

The History of Flag Day in the United States

The first celebration of the U.S. Flag's birthday was held in 1877 on the 100th anniversary of the Flag Resolution of 1777. However, it is believed that the first annual recognition of the flag's birthday dates back to 1885 when school teacher, BJ Cigrand, first organized a group of Wisconsin school children to observe June 14 - the 108th anniversary of the official adoption of The Stars and Stripes as the Flag's Birthday. Cigrand, now known as the 'Father of Flag Day,' continued to publically advocate the observance of June 14 as the flag's 'birthday', or 'Flag Day' for years.



In 1916, the anniversary of the Flag Resolution of 1777 became a nationally observed event by a proclamation by President Woodrow Wilson. However, it was not designated as National Flag Day until August 3rd, 1949, when an Act of Congress designated June 14th of each year as National Flag Day.

Today, Flag Day is celebrated with parades, essay contests, ceremonies, and picnics sponsored by veterans' groups, schools, and groups like the National Flag Day foundation whose goal is to preserve the traditions, history, pride, and respect that are due the nation's symbol, Old Glory.

Residents Prepare for Fun in the Sun

Residents of McKinley Health Center and Laurelbrooke Personal Care are preparing for the summer sun! The ladies decorated sun hats to wear outside as the weather gets warmer.



June 20 is the Summer Solstice!

On June 20, 2020, many time zones in the Northern Hemisphere welcome the first day of the summer, as the Sun reaches its northernmost position in the sky. A significant turning point during the year - the days start getting shorter and the nights longer - the June Solstice is often associated with change, nature and new beginnings. People around the world celebrate the day, which is also known as the Summer solstice in the Northern Hemisphere and the Winter solstice in the Southern Hemisphere, with feasts, bonfires, picnics, and traditional songs and dances.

Celebrations surrounding the June Solstice have a time-honored history. In ancient times, the date of the June Solstice was used to organize calendars and as a marker to figure out when to plant and harvest crops. Traditionally, this time of year was also popular for weddings.

Some historians point to the Stonehenge, a prehistoric monument in Wiltshire, England as evidence of the fact that ancient humans used the June Solstice as a way to organize their calendars. Some believe that Stonehenge's unique stone circle was erected around 2500 BCE in order to establish the date of the Summer Solstice. Viewed from its center, the Sun rises at a particular point on the horizon on day of the June Solstice. Some theories suggest that the builders of Stonehenge may have used the solstice as a starting-point to count the days of the year.

In ancient Gaul, which encompasses modern-day France and some parts of its neighboring countries, the Midsummer celebration was called Feast of Epona. The celebration was named after a mare goddess who personified fertility and protected horses. In ancient Germanic, Slav and Celtic tribes, pagans celebrated Midsummer with bonfires. After Christianity spread in Europe and other parts of the world, many pagan customs were incorporated into the Christian religion. In parts of Scandinavia, the Midsummer celebration continued but was observed around the time of St John's Day, on June 24, to honor St John the Baptist instead of the pagan gods.



