






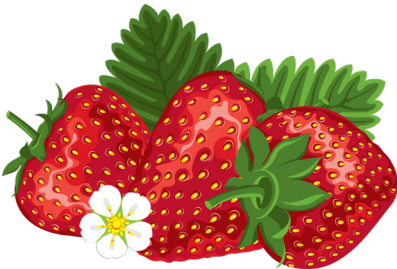


Laurels - June 2023 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Christine Vacanti, Director: 814-849-4131</div> <div>Calendar subject to change</div>								1		2		3	
												10am	Chair Yoga LBL MPR
													
4		5	10:30am Penn Highlands Donor Relations Discussion with Danyell Bundy LBL MPR Refreshment	6		7		8		9		10	10am Chair Yoga LBL MPR
													
11		12		13		14	Flag Day	15		16		17	10am Chair Yoga LBL MPR
						11am National Strawberry Shortcake Day LBL MPR Refreshments Patriotic Attire							
					 Happy Birthday Rose Ames!								
18	Father's Day 	19	Juneteenth	20		21	First Day of Summer	22		23		24	
						11:30am Laurels Luau LBL MPR Wear a fun Hawaiian shirt or attire Lunch provided 							
25		26		27		28		29		30			

Cinco de Mayo

The Laurels residents enjoyed Mexican fare including a taco bar, red beans and rice, and tres leches cake for dessert. A special shout out to kitchen supervisor Samantha Brown for the delicious food.



Stuffed Zucchini Boats



Ingredients

- 4 medium zucchini
- 1 pound lean ground beef (90% lean)
- 1 large onion, finely chopped
- 1 small sweet red pepper, chopped
- 1-1/2 cups tomato sauce
- 1/2 cup bulgur
- 1/4 teaspoon pepper

- 1/2 cup salsa
- 1/2 cup shredded reduced-fat cheddar cheese

Ladies Day Luncheon

The Laurels held a “Ladies Day Luncheon” in Brookville. Each Laurels Lady received a potted plant (Lori’s Landing on the boulevard in Brookville supplied the plants). The residents enjoyed an egg bake, coffee cake and a fruit tart for brunch.



Directions

-Preheat oven to 350°. Cut each zucchini in half lengthwise. Scoop out flesh, leaving a 1/4-in. shell; chop flesh.
-In a large skillet, cook beef, onion and red pepper over medium heat 6-8 minutes or until meat is no longer pink, breaking it into crumbles; drain. Stir in tomato sauce, bulgur, pepper and zucchini flesh. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until bulgur is tender. Stir in salsa. Spoon into zucchini shells.
-Place in a 13x9-in. baking dish coated with cooking spray. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until zucchini is tender and filling is heated through.



Laurels JUNE 2023

Dibbicult 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.

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