

Villas at Water Run - June 2023 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Christine Vacanti, Director: 814-849-4131</div> <div>Calendar subject to change</div>								1		2		3	
												8am	Chair Yoga MPR
4		5		6		7		8		9		10	
		1:30pm	Penn Highlands Donor Relations Discussion MPR Refreshments									8am	Chair Yoga MPR
11		12		13		14	Flag Day 	15		16		17	
										11:30am	Nat'l Smile Power Day Luncheon MPR	8am	Chair Yoga MPR
													
										Happy Birthday Dottie!			
18	Father's Day 	19	Juneteenth	20		21	First Day of Summer 	22		23		24	
				11:30am	Villas Luau MPR Wear Hawaiian Attire 								
25		26		27		28		29		30			
								10:30am	Blueberry Brunch MPR 				

Cinco de Mayo

The Villa residents enjoyed soft tacos, veggie rice medley and churro dessert for Cinco de Mayo.



Stuffed Zucchini Boats



Ingredients

- 4 medium zucchini
- 1 pound lean ground beef (90% lean)
- 1 large onion, finely chopped
- 1 small sweet red pepper, chopped
- 1-1/2 cups tomato sauce
- 1/2 cup bulgur
- 1/4 teaspoon pepper
- 1/2 cup salsa
- 1/2 cup shredded reduced-fat cheddar cheese

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.

Directions

- Preheat oven to 350°. Cut each zucchini in half lengthwise. Scoop out flesh, leaving a 1/4-in. shell; chop flesh.
- In a large skillet, cook beef, onion and red pepper over medium heat 6-8 minutes or until meat is no longer pink, breaking it into crumbles; drain. Stir in tomato sauce, bulgur, pepper and zucchini flesh. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until bulgur is tender. Stir in salsa. Spoon into zucchini shells.
- Place in a 13x9-in. baking dish coated with cooking spray. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until zucchini is tender and filling is heated through.



Villas at Water Run

JUNE 2023

Dibbicult 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	CARING	DADDY	HUGS
JOKES	FAMILY	TIE	FUNNY
SPORTS	PROTECTIVE	SPECIAL	THOUGHTFUL
HOME	RESPECT	GIFTS	MEMORIES
BBQ	LOVE	HONOR	STRONG