



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.



Have Another Drink... Of Water!

There is no doubt about it. We need water to live. The clear fluid that comes from the tap is a key component in the make up of every human body. As a matter of fact, about 60%-70% of the weight of the typical adult comes from water. (For a baby it's about 75%.)

However, water does much more than take up space and add weight to a person. It plays a critical role in many of the internal workings of the body. This involvement causes water quantity to deplete as it is used and excreted. It also makes it critical to take in water on a regular basis in order to maintain the proper fluid balance necessary for good health.

This is especially true for seniors. They have smaller amounts of water in their bodies, with less than 50% of their body weight coming from this fluid. Yet, the body's demands are still there. And these demands can be escalated by illness. So seniors - drink up!

Why We Need Water

Water has many more purposes than just the quenching of our thirst. Just for starters, it helps maintain the health and integrity of every cell in the body. Here are some of its other functions.

- Helps regulate body temperature.
- Carries waste and toxins from the body and prevents constipation.
- Involved in the process of lubricating and cushioning the joints. It also acts as a shock absorber for the eyes and the spinal cord.
- Plays a vital role in the chemical processes that allow the body to digest, absorb, transport and utilize nutrients.
- Maintains the volume of the blood so it will flow through the circulatory system.
- Keeps mucous membranes moist. Includes those in the mouth, nose and lungs.

McKinley Health Center Memory Support Activity Calendar - June 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5		6	
		10:00 AM	Games	9:00 AM	Church with Ray	9:30 AM	Snoozelen	9:30 AM	Target Toss	9:30 AM	Serenity Day	9:30 AM	Reminisce
		11:00 AM	Balloon Toss	10:00 AM	Gospel Music	10:00 AM	Relaxation Music	10:00 AM	Coloring Circle	10:00 AM	Western Music		
		3:30 PM	Sing A Long	10:30 AM	Sensory Games	10:30 AM	Pretty Nails	10:30 AM	Sing A Long	10:30 AM	Room Visits		
		4:00 PM	Chat Time	3:30 PM	Sensory Bubbles	3:30 PM	Outdoor Strolls	3:30 PM	Outdoor Strolls	3:30 PM	Chat Time		
		4:30 PM	I Spy Outside	4:30 PM	Dramatic Reading	4:00 PM	Story Circle	4:30 PM	Dramatic Reading	4:00 PM	Outdoor Strolls		
7		8		9		10		11		12		13	
10:00 AM	Hymn Sing/	9:30 AM	Sing A Long	9:00 AM	Church with Ray	9:30 AM	Craft Day	9:30 AM	Painting Circle	9:30 AM	Serenity Day	9:30 AM	Reminisce
	Bible Stories	10:00 AM	Water Paint	10:00 AM	Gospel Music	10:00 AM	Name That Tune	10:00 AM	Sensory Block	10:00 AM	Polka Music		
		10:30 AM	Reminisce	10:30 AM	Pretty Nails	10:30 AM	Outside Fun	10:30 AM	Outdoor Strolls	10:30 AM	Sensory Bubbles		
		3:30 PM	Oldies Music	3:30 PM	Outdoor Strolls	3:30 PM	Chat Circle	3:30 PM	Ball Toss	3:30 PM	Beach Ball		
		4:00 PM	Tell Me A Joke	4:30 PM	Dramatic Reading	4:30 PM	Poetry Readings	4:30 PM	Dramatic Reading	4:00 PM	Outdoor Strolls		
14		15		16		17		18		19		20	
10:00	Hymn Sing/	10:00 AM	Games	9:00 AM	Church with Ray	9:30 AM	Game Day	9:30 AM	Tell Me A Joke	9:30 AM	Serenity Day	9:30 AM	Reminisce
	Bible Stories	11:00 AM	Picture Reminisce	10:00 AM	Gospel Music	10:00 AM	I Love Lucy	10:00 AM	Name That Picture	10:00 AM	Peaceful Music		
		3:30 PM	Water Paint			10:30 AM	Pretty Nails	10:30 AM	Room Visits				
		4:00 PM	Sing A Long	3:30 PM	Ball Toss	3:30 PM	Chat Time	3:30 PM	Outdoor Strolls	3:30 PM	Outdoor Strolls		
		4:30 PM	Chat Time	4:30 PM	Dramatic Reading	4:30 PM	Story Circle	4:30 PM	Dramatic Reading				
21		22		23		24		25		26		27	
10:00	Hymn Sing/	9:30 AM	Story Circle	9:00 AM	Church with Ray	9:30 AM	Name The Year	9:30 AM	Snoozelen	9:30 AM	Serenity Day	9:30 AM	Reminisce
	Bible Stories	10:00 AM	Water Paint	10:00 AM	Gospel Music	10:00 AM	Remember When	10:00 AM	Relaxation Music	10:00 AM	Elvis Music		
		10:30 AM	Balloon Toss	10:30 AM	Pretty Nails	10:30 AM	Games	10:30 AM	Outdoor Strolls	10:30 AM	Room Visits		
		3:30 PM	Devotionals	3:30 PM	Chat Circle	3:30 PM	Balloon Ball	3:30 PM	Ball Toss	3:30 PM	Sing A Long		
		4:00 PM	Sing A Long	4:30 PM	Dramatic Reading	4:30 PM	Poetry Readings	4:30 PM	Dramatic Reading	4:30 PM	Funny Stories		
28		29		30									
10:00 AM	Hymn Sing/	10:00 AM	Games	9:00 AM	Church with Ray								
	Bible Stories	11:00 AM	Trivia	10:00 AM	Gospel Music								
		3:30 PM	Water Paint	10:30 AM	Tell Me A Joke								
		4:00 PM	Outdoor Strolls	3:30 PM	Outdoor Strolls								
		4:30 PM	Balloon Ball	4:30 PM	Dramatic Reading								