Here is what is going on in June:

Friday June 1st - Marshall Nelson Performs @ 3 pm in the Bistro / Lounge.
Saturday June 2nd - Meet & Greet Dining Staff w/ Lemonade & Cookies @ 2:30 Patio.
Tuesday June 5th - Town Hall Mtg @ 1:30 Bistro / Lounge.
Wednesday June 6th - Canvas Painting w/ Mona @ 10 am in Activity / Bingo Office.
Wednesday June 6th - Ice Cream Social for the Month of June @ 2:30 Bistro / Lounge.
Friday June 8th - Jalcob Performs @ 3 pm in the Bistro / Lounge.
Saturday June 9th - JP & Cloonan Family Perform @ 6:30 Bistro / Lounge.
Tuesday June 12th - Food Network Mtg w/ Kevin @ 1:30 In the Bistro / Lounge.
Thursday June 14th - Flag Day Ceremony @ 10 am In the front.
Friday June 15th - NEW!!! Diana Mayne & Her Violin Perform @ 3 pm In the Bistro / Lounge.
Sunday June 17th - Happy Father’s Day!
Tuesday June 19th - Travel Log w/ Jane @ 2 pm in the Media / Theater Rm.
Thursday June 21st - NEW!!! Wii Wheel of Fortune Game @ 2:30 Media / Theater Rm.
Saturday June 23rd - Apostolic Fifth Church Hymn Sing @ 10 am in the Bistro / Lounge.
Tuesday June 26th - Ask Advancare @ 3 pm in the Bistro / Lounge.
Wednesday June 27th - Birthday Party w/ Tim Wilsey @ 3 pm in the Bistro / Lounge.
Friday June 29th - Frank Rossi Performs @ 3 pm

June Employee Anniversaries

Keyija Simpson 6/5/17
Melodi Buckner 6/23/14
Amber Benn 6/2/06
Celina Ball 6/20/16

Daily Reprieve

Being happy doesn’t mean everything is perfect, it just means you’ve decided to see beyond the imperfections.
- Unknown
You are responsible for the effort, not the outcome. God is the One who determines what happens at the end. May you be blessed to always try your hardest, do your best, and have faith - it will all work out according to God’s gracious plan.
- Prayables.
“The only thing worse than “the one who got away” is the one who won’t go away.”
- Anonymous

Happy Father’s Day
Here Comes the Sun
On June 21, the Northern Hemisphere will experience the summer solstice, the day of the year with the most hours of daylight. As you enjoy the extra sunshine, ponder these facts about our closest star:

- Situated at the center of our solar system, the sun is responsible for Earth’s climate and weather.
- About 1 million Earths could fit inside the sun.
- The sun is the closest thing to a perfect sphere that has been observed in nature.
- Light from the sun takes eight minutes to reach Earth.
- The symmetry of a total solar eclipse happens because the sun is 400 times larger than the moon, but is 400 times farther from Earth, making the two bodies appear the same size in the sky.
- The visible part of the sun is about 10,000 degrees Fahrenheit, while temperatures in its core reach more than 27 million degrees.
- A type of star known as a yellow dwarf, the sun is composed of about 70 percent hydrogen and 28 percent helium.
- The sun appears white or yellow to our eyes, but in 1666, scientist Isaac Newton observed the sun’s light through a prism, which showed it is made up of many colors.
- Ancient cultures built stone monuments to mark the movements of the sun and moon.
- Prior to the 16th century, many people thought the sun revolved around the Earth. In 1543, astronomer Nicolaus Copernicus published a book describing a heliocentric, or sun-centered, model of the solar system.

Catch a Few Z’s
Ever feel tired in the middle of the afternoon? You aren’t alone. Thomas Edison, Albert Einstein and Winston Churchill are just some of the well-known people who valued an afternoon nap. A short nap has been shown to have many benefits.

Naps of less than one hour are associated with a lowered risk of cardiovascular disease. They can also improve concentration and accuracy; enhance memory and learning; boost mood and creativity; reduce stress; and improve physical appearance and performance.

Researchers have found that a nap of 20 to 30 minutes provides the most benefit without leaving you feeling groggy. But people differ, so try different nap lengths to find the one that leaves you feeling the most refreshed.

