



6501 Woodlake Dr.
Richfield, MN 55423

To follow and learn more use the links below:

Facebook Link: <https://www.facebook.com/villageshores>

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Village Shores Website Link:

www.villageshoresseniorcommunity.com



Staff Directory

***All Village Shores Staff members are available by calling Reception Desk at
612-861-1186**

Executive Director - Becky Brown 612.746.4703

bbrown@villageshores.com

Director of Administrative Services - Pam Propper 612.861.1186

ppropper@villageshores.com

Director of Marketing - Ann Huseby 612-746-4711

ahuseby@villageshores.com

Marketing Field Associate - Hala Randall 612.746.4706

hrrandall@villageshores.com

Director of Programs - Brad Ray 612.746.4705

bray@villageshores.com

Activity Coordinator - Dezso Bartha 612.746.4702

activitycoordinator@villageshores.com

Director of Dining Services - Missy Peterson 612.746.4710

mpeterson@villageshores.com

Director of Maintenance - Jeff Zwiag 612.746.4701

jzwiag@villageshores.com

Director of Wellness - Tara Davenport 612.746.4712

tdavenport@villageshores.com

Director of Resident Services - Monica Whitson 612.746.4707

mwhitson@villageshores.com

Director of Reflections - CiAna Vdakes 612.746.4714

cvdakes@villageshores.com

Director of Nursing - Joyce Mugaki 612.746.4722

jmugaki@villageshores.com

Clinical Registered Nurse - Whitney Johnson 612.746.4709

wjohnson@villageshores.com

- Shai Nolan 612.746.4723

snolan@villageshores.com

Resident Care Coordinator - Angelique Prescott 612.746.4724

aprescott@villageshores.com

Housekeeping Supervisor - Crystal Wilson 612.746.4701

cwilson@villageshores.com

Lead Receptionist - Nicole Johnson 612.861.1186

reception@villageshores.com

Dining Room Supervisor - Jenna Huseby 612.558.0958

jhuseby@villageshores.com

JUNE
2025



VILLAGE SHORES
A SILVERCREST COMMUNITY



THE SHORELINES

Village Shores Newsletter

Program Ponderings

Brad Ray – Director of Programs

Who doesn't love living here in Minnesota during the "perfect" month of June? The sticky heat and humidity have not yet woken from it's slumber, our favorite swimming holes have finally warmed up enough to take a dip or cast a line into, and the greenery is flush with color and life. As a mirror to the natural world, Village Shores has been bursting at the seams with energy, activity, and excitement! Let's see what we have on tap for excitement and fun in the month of June!

First of all, you know we are on the hunt for a bus driver again, but **Dot** from Park Shores will be helping! See posted information for details and sign up for any number of offered shopping or leisure outings!

Along with our "regularly scheduled programs," June will be packed with excitement! Musical and artistic entertainment opportunities abound with the likes of the **Armenian Dance Troupe**, pianists **Michael Nelson & James Johnson**, the **Minneapolis Aquatennial Singers**, the **Brad Raysins Trio**, and special concerts on 3rd with accordionist **Mark Johnso** and classical guitarist **Tim Meyer**! What a lineup! In addition, engaging presenter **Rob Ellos** will take a chomp at sharing his knowledge of **SHARKS** with us! (Don't go in the water...) Did you enjoy actress **Pati Kachel** and her presentation on **Laura Ingalls Wilder**? Well she's coming back with a presentation entitled "**A Patchwork Quilt of Heartwarming Stories**." This will be

Other happenings include a number of special events organized through our **Wellness Department** will be featured during the 3rd week in June leading up to "**the Longest Day**." As we know, "The Longest Day" is the summer solstice. In recent years, this time has been earmarked to help raise awareness of one of the most tragic diseases in modern history, **Alzheimer's Disease**. Oftentimes, people afflicted with this disease have difficulty understanding the concept of time, henceforth, this day has been set aside purposefully to remember and raise awareness (and oftentimes funds for research) of Alzheimer's. Thank you all for your help in fighting this disease.

We have so many wonderful resident-led groups, information sessions, help groups, and volunteers that help make the wheels turn here at Village Shores. We look forward to a bountiful summer of smiles, sunshine, and song! Remember to always keep on the sunny side, always on the sunny side. Keep on the sunny side of life! It will help you every day, it will brighten all the way.. If you keep on the sunny side of life!

