

# McKinley Memory Support - 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	
								9am	Music Hour	9:30am	Oldies Music	10am	Bingo
								3:30pm	Outdoor Strolls	10am	Church Service		
										3:30pm	Outdoor Chats		
											Finger Nail Painting <i>Throughout the Day</i>		
4		5		6		7		8	Upsy Daisy Day	9	Strawberry Rhubarb Day	10	
10:30am	Hymn Sing	9:30am	Oldies Reminisce	9am	Elvis Reminisce	9:30am	Sounds Of The Forest	9am	Music Hour	9:30am	Three Stooges	10am	Bingo
		10am	Bible Study	3:30pm	Outdoor Strolls	10am	Bingo	3:30pm	Outdoor Strolls	10am	Church Service		
		3:30pm	Ball Toss			3:30pm	Outdoor Chats			3:30pm	National Strawberry Rhubarb Pie Day		
											Finger Nail Painting <i>Throughout the Day</i>		
11		12		13		14	Flag Day	15		16		17	
10:30am	Hymn Sing	9:30am	Funny Videos	9am	I Love Lucy Reminisce	9:30am	Sounds Of The Ocean	9am	Music Hour	9:30am	Oldies Music	10am	Bingo
		10am	Bible Study	3:30pm	Flyswatter Ball	10am	Bingo	3:30pm	Outdoor Strolls	10am	Church Service		
		3:30pm	Trivia			3:30pm	National Strawberry Shortcake Day			3:30pm	Movie Time		
											Finger Nail Painting <i>Throughout the Day</i>		
18	Father's Day	19	Juneteenth	20	Ice Cream Soda Day	21	First Day of Summer	22	Nat'l Onion Ring Day	23		24	
10:30am	Hymn Sing	9:30am	Elvis Reminisce	9am	Classic Country Music	9:30am	Let's Hear The Birds	9am	Music Hour	9:30am	Funny Videos	10am	Bingo
		10am	Bible Study	3:30pm	Nat'l Ice Cream Soda Day	10am	Bingo	10:45am	Mass	10am	Church Service		
		3:30pm	Outdoor Strolls			3:30pm	Ball Toss	3:30pm	Nat'l Onion Rings Day	3:30pm	Outdoor Fun		
											Finger Nail Painting <i>Throughout the Day</i>		
25		26		27		28		29		30			
10:30am	Hymn Sing	9:30am	Beverly Hillbillies	9am	Three Stooges Reminisce	9:30am	Sounds Of The Piano	9am	Music Hour	9:30am	Reminisce		
		10am	Bible Study	2pm	Resident Council	10am	Bingo	3:30pm	Outdoor Strolls	10am	Church Service		
		3:30pm	Outdoor Strolls	3:30pm	Games	3:30pm	Outdoor Chats			3:30pm	Outdoor Games		
											Finger Nail Painting <i>Throughout the Day</i>		



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





# WRC

EST1890

## McKinley Memory Support

## JUNE 2023

Dibbicultt roads often  
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 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.

# Happy FATHERS Day!

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  
JOKES  
SPORTS  
HOME  
BBQ

CARING  
FAMILY  
PROTECTIVE  
RESPECT  
LOVE

DADDY  
TIE  
SPECIAL  
GIFTS  
HONOR

HUGS  
FUNNY  
THOUGHTFUL  
MEMORIES  
STRONG