The best time for a nap is midafternoon, around 2 or 3 p.m. Naps taken during this time are less likely to interfere with nighttime sleep.

If you plan to make a nap part of your routine, create a restful environment. Nap in a quiet, dark place with a comfortable temperature and few distractions.

Getting enough sleep on a regular basis is the best way to stay alert, but when fatigue sets in, a quick nap can greatly benefit your mental and physical state.

Fishing ‘Reels’
The days are warm and the fish are biting. Hook one of these movies about fishing:


“A River Runs Through It” (1992). Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state’s rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

“Grumpy Old Men” (1993). Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

“Gone Fishin’” (1997). Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

“Salmon Fishing in the Yemen” (2011). In this romantic comedy, a fisheries expert embarks on an unusual project—to introduce fly-fishing to a desert country.
Get Your Greens

Some of the healthiest and most versatile vegetables to eat, leafy greens are available in several varieties. Low in calories and fat and high in fiber and vitamins A, C and K, most greens are also a good source of protein, folate, manganese, calcium and iron.

Research has found a daily serving of leafy green vegetables can lower the risk of Type 2 diabetes and slow the rate of cognitive decline.

Kale, collard greens and mustard greens have some of the highest levels of beneficial nutrients. Steaming or sautéing kale will mellow its bitter flavor. Collard greens are typically cooked longer to soften the tough leaves. For a tangy kick, try mustard greens. All of these pair well with acids, such as vinegar or lemon juice, and can be added to soups or casseroles.

The leaves of Swiss chard and spinach are tender and vibrant, and lend a slightly sweet crunch to salads and sandwiches. You can also chop, steam and lightly season these greens to create a tasty side dish.

Arugula has a peppery flavor and is often found in lettuce mixes. It can also stand alone in a vinaigrette salad or add a punch to creamy pasta dishes.

Escarole looks like a dark head of lettuce, but has thicker leaves and a robust flavor that makes it a popular addition to hearty soups.

Crispy Baked Buffalo Chicken Wings

Ingredients:
- 4 pounds chicken wings
- 2 tablespoons baking powder
- 1 teaspoon salt
- Nonstick cooking spray
- 4 tablespoons unsalted butter, melted
- 1/2 cup hot sauce
- 1/3 cup blue cheese crumbles
- 1/2 cup blue cheese or ranch dressing

Directions:
Lay chicken wings on rack on rimmed baking tray and let dry in refrigerator overnight, or pat dry with paper towels.

Put one oven shelf in lower quarter of oven and one in top quarter. Heat oven to 250° F.

Place wings in large resealable bag. Add baking powder and salt. Shake bag to coat wings evenly.

Line baking tray with foil. Spray rack of baking tray with nonstick spray. Place wings skin-side up on rack. Bake on lower shelf 30 minutes.

Move tray to higher shelf and turn oven up to 425° F. Bake 40 to 50 minutes, rotating tray halfway through. Wings are done when they are dark golden brown and skin is crispy.

While wings bake, whisk together butter and hot sauce; keep warm.

Remove wings from oven and toss with hot sauce; sprinkle immediately with blue cheese crumbles. Serve with blue cheese or ranch dressing.

Find more recipes at LitehouseFoods.com.

Wit & Wisdom

“All you need is the plan, the road map, and the courage to press on to your destination.”
—Earl Nightingale

“A great accomplishment shouldn’t be the end of the road, just the starting point for the next leap forward.”
—Harvey Mackay

“Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision.”
—Ayn Rand

“The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines.”
—Anne Lamott

“If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you.”
—Calvin Coolidge

“When all’s said and done, all roads lead to the same end. So it’s not so much which road you take, as how you take it.”
—Charles de Lint

“If you make the mistake of looking back too much, you aren’t focused enough on the road in front of you.”
—Brad Paisley

“The road to success has to have obstacles because at the end of the day, when success comes, it will be that much better.”
—Shelly-Ann Fraser-Pryce

“Regret is the worst human emotion. If you took another road, you might have fallen off a cliff. I’m content.”
—William Shatner
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**June 2018**

**FATHER’S DAY**

**HAPPY FATHER’S DAY**

**SUMMER!**

**NOT ALL SUPERHEROES WEAR CAPES.**

**HAPPY FATHER’S DAY!**