## McKinley Health Center - June 2023 Activity Calendar

Calendar subject to change  4	Michilley Health Celiter - Julie 2025 Activity Calcillar													
McKinley Health Center Main Line: 814-849-3615		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Ad In Line: 814-849-3615  Calendar subject to change  4									1		2		3	
Calendar subject to change	McKii	nley Health Center							10am	Devotions by Sheryl	9am	A-maze Me	10:50am	Rocking to the Oldies
Calendar subject to change	Main	Line: 814-849-3615							2pm	Sing With McQueen	10:50am	Music to the Ears	2pm	Bingo
A Televised Church 105mn Devotional 2pm Making Bird Feeders 2pm Making Bird Feeders 3pm Colorful World 2pm Patio Chas 2pm Patio Chief Sund Music 2pm Patio Chas 2pm Making Ma									3:45pm		2pm	Church		Intriguing Handout
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2pm   Making Bird Feeders   2pm   Bible Study   2pm   Bird Study   3pm   Colorful World   3:30pm   3:30pm   This Day in History   3pm   Colorful World   3:45pm   Dinner Music   2pm   Dinner Music   2pm   Dinner Music   2pm   Dinner Music	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
3:30pm   This Day in History   3pm   Colorful World     3:30pm   3:45pm   Do You Know?     2pm   Church	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
11	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
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18   Father's Day   19   Juneteenth   20   Ice Cream Soda Day   21   First Day of Summer   22   Nat'l Onion Ring Day   23   24	2pm	Patio Chats	2pm	Bible Study	2pm	Pampered Hands	2pm	Bingo	3:45pm	This Day in History	2pm	Church	3:15pm	Intriguing Handout
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### 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 obten lead to beautiful destinations

#### 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 oftenforgotten 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.

# Happy FATHERS Day!

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T00LS	CARING	DADDY	HUGS
J0KES	FAMILY	TIE	FUNNY
PORTS	PROTECTIVE	SPECIAL	THOUGHTFUL
HOME	RESPECT	GIFTS	MEMORIES
BBQ	LOVE	HONOR	STRONG