

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2024

Assisted Living

								1 10:00 Morning Exercise, DR 1:00 Walking Group, L 2:00 Ladies Tea with Kathleen Morris < DR 5:30 Evening Movie, LR
2 9:00 Morning Musical Movie, LR 10:00 Nail Time, LE 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	3 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Wii Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR	4 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Wii Bowling, C 2:00 Music Lover, LR 3:00 Scattegories Word Games, LR 5:30 Evening Movie, LR	5 10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C	6 Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Table Hockey, LR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L	7 10:00 Morning Exercise, DR 10:30 Mini GM Horse Visit with Brain, LR 1:00 Nature Hour, LR 2:00 Birthday Celebration Carol Hendrickson, DR 5:30 Evening Movie, LR	8 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR		
9 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	10 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Wii Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR	11 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 12:00 Swing Dance-North Bellevue Senior Center, L 1:00 Novari Primary Care 3:00 Afternoon Musical, LR <small>Shavuot Begins</small>	12 10:00 Morning Exercise, DR 10:30 Shopping- FredMyer 1:00 Bloody Mary' Drinks & Trivia, C 2:00 Crafty Creations, DR 5:30 Evening Movie, LR 6:00 Table Games, C	13 Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Table Hockey, LR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L	14 10:00 Morning Exercise, DR 11:00 Lunch Outing- Best Wok, L 1:00 Nature Hour, LR 2:00 Happy Hour with Jim & Beth, DR 5:30 Evening Movie, LR <small>Flag Day (US)</small>	15 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR		
16 9:00 Morning Musical Movie, LR 10:00 Nail Time, LE 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR <small>Father's Day</small>	17 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Wii Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR	18 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Food committee, DR 2:00 Afternoon Musical, LR 5:30 Evening Movie, LR	19 10:00 Morning Exercise, DR 10:30 Shopping- Bartells 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C <small>June 19th</small>	20 Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Table Hockey, LR 2:00 Afternoon Musical, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L <small>Shavuot Begins</small>	21 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:00 Nature Hour, LR 2:00 Happy Hour with Doug Deems, DR 5:30 Evening Movie, LR 6:00 Table Games, C	22 10:00 Morning Exercise, DR 1:00 Walking Group, L 2:00 Welcome Summer Party, CY 5:30 Evening Movie, LR		
23 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR	24 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:30 Resident Meeting- Come Share your Ideas 3:00 Margarita Monday, LR 5:30 Evening Movie, LR	25 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Activity Meeting, DR 2:00 Sing Along with Joy 3:00 Scattegories Word Games, LR 5:30 Evening Movie, LR	26 10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Walking Group, L 2:00 Bingo Bash, DR 5:30 Evening Movie, LR 6:00 Dementia Support Group	27 Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, LE 1:00 Table Hockey, LR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR	28 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:00 Nature Hour, LR 2:00 Happy Hour with David & Lynn, DR 5:30 Evening Movie, LR 6:00 Table Games, C	29 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR		
30 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR								

June 2024 THE MONTHLY GAZETTE

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade."

~ Gertrude Jekyll



Tree of the Month – Oak

Oak trees have been growing on Earth for an estimated 45 million years. These massive trees begin life as acorns. From these small nuts, which contain one to two oak seeds, the mighty oak grows, reaching between 40 and 80 feet in height with a spread of 60 to 100 feet. Many animals eat acorns, including squirrels, badgers, and mice. Raw acorns are toxic to humans and have a bitter taste. However, when the tannins are leached out, acorns are safe to consume and can be eaten either whole or ground into an acorn meal or flour. The mighty oak tree is



the symbol of Zeus, as it embodies power, strength, longevity, justice, and fertility. Oak wood is very strong and beautiful. Woodworkers use it for making homes, furniture, and cabinetry. While many trees have smooth bark, the oak's bark is rough, wrinkly, and bumpy. Its bark grows very fast, allowing it to repair itself quickly, retain moisture, and survive in dry climates.

Special Days

Shavuot Begins at Sundown
June 11

D-Day
June 6

Flag Day (U.S.)
June 14

Father's Day
June 16

Juneteenth
June 19

First Day of Summer (Northern Hemisphere)
June 20

Flower – Rose



June's flower is the fragrant and beautiful rose. A symbol of love, its name comes from the Latin word *rosa*, which means "red." Since primitive times, roses have been used in perfumes, medicines, and foods. Recently, archaeologists discovered the fossilized remains of wild roses over 34 million years old. Each rose color has its own meaning. A white rose symbolizes purity, a red rose means love and romance, pink stands for happiness, and yellow signals friendship.

Birthstone – Pearl



The pearl is a unique birthstone. All other birthstones are formed by inorganic substances like rocks, but pearls are created by a living thing—a mollusk, such as a clam or a mussel. When an irritant like sand gets inside the mollusk's shell, the mollusk secretes an iridescent substance called *nacre* (also known as "mother of pearl") to seal it off. Pearls come in a variety of shapes, sizes, and colors, and the color depends on the kind of mollusk and its habitat. The pearl is a symbol of loyalty, friendship, and purity.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Happy Birthday:

Molly S 6/10

June 1st @ 2:00 PM

June 7th @ 10:30 AM

June 7th @ 2:00 PM

June 11th @ 2:00 PM

June 12th @ 2:00 PM

June 14th @ 2:00 PM

June 19th @ 2:00 PM

June 21st @ 2:00 PM

June 22nd @ 2:00 PM

June 24th @ 2:00 PM

June 26th @ 2:00 PM

June 26th @ 6:00 PM

June 28th @ 2:00 PM

Ladies Tea with Kathleen Morris

Mini GM Horse Visit with Brian

Birthday Celebration with Carol Hendrickson

Swing-Dance North Bellevue Senior Center

Crafty Creations with Dianna

Happy Hour with Jim & Beth

Bingo Bash

Happy Hour with Doug Deems

Welcome Summer Party

Resident Meeting- Come Share your Ideas

Sing Along with Joy

Dementia Support Group

Happy Hour with David & Lynn

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