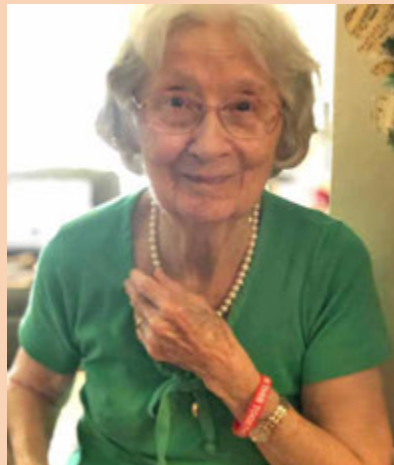
Retail Therapy with Anne and Joey



Jean enjoying her root beer float with Asia.



Mismatched Day with Alvin!



"All in this together" with Maureen



Wilbur enjoying Mocktail Hour.



*Bobbie and her kitten.
Love the collar!*



Bette on Mother's Day.



Staff and Marcia with their WACKY hair!

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

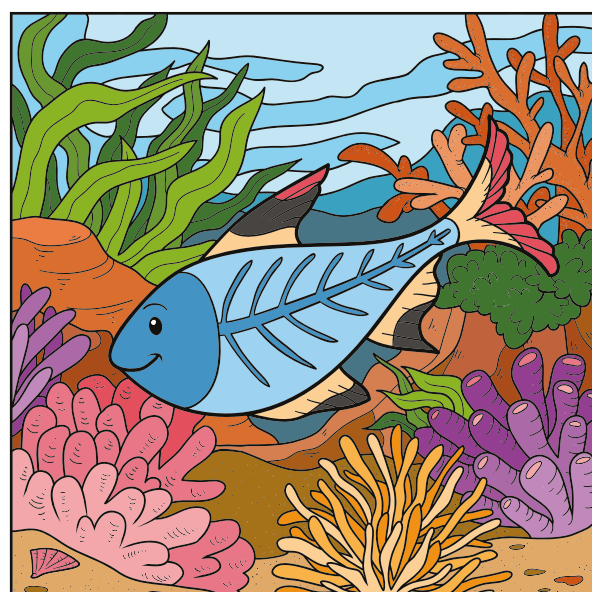
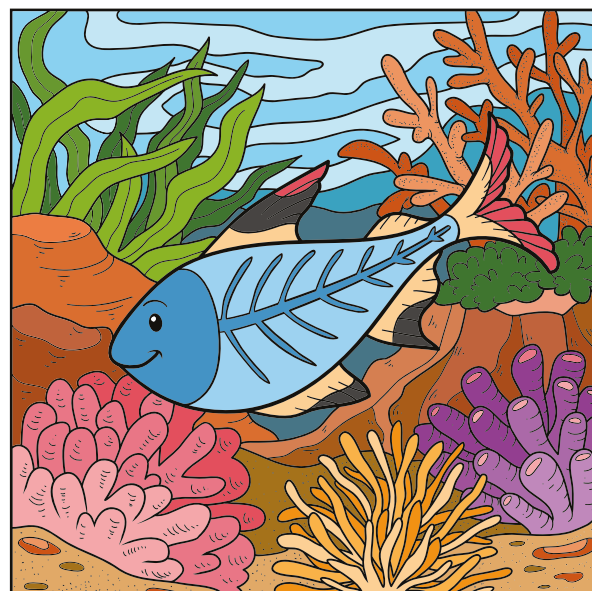
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

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

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

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





National Holidays in June

June 10th-National Iced Tea Day

National Iced Tea Day is observed annually on June 10th. This day is set aside to celebrate one of summer's favorite drinks. Whether it is sweetened or unsweetened, with or without lemon, it is loved by many and enjoyed by the glassful all summer long.

Iced tea can be found in many flavors including lemon, peach, raspberry, lime, passion fruit, strawberry and cherry.

June 14th-Flag Day

On June 14, we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States flag on June 14, 1777.

On National Flag Day, Americans show respect for the U.S. flag and what it represents. Representing independence and unity, the star-spangled banner has become a powerful symbol of Americanism and is flown proudly.

While Betsy Ross has been given credit for stitching together the first American flag, there isn't any sound evidence supporting the story. At the same time, there isn't any to disprove it, either. Part of the conflict is that there were several designs being considered at the same time, and many flag makers claim to the first. During Ross's Revolutionary time, several standards were carried bearing red and white stripes and varying symbols where the blue field and stars now reside.

Another who laid claim to the first design was Francis Hopkinson. His request for compensation for his design was denied because others contributed to the final design.

Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.

Seventeen-year-old Robert G. Heft of Ohio designed the 50-star American flag. His was one of the more than 1,500 designs that were submitted to President Dwight D. Eisenhower.

HOW TO OBSERVE

Many people have died protecting our country. On National Flag Day, raise the flag and fly it proudly.

HISTORY

On May 30, 1916, President Woodrow Wilson issued a proclamation deeming June 14 as Flag Day. President Wilson stated, "It is the anniversary of the day upon which the flag of the United States was adopted by the Congress as the emblem of the Union." He also wrote, "On that day rededicate ourselves to the nation, 'one and inseparable' from which every thought that is not worthy of our fathers' first vows in independence, liberty, and right shall be excluded and in which we shall stand with united hearts."



National Iced Tea Day with Bill and Dorothy.



Washington honoring National Flag Day.



June 15th-Smile Power Day

June 15th is the day we observe National Smile Power Day. This is a day for everyone to share the power of the smile.

From the good morning greeting and the first “How may I help you?” present yourself with a smile. No matter if you are employed, job seeking, retired or looking for new horizons, starting the day with a smile is certainly more empowering than a pout or grump. Starting with a smile first is easier than trying to get there later in the day.

When you smile at someone, you are telling them that they are valued and worth the smile that you just gave them. Smiles are morale boosters and confidence builders.

Research has proven that smiling really does increase attractiveness and likability between humans. Smiling creates a greater trust and increased interpersonal cooperation. Smiling at someone can help them to relax and relieve their stress while at the same time, it will make you feel right. Smiling (even if you do not feel like it) will lift your mood and can make you a happier person.

HOW TO OBSERVE

Challenge yourself to smile more often today. Use a smile to disarm a tense situation, or simply smile during your daily tasks.

June 29th-National Hug Holiday

Hug Holiday Day encourages us to give hugs to those who need them. On this day, people go out and give hugs at senior citizen centers, hospitals, and other places. The focus is upon elderly, sick and invalid, lonely people and anyone who needs the warmth, cheer and love that a hug provides.

This very special day was created by the “Hugs for Health Foundation.” According to the foundation: “Hug Holiday is founded on the premise that hugs, friendship and volunteer support are vital components to the overall senior care plan.”



A smile from Jean for National Smile Power Day!



Gene and Linda celebrate National Hug Holiday.

Celebrating Our June Birthdays!

Clara Thomason, June 6

Stanley Krzywonos, June 8

Betty Cross, June 16

Maurine Gminder, June 24

Edward Shinn, June 25



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is staying apart,
we are coming
together.

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