

Sponsored by:  
The Hugo Yellow Ribbon Network

## Hamburger Night

4<sup>th</sup> Monday of each month  
Serving from 5-8 p.m.

**Hugo American Legion**  
5383 140<sup>th</sup> St. N., Hugo

**Burgers for the Troops**  
Yellow Ribbon Volunteers will be serving up burgers. Event proceeds support Military Families. Stop by for dinner and show your support for our troops!

Cash or check only. No credit cards accepted.

Menu:  
Burger & Chips \$7

### Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.

### Welcome to our new Keystone neighbors..

**316** Kevin Irvin

**106** Janice Malmquist

### Word scramble key

Fishing, Camping, Swim, Campfire, Grill, Kayak, Picnic. and Biking.

### Key associate of the month

Stephanie Fleek is our key associate of the month! One thing that particularly stands out about Stephanie is her bright smile and friendly demeanor! Stephanie joined Keystone residents on their trip to the Wabasha Street Caves. She was, and always is, so helpful and fun to have around. Her positive attitude, radiant smile, and dedication to our community is something we are so thankful for! Thank you, from all Keystone staff and residents!

### HAPPY BIRTHDAY TO... RESIDENTS

Jim W. 6-02

Kevin I. 6-02

Shannon D. 6-07

Audrey E. 6-09

Dave W. 6-11

Dianne N. 6-13

Gene S. 6-13

Jan B. 6-13

Carol W. 6-16

Peggy W. 6-18

Rey Z. 6-22

Marline G. 6-24

Lowell M. 6-27

### STAFF

Joe V. 6-3

Victoria V. 6-14

Vicki B. 6-17

Danielle S. 6-18

Bisrat G. 6-21

Leela L. 6-27

June 2025

# Keystone Chronicle

Keystone Place at LaValle Fields | 14602 Finale Ave N, Hugo MN 55038 | 651-888-6557

## ACTIVITIES

**June 2<sup>nd</sup>**- North Star Elementary School visit.

**June 3<sup>rd</sup>**- Lawn Games and Lemonade.

**June 4<sup>th</sup>**- Car Show Guest Happy Hour!

**June 4<sup>th</sup>**- Car Themed Shirt Day!

**June 5<sup>th</sup>**- Coffee With Joe.

**June 6<sup>th</sup>**- Japanese garden tour and lunch at Hazelwood Food and Drink.

**June 7<sup>th</sup>**- Good Neighbor Days Parade! 10pm fireworks.

**June 10<sup>th</sup>**- Wine Tasting with Terese.

**June 12<sup>th</sup>**- Passport to Germany.

**June 12<sup>th</sup>**- Hippie Dress Up Day!

**June 13<sup>th</sup>**- Trip to Minnehaha Falls and Sea Salt Eatery.

**June 17<sup>th</sup>**- All Resident Meeting.

**June 18<sup>th</sup>**- Keystone Camp-out!

**June 18<sup>th</sup>**- Camp Theme Dress Up Day.

**June 19<sup>th</sup>**- Horse Visit!

**June 20<sup>th</sup>**-Lindstrom lunch and shopping.

**June 19<sup>th</sup>**- Hot Apps Happy Hour.

**June 24<sup>th</sup>**- Keith's Broadway Performance.

**June 26<sup>th</sup>**- Alan Anderson History Presentation

The summer solstice occurs when one of Earth's poles has its maximum tilt toward the Sun. It happens twice yearly, once in each hemisphere (Northern and Southern). The summer solstice is the day with the longest period of daylight and shortest night of the year in that hemisphere, when the sun is at its highest position in the sky. At either pole there is continuous daylight at the time of its summer solstice. The opposite event is the winter solstice. There is evidence that the summer solstice has been culturally important since the Neolithic era. Many ancient monuments in Europe especially, as well as parts of the Middle East, Asia and the Americas, are aligned with the sunrise or sunset on the summer solstice The significance of the summer solstice has varied among cultures, but most recognize the event in some way with holidays, festivals, and rituals around that time with themes of fertility. In the Roman Empire, the traditional date of the summer solstice was 24 June. In Germanic-speaking cultures, the time around the summer solstice is called 'midsummer'. Traditionally in northern Europe midsummer was reckoned as the night of 23–24 June, with summer beginning on May Day. The summer solstice continues to be seen as the middle of summer in many European cultures, but in some cultures or calendars it is seen as summer's beginning. In Sweden, midsummer is one of the year's major holidays when the country closes down as much as during Christmas.

summer solstice  
Friday June 20<sup>th</sup>!

## Happy Fathers Day!

( Sunday June 15<sup>th</sup>)



June Summer activities  
Word Scramble!

Isfhgni\_\_\_\_\_

Mapcngi\_\_\_\_\_

Mwis\_\_\_\_\_

Pamcrief\_\_\_\_\_

Lgirl\_\_\_\_\_

Kihe\_\_\_\_\_

Kkaay\_\_\_\_\_

Piincc\_\_\_\_\_

Giknib\_\_\_\_\_

SUMMER WORDSEARCH

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

Scattergories-

Write down a word under each category that starts with each letter in the word JUNE.

Place Food Adjective

J			
U			
N			
E			

Word List

- Barbecue
- Sand
- Baseball
- Summer
- Beach
- Tennis
- Camp
- Travel
- Cookout
- Warm
- Heatwave
- Hiking
- Hot
- Humid
- Kite
- Lemonade
- Ocean
- Picnic
- Pool
- Sailing

Understanding Dizziness, Vertigo, and Imbalance.

- Dizziness is the number one complaint reported to medical providers in adults 70 and older.
- Balance related falls account for more than half of accidental deaths in seniors.
- Balance related falls cause over 300,000 hip fractures in individuals over 65 years of age each year.

Balance disorders fall into two categories:

The first is **dizziness, vertigo or motion intolerance**. This condition may be caused or worsened by rapid head movement, turning too quickly, walking, or riding in a car. These symptoms can be acute or sharp attacks lasting for only seconds even several hours.

The Second is a **persistent sense of imbalance or unsteadiness**. Some people refer to this as loss of surefootedness. Balance problems and dizziness can result from taking certain medications. However, many balance disorders can begin all of the sudden and with no obvious cause. Sometimes physical therapy can be helpful for balance training and safety.

Always check with your doctor if you are experiencing dizziness, vertigo, or imbalance.

FUNNIES



THERE ARE TWO TYPES OF PEOPLE:

