



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 9:00 MORNING GREETINGS 10:00 MUSCLES IN MOTION 11:00 TRIVIA "YOUTUBE" 2:00 PORCH PAL'S 3:00 BEANBAG TOSS 6:00 EVENING MATINEE</p>	<p>2 9:30 HAIR &amp; HAVEN SALON 10:00 AMAZING NAILS 11:00 TRAVELING TUE "YOUTUBE" 2:00 <b>MUSIC &amp; CHURCH WITH BILL</b> 6:00 WHEEL OF FORTUNE</p>	<p>3 9:00 MORNING GREETINGS 10:00 WALKING WARRIORS 11:00 <b>GSL BOOK READING</b> 2:00 PAINTING CRAFT 3:00 MOVING TO THE MUSIC 6:00 EVENING MATINEE</p>	<p>4 9:00 <b>CATHOLIC COMMUNION</b> 10:00 TALKING POINT GAME ON THE PORCH 2:00 <b>MUSIC &amp; TREATS WITH THE GOLDEN GIRLS</b> 3:00 STRIKE &amp; BOWL BOWLING ALLEY GAME 6:00 JEOPARDY</p>	<p>5 9:00 MORNING GREETINGS 10:00 CHAIR YOGA 11:00 TRIVIA/WORD SEARCH 2:00 <b>NAT' DONUT DAY</b> 3:00 GAMES ON THE PORCH 6:00 CROSSWORD AND COLORING</p>	<p>6 9:00 MORNING GREETINGS 10:00 GAME SHOW 11:00 CANDY BINGO 2:00 Music on the porch 3:00 HORSE WATCHING</p>
<p>7 9:00 MORNING GREETINGS 10:00 HOUR OF POWER -YOUTUBE 11:00 BOARD GAMES 2:00 FANCY NAILS 3:00 RESIDENTS CHOICE 6:00 EVENING MATINEE</p>	<p>8 9:00 MORNING GREETINGS 10:00 MUSCLES IN MOTION 11:00 TRIVIA "YOUTUBE" 2:00 PORCH PAL'S 3:00 BEANBAG TOSS 6:00 EVENING MATINEE</p>	<p>9 9:30 HAIR &amp; HAVEN SALON 10:00 AMAZING NAILS 11:00 TRAVELING TUE "YOUTUBE" 2:00 <b>MUSIC &amp; CHURCH WITH BILL</b> 6:00 WHEEL OF FORTUNE</p>	<p>10 9:00 MORNING GREETINGS 10:00 WALKING WARRIORS 11:00 CANDY BAR BINGO 2:00 PAINTING CRAFT 3:00 MOVING TO THE MUSIC 6:00 EVENING MATINEE</p>	<p>11 9:00 <b>CATHOLIC COMMUNION</b> 10:00 TALKING POINT GAME ON THE PORCH 2:00 <b>MUSIC &amp; TREATS WITH THE GOLDEN GIRLS</b> 3:00 STRIKE &amp; BOWL BOWLING ALLEY GAME 6:00 JEOPARDY</p>	<p>12 9:00 MORNING GREETINGS 10:00 CHAIR YOGA 11:00 TRIVIA/WORD SEARCH YOGA 2:00 <b>LIVE MUSIC (HOOTS)</b> 3:00 GAMES ON THE PORCH 6:00 CROSSWORD AND COLORING</p>	<p>13 9:00 MORNING GREETINGS 10:00 GAME SHOW 11:00 CANDY BINGO 2:00 Music on the porch 3:00 HORSE WATCHING</p>
<p>14 9:00 MORNING GREETINGS 10:00 HOUR OF POWER -YOUTUBE 11:00 BOARD GAMES 2:00 FANCY NAILS 3:00 RESIDENTS CHOICE 6:00 EVENING MATINEE</p>	<p>15 9:00 MORNING GREETINGS 10:00 MUSCLES IN MOTION 11:00 TRIVIA "YOUTUBE" 2:00 PORCH PAL'S 3:00 BEANBAG TOSS 6:00 EVENING MATINEE</p>	<p>16 9:30 HAIR &amp; HAVEN SALON 10:00 AMAZING NAILS/ <b>NAT' FUDGE DAY</b> 11:00 TRAVELING TUE "YOUTUBE" 2:00 <b>MUSIC &amp; CHURCH WITH BILL</b> 6:00 WHEEL OF FORTUNE</p>	<p>17 9:00 MORNING GREETINGS 10:00 WALKING WARRIORS 11:00 CANDY BAR BINGO 2:00 PAINTING CRAFT 3:00 MOVING TO THE MUSIC 6:00 EVENING MATINEE</p>	<p>18 9:00 <b>CATHOLIC COMMUNION</b> 10:00 TALKING POINT GAME ON THE PORCH 2:00 <b>MUSIC &amp; TREATS WITH THE GOLDEN GIRLS</b> 3:00 STRIKE &amp; BOWL BOWLING ALLEY GAME 6:00 JEOPARDY</p>	<p>19 9:00 MORNING GREETINGS 10:00 CHAIR YOGA 11:00 TRIVIA/WORD SEARCH 2:00 <b>FATHER'S DAY CELEBRATION</b> 3:00 GAMES ON THE PORCH 6:00 CROSSWORD AND COLORING</p>	<p>20 9:00 MORNING GREETINGS 10:00 GAME SHOW 11:00 CANDY BINGO 2:00 Music on the porch 3:00 HORSE WATCHING</p>
<p>21 <b>FATHER'S DAY</b> 9:00 MORNING GREETINGS 10:00 HOUR OF POWER -YOUTUBE 11:00 BOARD GAMES 2:00 FANCY NAILS 3:00 RESIDENTS CHOICE 6:00 EVENING MATINEE</p>	<p>22 9:00 MORNING GREETINGS 10:00 MUSCLES IN MOTION 11:00 TRIVIA "YOUTUBE" 2:00 PORCH PAL'S 3:00 BEANBAG TOSS 6:00 EVENING MATINEE</p>	<p>23 9:30 HAIR &amp; HAVEN SALON 10:00 AMAZING NAILS 11:00 TRAVELING TUE "YOUTUBE" 2:00 <b>MUSIC &amp; CHURCH WITH BILL</b> 6:00 WHEEL OF FORTUNE</p>	<p>24 9:00 MORNING GREETINGS 10:00 WALKING WARRIORS 11:00 CANDY BAR BINGO 2:00 <b>LIVE MUSIC/JUNE B-DAY PARTY</b> 3:00 MOVING TO THE MUSIC 6:00 EVENING MATINEE</p>	<p>25 9:00 <b>CATHOLIC COMMUNION</b> 10:00 TALKING POINT GAME ON THE PORCH 2:00 <b>MUSIC &amp; TREATS WITH THE GOLDEN GIRLS</b> 3:00 STRIKE &amp; BOWL BOWLING ALLEY GAME 6:00 JEOPARDY</p>	<p>26 9:00 MORNING GREETINGS 10:00 CHAIR YOGA 11:00 TRIVIA/WORD SEARCH 2:00 <b>LIVE MUSIC (HOOTS)</b> 3:00 GAMES ON THE PORCH 6:00 CROSSWORD AND COLORING</p>	<p>27 9:00 MORNING GREETINGS 10:00 GAME SHOW 11:00 CANDY BINGO 2:00 Music on the porch 3:00 HORSE WATCHING</p>
<p>28 9:00 MORNING GREETINGS 10:00 HOUR OF POWER -YOUTUBE 11:00 BOARD GAMES 2:00 FANCY NAILS 3:00 RESIDENTS CHOICE 6:00 EVENING MATINEE</p>	<p>29 9:00 MORNING GREETINGS 10:00 MUSCLES IN MOTION 11:00 TRIVIA "YOUTUBE" 2:00 PORCH PAL'S 3:00 BEANBAG TOSS 6:00 EVENING MATINEE</p>	<p>30 9:30 HAIR &amp; HAVEN SALON 10:00 AMAZING NAILS 11:00 TRAVELING TUE "YOUTUBE" 2:00 <b>MUSIC &amp; CHURCH WITH BILL</b> 6:00 WHEEL OF FORTUNE</p>	<p><b>JUNE BIRTHDAY'S</b> <b>RUTH 6/6/1930</b> <b>MURIEL 6/9/1935</b> <b>JERETTA 6/10/1945</b></p>		<p><b>Haven</b> MEMORY CARE</p> <p>A proud member of the  family.</p>	



## A Father's Wish

*(Arthur Unknown)*

I may fail to be as clever  
as my neighbor down the street,  
I may fail to be as wealthy  
as some other men I meet,  
I may never win the glory  
which a lot of men have had,  
But I've got to be successful  
as a little fellow's dad.

There are certain dreams I cherish  
which I'd like to see some true,  
There are things I would accomplish  
when my time of life is through,

But the task my heart is on  
is to guide a little lad

And to make myself successful  
as that little fellow's dad.

I may never come to glory,  
I may never gather gold,

Men may list me with the failures  
when my business life is told,

But if he who follows after  
shall be manly, I'll be glad,

For I'll know I've been successful  
as that little fellow's dad.

It's the one job that I dream of,  
it's the task I think of most,

If I fail that growing youngster,  
I'd have nothing else to boast;

For though wealth and fame I'd gathered,  
all my future would be sad...

If I failed to be successful  
as that little fellow's dad.

## TO YOUR HEALTH—

**By:** *Dr. Daniel Scarbrough, Corporate Medical Director,  
Community Health Systems, Inc.*

With the weather getting warmer, I want to discuss over the next two months two problems that I am sure most everyone has heard about - heat exhaustion (HE) and heat stroke (HS). Heat exhaustion is not as serious as heat stroke but should not be taken lightly and can progress to HS, which can cause brain damage and even death. HE occurs after you have been exposed to high temperatures for a prolonged length of time and have become dehydrated. The most common signs and symptoms of HE include: confusion, dark-colored urine, dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin and rapid heartbeat. Risk factors for HE include a high "heat index," which is how you feel when the effects of relative humidity and air temperature are combined. Relative humidity of 60% or greater hampers sweat evaporation, which helps the body cool. A "heat index" of 90 or greater dramatically increases the risk of HE. Other risk factors include age - children less than 4 and adults older than 65, health conditions such as diabetes, obesity, alcoholism, and heart, lung, and kidney problems. Some medications, such as diuretics, sedatives, tranquilizers, stimulants, and some heart and blood pressure treatments, can increase your chance for heat-related problems.

If you, or anyone else, has symptoms of heat exhaustion you must immediately get out of the heat and rest preferably in an air-conditioned room or at least in a cool shady place. Other strategies include: drinking plenty of fluid (no caffeine or alcohol), remove tight or unnecessary clothing, take a cool shower or bath and applying other cooling measures such as fans or ice towels. If no relief within 30 minutes, you should see a doctor because these symptoms can progress to a heat stroke. Also, remember that when you have had heat exhaustion, you will still be prone to heat problems for several weeks later.

- Dr. Dan

## June Is...

- Audio Book Appreciation Month
- Fireworks Safety Months (June & July)
- Great Outdoors Month
- International Men's Month
- International Surf Music Month
- June Is Perennial Gardening Month
- Men's Health Month
- National Aphasia Awareness Month
- National Bathroom Reading Month
- National Beef Steak Month
- National Camping Month
- National Fresh Fruits and Vegetables Month
- National Frozen Yogurt Month
- National Ice Tea Month
- National Hernia Awareness Month
- National Papaya Month
- National Rivers Month
- National Rose Month
- National Safety Month
- National Soul Food Month
- National Steakhouse Month
- Professional Wellness Month
- Vision Research Month

**SOME**  
Super **Heroes**  
Don't have  
**CAPES...**  
They are  
called **DAD**

