


McKinley Health Center - June 2023 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>McKinley Health Center Main Line: 814-849-3615</div> <div>Calendar subject to change</div> <div></div>								1		2		3	
								10am	Devotions by Sheryl	9am	A-maze Me	10:50am	Rocking to the Oldies
								2pm	Sing With McQueen	10:50am	Music to the Ears	2pm	Bingo
								3:45pm	This Day in History	2pm	Church	3:15pm	Intriguing Handout
4		5		6		7		8	Upsy Daisy Day	9	Strawberry Rhubarb Day	10	
9am	Televised Church	9am	Math Mania	9am	Word Search	10am	Planting with Gerry	9:30am	Upsy Daisy Day	9am	A-maze Me	10:50am	Rocking to the Oldies
10am	Devotional	10:50am	Dining Room Music	10:50am	Juke Box Music	10:50am	Oldies but Goodies	2pm	Sing With McQueen	10am	Pie Time	2pm	Bingo
2pm	Making Bird Feeders	2pm	Bible Study	2pm	Birthday Party	2pm	Bingo	3:45pm	This Day in History	10:50am	Music to the Ears	3:15pm	Intriguing Handout
3:30pm	This Day in History	3pm	Colorful World			3:30pm	Do You Know?			2pm	Church		
						3:45pm	Dinner Music						
11		12		13		14	Flag Day	15		16		17	
9am	Televised Church	9am	Math Mania	9am	Word Search	10am	Cooking With Gerry	10am	Devotions by Sheryl	9am	A-maze Me	10:50am	Rocking to the Oldies
10am	Devotional	10:50am	Dining Room Music	10:50am	Juke Box Music	10:50am	Oldies but Goodies	2pm	Outside Fun	10:50am	Music to the Ears	2pm	Bingo
2pm	Patio Chats	2pm	Bible Study	2pm	Pampered Hands	2pm	Bingo	3:45pm	This Day in History	2pm	Church	3:15pm	Intriguing Handout
		3pm	Colorful World			3:30pm	Do You Know?	6:30pm	Rick Bruning Returns				
						3:45pm	Dinner Music						
18	Father's Day	19	Juneteenth	20	Ice Cream Soda Day	21	First Day of Summer	22	Nat'l Onion Ring Day	23		24	
9am	Televised Church	9am	Math Mania	9am	Word Search	10am	Summer Time Memories	9:30am	Workout	9am	A-maze Me	10:50am	Rocking to the Oldies
10am	Devotional	10:50am	Dining Room Music	10:50am	Juke Box Music	10:45am	Mass	2pm	Sing With McQueen	10:50am	Music to the Ears	2pm	Bingo
2pm	Church Service	2pm	Bible Study	2pm	Rootbeer Floats	10:50am	Oldies but Goodies	3:45pm	This Day in History	2pm	Church	3:15pm	Intriguing Handout
		3pm	Colorful World			2pm	Bingo	6:30pm	Goodie Cart				
						3:30pm	Do You Know?						
						3:45pm	Dinner Music						
25		26		27		28		29		30			
9am	Televised Church	9am	Math Mania	9am	Word Search	10am	Cooking With Gerry	9:45am	Workout	9am	A-maze Me		
10am	Devotional	10:50am	Dining Room Music	10:50am	Juke Box Music	10:50am	Oldies but Goodies	2pm	Sing With McQueen	10:50am	Music to the Ears		
2pm	Scavenger Hunt	2pm	Bible Study	2pm	Pampered Hands	2pm	Bingo	3:45pm	This Day in History	2pm	Church		
		3pm	Colorful World	2pm	Resident Council	3:30pm	Do You Know?						
						3:45pm	Dinner Music						



May Recap and June Sneak Peak

Time flies when you are having fun... May was a blur! Residents (Ralph in picture) made cards for National Thank a Hero Day. The cards will be sent to the local Military Order of the Purple Heart Association. Phylis Howard came in and relaxed them with some harp and dulcimer music. We celebrated National Nursing Home Week with a kick off luau party, followed by some mega bingo, then on to a sip and dip, and ended with a patio pizza party. Staff (Carla) enjoyed a picnic where staff received shirts, mugs and food trucks all week to celebrate. In June we will be planting some flowers, welcome our new Pastor Jeff, make the halls smell irresistible with some yummy baking, and welcome back Rick Bruning for a night show.



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.

What Makes a Dad?

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,

The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle’s flight,

The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,

Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it ... Dad



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.

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