

Highland Oaks - June 2023 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Highland Oaks Main Line: 814-226-3799</div> <div>Calendar subject to change</div> <div></div>								1		2		3	
								10:15am	Exercise	10:15am	Exercise	10:15am	Yoga
								10:45am	Book Reading	10:45am	Let's Bowl!	10:45am	Uno
								1:30pm	Laundry Basket Ball	1:30pm	Bingo	2pm	Noodle Ball
								3:30pm	Bible Study	3pm	Nail Painting		
								Happy Birthday Rose!					
4		5		6		7		8		9		10	
10:30am	Mass	10:15am	Exercise	10am	Rosary/Communion	10:15am	Exercise	10:15am	Exercise	10:15am	Exercise	10:15am	Yoga
11am	Protestant Church	10:45am	Trivia	10:30am	Book Reading	10:45am	Putt-Putt Golf	10:45am	Book Reading	10:45am	Blurt	10:45am	Noodle Ball
2pm	Kickball	1:30pm	Bingo	1:30pm	Travel to Italy!	1:30pm	RC Airplane Demonstration	1:30pm	The Chosen-TV Series	1:30pm	Bingo	2pm	Card Games
6:30pm	Bible Study	3pm	Balloon Volleyball	3:30pm	Pom Pom Exercise	1:30pm	Games/Board Games on the 3rd Floor	3:30pm	Bible Study	3pm	Laundry Basket Basketball		
				Happy Birthday Chasidee!		3pm	One-On-Ones						
				Happy Birthday Marg Y.!						Happy Birthday Anastasia!			
11		12		13		14	Flag Day	15		16		17	
10:30am	Mass	10:15am	Exercise	10:30am	Book Reading	10:15am	Exercise	10:15am	Exercise	10:15am	Exercise	10:15am	Yoga
11am	Protestant Church	10:45am	Fun Facts	11am	Mass w/ Father Monty	10:45am	Inspirational stories	10:45am	Book Reading	11am	Noma, the dog, visits	10:45am	Blurt
2pm	Bean Bag Toss	1:30pm	Bingo	1:30pm	Craft	1:30pm	Let 's Bake!	1:30pm	The Chosen-TV Series	1:30pm	Bingo	2pm	Movie
6:30pm	Bible Study	3pm	Zoo Time	3:30pm	Pom Pom Exercise	1:30pm	Games/Board Games on the 3rd Floor	3:30pm	Bible Study	3pm	Nail Painting	3pm	
						3pm	Jeopardy						
				Happy Birthday Ronna!									
18	Father's Day	19	Juneteenth	20		21	First Day of Summer	22		23		24	
10:30am	Mass	10:15am	Exercise	10am	Rosary/Communion	10:15am	Exercise	10:15am	Exercise	10:15am	Exercise	10:15am	Yoga
11am	Protestant Church	10:45am	Pictionary	10:30am	Book Reading	10:45am	Blurt	10:45am	Book Reading	10:45am	This day in history...	10:45am	This Day in History
2pm	Noodle Ball	1:30pm	Bingo	1:30pm	Let's Bowl	1:30pm	Card Games	1:30pm	The Chosen-TV Series	1:30pm	Bingo	2pm	Movie
6:30pm	Bible Study	3pm	Horseshoes	3:30pm	Pom Pom Exercise	1:30pm	Games/Board Games on the 3rd Floor	3:30pm	Bible Study	3pm	Balloon Volleyball		
						3pm	Reminisce Reading						
						Happy Birthday George and Eloise!		Happy Birthday Thelma!					
25		26		27		28		29		30		<div></div>	
10:30am	Mass	10:15am	Exercise	10am	Rosary/Communion	10:15am	Exercise	10:15am	Exercise	10:15am	Exercise		
11am	Protestant Church	10:45am	One-On-One's	10:30am	Book Reading	10:45am	Trivia	10:45am	This day in history...	10:45am	Fun Facts		
2pm	Laundry Basket Basketball	1:30pm	Bingo	11am	Resident Council Meeting	1:30pm	Words in Word	1:30pm	Putt Putt Golf	1:30pm	Bingo		
6:30pm	Bible Study	3pm	Let's Bowl!	1:30pm	Craft	1:30pm	Games/Board Games on the 3rd Floor	3:30pm	Bible Study	3pm	Nail Painting		
				3:30pm	Pom Pom Exercise								
						3pm	Birthday Party						
										Happy Birthday Skip!			



Juneteenth

Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name “Juneteenth” references the date of the holiday, combining the words “June” and “nineteenth.”

Juneteenth was originally celebrated in Texas, on June 19, 1866. It marked the first anniversary of the day that African Americans there first learned of the Emancipation Proclamation, more than two years after it was initially issued. The holiday was originally celebrated with prayer meetings and by singing spirituals and wearing new clothes to represent newfound freedom. Within a few years, African Americans were celebrating Juneteenth in other states, making it an annual tradition.

Juneteenth is a federal holiday in the United States. Legislation establishing the holiday was passed by Congress on June 16, 2021, and signed into law by U.S. President Joe Biden the following day. Juneteenth had previously been established as a state holiday in Texas in 1980, with a number of other states later declaring it a state holiday or day of observance.

Juneteenth celebrations in the United States typically include prayer and religious services, speeches, educational events, family gatherings and picnics, and festivals with food, music, and dancing. The day is also celebrated outside the United States and is used to recognize the end of slavery as well as to celebrate African American culture and achievements.

Rainy Day Picnic

Highland Oaks residents enjoying a picnic on this beautiful rainy day!



Highland Oaks JUNE 2023

Dibbicutt roads often lead to beautiful destinations

Happy FATHERS Day!

Slather on sunblock and dress for success

The fatty layer below our skin gets thinner with age, making seniors more sensitive to the dehydrating effects of sun exposure. To help stay safe from sun damage, follow these tips:

Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.

Gently remind your loved one to cover every exposed area with sunblock – including often-forgotten spots like their ears, upper lip, the backs of their hands and the tops of their feet.

Have them wear loose, light-colored clothing, which will help them feel cooler and more comfortable, as well as provide additional protection from the sun.

Suggest they put on sunglasses and a hat with a brim to help shield the delicate skin around their eyes.

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

TOOLS	CARING	DADDY	HUGS
JOKES	FAMILY	TIE	FUNNY
SPORTS	PROTECTIVE	SPECIAL	THOUGHTFUL
HOME	RESPECT	GIFTS	MEMORIES
BBQ	LOVE	HONOR	STRONG