

North Fork Heights - June 2023 Activities Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Becky Park, Manager: 814-849-0814</div> <div>Calendar subject to change</div>								1		2		3	
								9am	Beauty Shop	5pm	Birthday Dinner <i>in Dining Room</i> Sign up sheet	6pm	Bingo
4		5		6		7		8		9		10	
		1pm	Tenant Council Meeting <i>in Dining Room</i>			9am	2nd Harvest Food Delivery	9am	Beauty Shop	5pm	Camp Fire Night Menu: Hot dogs, macaroni, salad, and s'mores	6pm	Bingo
		6:30-7:30	Hymn Sing			1pm	Lift-Life Indep for Today <i>in Dining Room</i>						
						6-7pm	Tenant Council Snack Bar						
11		12		13		14	Flag Day	15		16		17	
		6:30pm	Bible Study	10am	Patty Hurd Surprise Sign up sheet			9am	Beauty Shop			6pm	Bingo
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Important Information

June 2nd - Birthday Party combined May and June birthdays. Menu: Pizza, salad, and cake. Cost is \$5.00 and payable to Jody. Dinner will be in the dining room at 5pm. The sign-up sheet will be on the bulletin board.

June 5th - Tenant Council Meeting in the dining room. Everyone is encouraged to attend. New time is 1pm.

June 7th - Second Harvest Food Box Delivery at 9am. Please stop in the dining room to get your box. Anyone in need of this service must qualify. See the bulletin board for further information. You can stop in the office for an application. We will assist in completion and send it to Second Harvest.

June 7th - Lift - Life & Independence for Today. A guest speaker from Lift will be giving an education on services and technology for people in PA. We have him scheduled for 1pm in the dining room. Please try to attend. This will be very informative and helpful for everyone.

June 9th - Campfire Night at 5pm. Menu: Hot dogs, macaroni salad, and s'mores. Weather permitting. If it is raining, it will be in the dining room. The cost is \$5.00 and can be paid to Jody. Sign-up sheet is up.

June 13th - Patty Hurd Surprise in the dining room at 10am. Please sign up and attend.

June 21st - Penn Highlands Resource and Blood Pressure Clinic will be in the dining room at 1pm. Sign up sheet on bulletin board.

June 27th - EUM Church Ladies will be here at 2pm for strawberries, ice cream, and cake in the dining room. Please sign up and attend.

June 29th - Game Day in dining room at 1pm.

Tenant Council Snack Bar will be Wednesday, June 7th and June 21st from 6 to 7pm.

The Beauty Shop is open on Thursdays from 9am to noon. Call for an appointment at 814-849-2387 and tell Hope you are from North Fork Heights when making your appointment. Hope will not be accepting checks anymore.

Bingo every Saturday night at 6pm in the dining room.

Hymn Sing will be Monday, June 5th and June 19th from 6:30 to 7:30pm in the dining room.

Bible Study in the dining room at 6pm on Monday, June 12th and June 26th. Please try to attend and enlighten your life.

NEWSLETTER HIGHLIGHTS -

We would like to thank everyone who participated in the yard sale, and we hope everyone enjoyed themselves. We still have the North Fork Cookbooks for sale in the office for a \$5.00 donation. Proceeds go to Tenant Council.

The Patio Doors will be unlocked during the day to enjoy the patios and not for exiting the building. They will be open daily from 8am to dark. Don't forget you have to pull on doors to get reopened.

Senior Farmer's Market Vouchers 2023 - Application is inserted in the newsletter. Income guidelines: \$26,973 for 1 person in the household; or \$36,482 for 2 people in the household. If you meet the requirements and are interested in receiving the vouchers, please complete the application. A representative will be at North Fork Heights on Thursday, June 22nd from 9-11am to distribute the vouchers. Please complete the application enclosed in your newsletter to bring with you on June 22nd. This year you will get five - \$10.00 vouchers.



Judi Wohnsiedler, from Servpro, recently visited the Villages at Laurelbrooke Landing, Village at Ridgmont & North Fork Heights. Judi provided education on "Understanding your Risks in a Damage Situation whether in your home or the community you live in". Judi also had a drawing for a free First Aid Kit for the tenants that attended the education.



North Fork Heights JUNE 2023

NBC Chorus

NBC Chorus performed at North Fork Heights on election night. It was a great performance enjoyed by the tenants. The performance was followed by refreshments and fellowship.



Health Tip

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:

- Use sunscreen with at least 30 SPF, and UVA and UVB ray protection
- Reminder to cover commonly missed areas, such as the ears, upper lip, hands, and feet
- Wear loose, light-colored clothing to help feel cooler
- Wear sunglasses or a brimmed hat to protect the skin around your 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
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Y	O	R	R	R	K	L	Y	S	H	I	F	O	M
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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