McKinley Health Center Activity Calendar - June 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
KEY		1	National Nail Polish Day!	2		3		4		5		6	
CCLR	Comprehensive Care	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Cheerful Chats CCLR
	Living Room	9:45 AM	Move N Groove CCLR	9:45 AM	Church	10:00 AM	Cheerful Chats 1:1	10:00 AM	Cooking Club CCAR	9:45 AM	Move N Groove CCLR		
CCDR	Comprehensive Care	10:00 AM	Nail Painting Party CCAR	10:30 AM	Gospel Music	11:00 AM	Cheerful Chats 1:1	2:00 PM	Church Services	10:00 AM	Birthday Card Club CCAR		
	Dining Room	2:00PM	Outdoor Adventure Hunt	2:00 PM	Armchair Travel CCLR	2:00 PM	Bingo CCDR	4:00 PM	Music To My Ears-CCLR	2:00 PM	Resident's Choice	2:00 PM	Bingo CCDR
GR	Great Room	4:00 PM	Senior Swing CCLR	4:00 PM	Sensory Session-CCLR	4:15 PM	Stretches CCLR	5:00 PM	Evening Announcements	4:00 PM	Happy Hour-CCAR		
MPR	Multi-Purpose Room	5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	6:00 PM	D-Day Veterans Story-IA	6:00 PM	Create Club CCAR				
RDR	Rehab Dining Room	6:00 PM	June Fun Facts-IA	6:00 PM	Book Club CCAR								
CCAR	Comp. Care Activity Room												
7		8		9		10		11		12		13	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
10:00 AM	Gospel Music	9:45 AM	Move N Groove CCLR	9:45 AM	Church	10:00 AM	Cheerful Chats 1:1	10:00 AM	New Nails-CCAR	9:45 AM	Move N Groove CCLR	9:30 AM	Cheerful Chats CCLR
		10:00 AM	Nail Painting Party CCAR	10:30 AM	Gospel Music	11:00 AM	Cheerful Chats 1:1	2:00 PM	Church Services	10:00 AM	I Dig It-CCAR		
2:00 PM	Church Service	2:00 PM	Armchair Travel CCLR	2:00 PM	Minute to Win It	2:00 PM	Bingo CCDR	4:00 PM	Music To My Ears-CCLR	2:00 PM	Resident's Choice		
		4:00 PM	Senior Swing CCLR	4:00 PM	Sensory Session-CCLR	4:15 PM	Stretches CCLR	5:00 PM	Evening Announcements	4:00 PM	Comedy Circle-CCLR	2:00 PM	Bingo CCDR
		5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	6:00 PM	Turtle Fun Facts-IA				
		6:00 PM	The More You Know-IA	6:00 PM	Book Club CCAR	6:00 PM	Creative Crafts-CCAR						
14		15		16		17		18		19		20	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
10:00 AM	Gospel Music	9:45 AM	Wellness Wake Up CCLR	9:45 AM	Church	10:00 AM	Cheerful Chats 1:1	10:00 AM	Cooking Club CCAR	9:45 AM	Wellness Wake Up CCLR	9:30 AM	Cheerful Chats CCLR
		10:00 AM	Nail Time CCAR	10:30 AM	Gospel Music	11:00 AM	Cheerful Chats 1:1	2:00 PM	Church Services	10:00 AM	Pictionary-CCAR		
2:00 PM	Church Service	2:00 PM	Armchair Travel CCLR	2:00 PM	A Day at the Auction	2:00 PM	Bingo CCDR	4:00 PM	Music To My Ears-CCLR	2:00 PM	Resident's Choice		
		4:00 PM	Senior Swing CCLR	4:00 PM	Sensory Session-CCLR	4:15 PM	Stretches CCLR	5:00 PM	Evening Announcements	4:00 PM	Happy Hour-CCAR	2:00 PM	Bingo CCDR
		5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	6:00 PM	Summer Anagram-IA	6:00 PM	Create Club CCAR				
		6:00 PM	Word Ladder-IA	6:00 PM	Book Club CCAR								
21 Father's Day/Family Day		22		23		24		25		26		27	
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR	9:30 AM	Wellness Wake Up CCLR	9:30 AM	Good News CCLR	9:30 AM	Good News CCLR		
10:00 AM	Gospel Music	9:45 AM	Wellness Wake Up CCLR	9:45 AM	Church	10:00 AM	Cheerful Chats 1:1	10:00 AM	New Nails-CCAR	9:45 AM	Wellness Wake Up CCLR	9:30 AM	Cheerful Chats CCLR
		10:00 AM	Nail Time CCAR	10:30 AM	Gospel Music	11:00 AM	Cheerful Chats 1:1	2:00 PM	Church Services	10:00 AM	Coffee House-CCAR		
		2:00 PM	Armchair Travel CCLR	2:00 PM	Volunteer Concert	2:00 PM	Bingo CCDR	3:00 PM	*Food Council CCDR*	2:00 PM	Resident's Choice		
1:00 PM	Scheduled Family Visits	4:00 PM	Senior Swing CCLR	4:00 PM	Sensory Session-CCLR	4:15 PM	Stretches CCLR	4:00 PM	Music To My Ears-CCLR	4:00 PM	Comedy Circle-CCLR	2:00 PM	Bingo CCDR
2:00 PM	Church Service	5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	5:00 PM	Evening Announcements	5:00 PM	Evening Announcements				
		6:00 PM	Summer Word Find-IA	6:00 PM	Music Match Quiz-IA	6:00 PM	Game Night-CCLR	6:00 PM	Create Club CCAR				
28		29		30									
		9:30 AM	Good News CCLR	9:30 AM	Good News CCLR								
10:00 AM	Gospel Music	9:45 AM	Wellness Wake Up CCLR	9:45 AM	Church								
		10:00 AM	Nail Time CCAR	10:30 AM	Gospel Music								
2:00 PM	Church Service	2:00 PM	Resident Council CCAR	2:00 PM	Community Pet Parade								
		4:00 PM	Senior Swing CCLR	4:00 PM	Sensory Session-CCLR								
		5:00 PM	Evening Announcements	5:00 PM	Evening Announcements								
		6:00 PM	It Happened in June-IA	6:00 PM	Book Club CCAR								