



### Notable Quotable

“With a doughnut in each hand, anything is possible.”

~ Jameela Jamil, British actress



## June Horoscopes and Birthdays

In astrology, those born June 1–20 are Gemini’s Twins. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming.

Morgan Freeman – June 1, 1937  
Angelina Jolie – June 4, 1975  
Prince – June 7, 1958  
Maya Moore – June 11, 1989  
Anne Frank – June 12, 1929  
Venus Williams – June 17, 1980  
Zoe Saldana – June 19, 1978  
Lionel Richie – June 20, 1949  
Dan Brown – June 22, 1964  
Pearl S. Buck – June 26, 1892  
Helen Keller – June 27, 1880  
Lena Horne – June 30, 1917

## Happy June Birthdays!

06/12 June Kinney

06/13 Dan Zabel

06/23 Mary Anne Simon

06/26 Patricia Brett



## The People’s Car

June 22 is Worldwide VW Beetle Day. What has made the Volkswagen Beetle one of the world’s most recognizable and beloved automobiles? First and foremost is its fun design—a small and compact car with an innovative curved roof, a feature that makes it both aerodynamic and adorable. The Beetle was designed for much more than just fun, however; it was also affordable, practical, and reliable. *Volkswagen* means the “people’s car,” and these cars were intended to be affordable for all,

costing just 31 weeks’ worth of pay. Vintage Beetles sported an air-cooled rear engine, which meant that it did not need expensive cooling units and could reliably operate in both heat and cold. It also got excellent gas mileage, more than 30 miles to the gallon. The car’s simple engine and parts were easy to replace and inexpensive to repair and maintain. All of these reasons made the VW Beetle the world’s best-selling car for decades. The original Beetle was built for 65 straight years!

# Arbor Hills Grapevine

June 2023

## Resources

**Mary Gaudet**  
*Executive Director*

**Sarah Marshall**  
*Resident Relations Coordinator*

**Luis Casiano**  
*Food Service Director*

**Ramon Miranda**  
*Maintenance Director*

**Kaitlyn Askey**  
*Activities Director*

**Anne Shumaker**  
*Business Office Manager*

**Physician Transport with Julio**  
**Monday (south side), Wednesday and Friday**

**Beauty/Barber with Tonya**  
**Thursdays 9-3**

**Arbor Hills**  
**Independent Living Residence**  
**4145 Lakeland Hills Blvd**  
**Lakeland, FL 33805 • (863) 698-7811**



“To be the father of a nation is a great honor, but to be the father of a family is a greater joy” — Nelson Mandela

## HAPPY FATHER’S DAY...

@POSITIVELYPRESENT

- ☕ ... TO ALL THE WONDERFUL, LOVING, SUPPORTIVE DADS
- 💧 ... TO ANYONE WHO HAS LOST A FATHER OR FATHER FIGURE
- 💔 ... TO PEOPLE WHO HAVE DIFFICULT FATHER RELATIONSHIPS
- 🎄 ... TO THOSE WHO STAND IN AS FATHERS & STEP-FATHERS
- 💖 ... TO FATHERS WHO HAVE LOST A CHILD (OR CHILDREN)
- 😞 ... TO ANYONE WHO CAN’T BE WITH THEIR DAD TODAY
- 🍼 ... TO NEW FATHERS STILL ADJUSTING TO FATHERHOOD
- 🌱 ... TO THOSE FACING THE CHALLENGES OF INFERTILITY
- 🏆 ... TO FATHERS WHO ARE DOING THE BEST THEY CAN
- 💬 ... TO ANYONE FEELING PRESSURED INTO FATHERHOOD
- 🌈 ... TO THOSE WHO DON’T FEEL LIKE “TRADITIONAL” DADS
- 👑 ... TO SINGLE FATHERS RAISING CHILDREN ALONE
- 👨 ... TO FOSTER DADS WHO CARE FOR KIDS WITH LOVE
- 👶 ... TO THOSE WHO WILL SOON BECOME FATHERS
- ☀️ ... TO FATHERS WHO HAVE POSITIVELY CHANGED LIVES
- 💙 ... TO ANYONE WHO NEEDS A LITTLE EXTRA LOVE TODAY



## June Activities Highlights

**06/01** – Join us for our first official Social Seniors Club! It expands Yarns Club to any kind of socializing you want. You can still bring a yarn project or another project OR just come chit-chat! 3pm in the Community Center.

**06/02** – Pablo Reyes will be performing at Happy Hour in the Community Center at 3pm.

**06/05** – What Am I? is a fun trivia guessing game. You'll be surprised what you know! In the Community Center at 3pm.

**06/07** – Medicare & Mocktails (Cocktails without the booze) sponsored by Blue Sky Insurance in the Social Kitchen at 2:30pm.

