



Westminster Village Kentuckiana

Popular Dad-isms

"I'm not made of money." "Go ask your mother." "When I was your age ..." According to a survey, these are some of the top sayings frequently heard from fathers.

Sweet Tea Twist

Summer's warm temperatures may have you reaching for a refreshing glass of iced tea. If you like sweetened tea, swap out sugar for slices of fresh fruit or a splash of fruit juice for a healthier drink.

Remember When: Porch-Sitting Season

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and "sit a spell."

Take a Swipe at Mosquitoes

Swatting at mosquitoes may help keep the pesky insects away—even if you miss. Scientists have found that some mosquitoes can learn to associate a human's scent with the danger of being swatted at, prompting them to avoid that person in the future.

Early Bridal Bouquets

Beautiful, fragrant flowers make up today's bridal bouquets, but in ancient times, brides carried clusters of strong-smelling herbs and spices to drive away bad luck and ill health.

June 2019



Ready, Set, Summer!

Get ready to enjoy the sun-drenched glow of summertime. The summer solstice is Friday, June 21, and signals the official start of the season. It will bring the longest stretch of daylight and the shortest night of the year in the Northern Hemisphere.

Happiness Helper: Connect With Nature

In Norway, they call it *friluftsliv* (pronounced "free-luft-sleev"), which translates to "free air life" or "open air living," and it refers to the widespread practice of spending time outdoors. Experts say taking as little as five minutes a day to walk in a park or around your neighborhood, connecting with nature and breathing in fresh air, can elevate your mood.

Remembering D-Day

June 6 marks the 75th anniversary of D-Day. On that day in 1944, Allied forces stormed the beaches of Normandy, France, and eventually went on to liberate Europe in World War II.

June Birthdays

06/02 Ruth Butler
 06/04 Bonnie Antz
 06/07 Shou Huang
 06/12 Shirley Waggener
 06/15 Beverly Aker
 06/19 Mary Blunk
 06/23 Norene Wessel
 06/25 Eric Hughes
 06/26 Donetta Keehn
 06/27 Martha Harper
 06/29 Evelyn Hire
 06/30 Tracy William

Pops Are the Tops

Pay tribute to paternal bonds on Father's Day, June 16.

Warrior Games

An annual sporting competition for injured service members and veterans, the Department of Defense Warrior Games kick off June 21 in Tampa, Fla. During the 10-day event, about 300 athletes from all branches of the U.S. armed forces as well as military personnel from the U.K., Australia, Canada, Denmark and the Netherlands will participate in 14 adaptive sports.

Appreciation for Nursing Assistants

Salute the hard work and dedication of those who help provide patient care by celebrating National Nursing Assistants Week, June 13-19.



Sunday	Monday	Tuesday
		
	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	
2	3	4
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	8:45a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30 Ponderosa Outing 2p the Harmonics SC 3p Exercise SC 6:30p Forest Ridge Band SC	8:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
9	10	11
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	8:45a Coffee Social AL 10a Wellness Exercise AL 10:30a Welcome Wagon AL 1p Dietary Mtg AL 2p Hospitality W/New Res. RR 3p Exercise SC 6:30p Music W/AI Hilbert SC	8:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
16	17	18
Happy Father's Day! 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	8:45a Coffee Social AL 10a Wellness Exercise AL 11 Mathies BP SC 2p Resident Association SC 3:15p Exercise SC 6:30p Music W/Tara Martin SC 7p Crit Club "Art" MRLL	8:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
23/30	24	25
23/30 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	8:45a Coffee Social AL 10a Wellness Exercise AL 1p \$1 Bingo MRLL 2:30p Res. Council AL 6:30p Special Music W/Freddy George SC	8:45a Coffee Social AL 10a Exercise AL 12a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
			1 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30 Music W/John King SC
5 8:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30p Non Denom Comm SC 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	6 11 - 4p Life Span Games Held Here in Social Center and Will Be Eating in Main Dining Room 10:30 Red Cross Dog Visits 2p Bingo AL 6:30p Bingo MRLL	7 8:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 11a West Wing Mtg 2nd FL TL 1p Game Day W/refreshments SC 6:30p Music W/Rick McDonald SC	8 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
12 8:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 1p Brain Study W/Lisa DR 3p Rosary RR 3p Exercise SC 6:30p Music W/Bart Fisher SC	13 8:45a Coffee Social AL 10a Exercise AL 11a Arts & Crafts AL 1p Bldg & Grds Mtgs MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	14 8:45a Coffee Social AL 10a Exercise AL 10:30 New Res. Coffee SC 1p Mex. Train Dominoes W2TL 2p June Birthday Party W/Root Beer Floats SC 6:30p Music W/Bill Riley SC	15 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
19 8:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	20 8:45a Coffee Social AL 10a Exercise AL 10:30 Red Cross Dog Visits 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo Mrl	21 8:45a Coffee Social AL 9 - 1pm Crafts Make a Wreath Sign Up and Cost \$10.00 MRLL 10a Music W/Sue Loy AL 1p Mex. Train Dominoes W2TL 6:30p Music W/Charlie Hornung SC	22 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
26 8:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Spiritual Life RR 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	27 8:45a Coffee Social AL 10a Exercise AL 1p VA Research Team DR 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	28 8:45a Coffee Social AL 10a Exercise AL 10:30a Mike Linning's Outing 6:30p Music W/Country Sounds SC	29 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL

Poem by a Resident Who Lives in Independent Living



I came to this place nine months ago
Everybody said this is the place to go.
The food is good and the rent is low
This MUST be the right place to go.
So here I am nine months later
If I had tried I couldn't have done better.
Life here is good and easy to take
This is the right place, there is no mistake.
Living here has gotten under my skin
If I had to do over I would do it again!

"This Month In History" JUNE

1886: Grover Cleveland becomes the first U.S. president to be married in the White House. He wed Frances Folsom in a small ceremony in the Blue Room.

1905: The world's first nickelodeon, an early version of a movie theater, opens in Pittsburgh. Customers paid a 5-cent admission to see short silent films and live entertainment.

1925: Walter P. Chrysler founds his own auto company, the Chrysler Corp.

1938: The design of the modern-day ballpoint pen is patented by inventor Lazlo Biro in Britain.

1942: U.S. forces win a decisive victory against Japan at the Battle of Midway in the Pacific theater during World War II.

1962: Ray Charles' version of the country song "I Can't Stop Loving You" tops the pop music chart. It was one of the biggest hits of the singer's career.

1970: Army officers Anna Mae Hays and Elizabeth P. Hoisington are the first women in the U.S. military to be promoted to the rank of general.

1993: Ruth Bader Ginsberg is nominated to serve as an associate justice of the U.S. Supreme Court.

2002: The Los Angeles Lakers win their third straight NBA championship, and team center Shaquille O'Neal is named the most valuable player.

2016: "Hamilton," the Broadway musical about founding father Alexander Hamilton, wins 11 Tony Awards out of its record-breaking 16 nominations.

2018: A colt named Justify wins horse racing's Triple Crown. He was the 13th horse in history to earn the coveted title.