**06/08** – To celebrate the guys this month, we will be playing a Tampa Bay Rays vs Minnesota Twins game on the TV and be providing tasted food and beverages at 1pm in the Community Center.

**06/09** – Geri Blount will be performing at Happy Hour in the Community Center at 3pm.

**06/12** – Come bid with some beans! Lima Bean Auction at 3pm in the Community Center.

**06/15** - 1pm in the Community Center come talk about Activities and what you would like to keep, change, or add. Meet with Kaitlyn and share your thoughts on our activities calendar.

**06/16** – Jenifer Roys will be performing at Happy Hour in the Community Center at 3pm.

**06/19** – Come play the Hardware Store Shopping List Game at 3pm in the Community Center. It's similar to BINGO, but with a little twist.

**06/20** – Canaan Medicare Consulting will be sponsoring an Ice Cream Topping Bar to go along with our 2pm ice cream social.

**06/22** – Shopping Bus Trip to the Northside Lakeland Square Mall, bus loads up at 1pm.

**06/23** – Sam Kistner will be performing at Happy Hour in the Community Center at 3pm.

**06/26** – Bingo Store will be in the Community Center at 3pm, followed by our Big Buck Raffle basket drawing winner announcement at 4pm in the same location.

**06/30** – Eddy Rivers will be performing at Happy Hour in the Community Center at 3pm.



**Reminder! Join us 1:00pm Thursday June 8<sup>th</sup> in the Community Center for our Activity Committee! All residents welcome to attend.**



**Wednesday June 7<sup>th</sup> at 2:30pm in the Social Kitchen!**



# Coming Soon!



← Father's Day Ball Game & Grub  
Minnesota Twins at Tampa Bay Rays  
**Thursday June 8<sup>th</sup> at 1:00pm**  
in the Community Center



## Let's Go Fishing

(solution)

D	S	X	R	U	W	H	O	O	K
S	T	E	E	L	H	E	A	D	H
Q	R	X	L	L	A	R	V	M	O
O	E	G	A	Q	T	R	O	L	L
X	A	B	X	H	H	I	B	F	K
E	M	O	C	E	A	N	F	A	C
O	W	B	N	K	F	G	G	B	Z
D	H	B	L	I	C	E	N	S	E
R	P	E	U	Z	S	L	L	H	L
X	P	R	C	A	T	F	I	S	H

We know you have more **Bingo Bucks** than you could possibly spend at the Bingo Store. So, we are going to start finding ways to spend those bills burning a hole in your pocket!

This month will be a **Basket Raffle**.  
The basket will be on display and  
**2 Bingo Dollars = 1 Ticket**

The winning ticket will be drawn on  
**Monday June 26<sup>th</sup>** at 4:00pm in the  
Community Center.



**Happy 103 Birthday Annie!**  
We hope you had a great time  
and made some happy memories!





# THE SOCIAL CLUB



Every Thursday at 3pm!  
Feeling social? We want to expand our Yarns Club and open it up to anyone. You are still welcome to bring your yarn projects, but if you want to just chit-chat and get out of your room for a bit, then that is fine too! **Everyone is welcome to attend, no exclusivity!**



## Let's Go Fishing

The words listed below can be found vertically and horizontally.

D	S	X	R	U	W	H	O	O	K
S	T	E	E	L	H	E	A	D	H
Q	R	X	L	L	A	R	V	M	O
O	E	G	A	Q	T	R	O	L	L
X	A	B	X	H	H	I	B	F	K
E	M	O	C	E	A	N	F	A	C
O	W	B	N	K	F	G	G	B	Z
D	H	B	L	I	C	E	N	S	E
R	P	E	U	Z	S	L	L	H	L
X	P	R	C	A	T	F	I	S	H

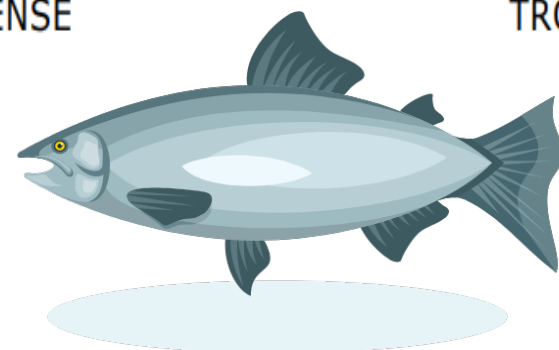
BOBBER

CATFISH

HERRING

HOOK

LICENSE



OCEAN

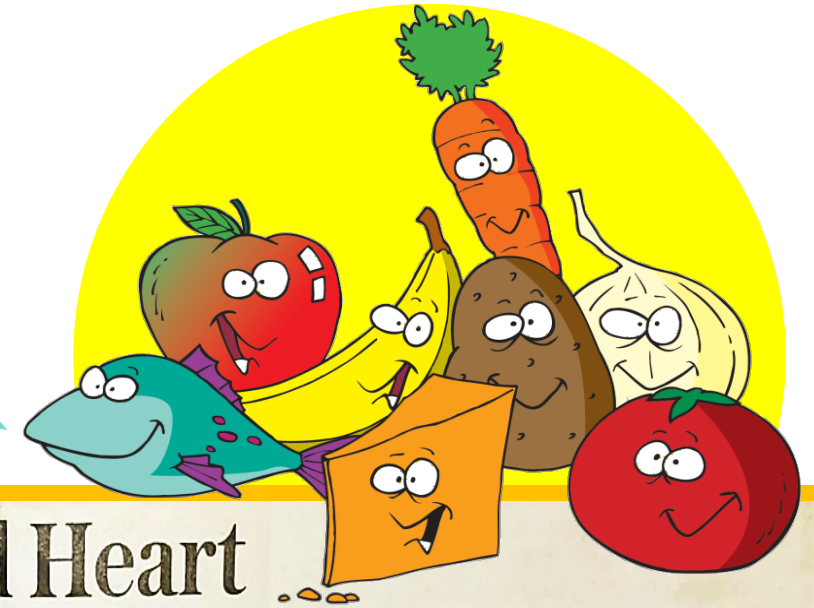
RELAX

STEELHEAD

STREAM

TROLL

Thank you to one of our  
Arbor Hills residents for  
providing the article below  
for our newsletter!  
**Great Info!**



## Eat for a Powerful Heart

A NUTRITION PLAN FROM AARP HELPS KEEP YOU LEANER, STRONGER AND HEALTHIER By STEPHEN PERRINE with Heidi Skolnik



**YOUR HEART** doctor may ask if you're avoiding saturated fat or what you're doing to control your weight. But doctors seldom ask, "Are you taking care of your muscles?"

We lose about 5 percent of our total muscle mass every decade after age 30. But science shows that those who retain muscle as they age lower their risk of metabolic syndrome, obesity, diabetes and inflammation—all risk factors for heart disease.

That's why AARP developed The Whole Body Reset, a program designed to stop, and reverse, age-related muscle loss and weight gain.

The primary cause of age-related muscle loss is "anabolic resistance"—essentially, we can't turn the protein we eat into muscle as efficiently as we did when we were younger. In order to overcome this resistance, we need higher doses of protein at each meal—25 grams at a time for women or 30 grams for men. Anything less than that, and your body remains in muscle-loss mode. Fat starts to win out, and heart health suffers.

In addition to protein, we need a mix of high-fiber grains, high-nutrient fruits and vegetables, and healthy fats to keep heart-harming, fat-promoting inflammation under control. Here's your plan.



**Eat 25 to 30 grams of protein at each meal: breakfast, lunch and dinner.** Make sure every snack you eat has at least some protein as well (cheese on that cracker, peanut butter with that apple). Women should aim for at least 75 to 100 grams of total protein every day, while men should shoot for at least 90 to 120 grams.



**Up your intake of high-fiber grains, cereals and beans.** In one study following 2,735 people, women who ate the least amount of fiber were 2.9 times as likely to die from inflammatory diseases such as heart disease. And research has found that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.



**Eat more colorful fruits and vegetables.** Aim for eight to 10 small servings a day. Fruits and vegetables provide fiber, as well as vitamins, minerals and thousands of micronutrients called phytochemicals. As we age, our ability to extract these nutrients from food diminishes—and that's another reason why inflammation increases.



**Enjoy healthy fats and oils from seafood, nuts, seeds, olives and avocados.** Two servings a day will help keep you lean and sharp, whether you're enjoying a serving of salmon, a spoonful of peanut butter, some chips and guacamole, or toasty bread dipped in extra-virgin olive oil.



**Focus on fortified dairy.** Worry more about getting enough calcium-rich dairy than about whether it's low-fat or not. One study found that those who ate three servings of whole-fat dairy had lower risks of heart disease and stroke than those who ate one serving. Dairy also delivers muscle-building protein.



**Don't drink your calories (or chemicals).** In particular, don't think you're doing yourself a favor by drinking diet sodas: They've been linked to an increased risk of heart disease, dementia and stroke. Keep it simple with filtered water, sparkling water, tea and/or coffee (it's fine to add a little milk).