~Brad

Page 1

Resident in the Spotlight

Jean Linne (#713)

LOVE GOD AND LOVE YOUR NEIGHBOR!
That is Jeane’s theme in life, supported by her strong Lutheran faith. From Jeane’s childhood in south Minneapolis through her years with her husband David in Edina, she tries to “make the best of where you are.” She has been a choir member and active at Normandale Lutheran Church for 26 years. Jeane graduated from Washburn HS and went to St Olaf College for one year before transferring to the BA program at University of Minnesota to become a Clinical Laboratory Scientist for 40+ years. One of the opportunities during her work years was teaching a course in Laboratory Medicine to young medical students — to teach them how to interpret lab results during their years of treating patients. Jeane is a strong believer in listening to science for advice about health.

Through a blind date arranged by a friend at the U, Jeane met David who was an English teacher in St Louis Park HS (35 years). He was an exceptionally supportive husband who loved to bake bread and helped at home. They made a deal that she would skew her start time at her UM Lab to be home in the morning to see their two boys off to school, and David would be home in the afternoon to welcome sons David and Jon back from school. It worked great for all four. (Jeane has four grandchildren , one of whom, Jorgen, rents her Edina house.) One of their family treasures is “Linne Sommar Stuga”, their cabin on Gull Lake near Brainerd. Since David had summers off as a teacher, they spent long weeks at the lake with their boys learning fishing, boats — and cabin maintenance. In 2000 they rebuilt their old cabin to accommodate their young grandchildren — more bedrooms, 2 bathrooms, a better arrangement. They still all “retreat” together to the ...”Stuga”.

In 2021, covid was harsh on Jeane. Her husband David was being treated for a blood disorder - not being able to make red blood cells — when he took covid. Jeane caught covid from David and they were both hospitalized. While Jeane’s body responded to treatment, David’s succumbed because of the blood disorder. She could not visit him as he weakened, but their two sons were able to be present when David died at age 84. He had been retired 25 wonderful years. Jeane enjoys Village Shores programs and loves to watch PBS Ken Burns’ programs, Masterpiece Theatre, Nature and travel shows. She enjoys book club and Bible Study at church and serves on the Residents Council here at VS.

Give her a good Scandinavian greeting when you see her next time!



JUNE BIRTHDAYS

- | | |
|---------------------------------|----------------------------------|
| 1 Anna Kilstofte - Beauty Salon | 21 Mac McMahon (505) |
| 3 Mary Ann McGuire (804) | 22 David Hudson (901A) |
| 2 Suttle, Kionna- Staff-SCSC | 23 Diane West (1005) |
| 5 Jerry Motz (703) | 23 June Berglund (306C) |
| 9 Vicky Kennedy (709) | 25 Cheryl Partlow – Staff - SCDS |
| 10 Jim Elberling (613) | 27 Allen Bronnische – Staff – VS |
| 11 Delpha Connors (1001A) | 28 Sharon McCord (315B) |
| 13 Joyce Roberg (816B) | 29 Nancy Nylander (1004) |
| 15 Sattie Khublal – Staff - VS | 30 Deszo Bartha – Staff – VS |
| 17 Carol Hopman (411) | |
| 18 Pego Dailey-Staff – VS | |



Celebrate June Birthdays with lovely music by the “Raysins Trio” on Friday June 27th at 2:00

Cake & Ice Cream will be served!



WELCOME NEW RESIDENTS

David Hoiness (616B) Cheryl Salo (608)
Greg Sevilla (815A) Wesley Scott (815B)

Silver Advantage

LETTER OF THE MONTH FOR
JUNE IS: T for “Teamwork”

Kudos to the kitchen & wait staff for a delicious & very filling Memorial Day buffet! Your efforts are appreciated!
-Barb T. (#811)

Jenna (Kitchen) Thank you so much on Memorial Day. Out table asked for more napkins and Jenna brought some, Then we asked for “wet” napkins, and she happily brought them as well! She’s doing a great job in the Dining Room!
-Arlene (815B)

Reina- (Housekeeping) Thank you for doing last minute tasks for me what asked. You are FAST & EFFICIENT
-Crystal (Housekeeping)-

Ricardo (Maintenance) Thank you for fixing my door and vent! Excellent work with a BIG SMILE!
-Carol L. (422)

Barb M. (Receptionist) Thank you so much for brining my new vacuum to my apartment and unpacking it for me! I just couldn’t manage it. You certainly went ABOVE & BEYOND receptionist duties~!
-Jean (806)

Silver Advantage is the Silvercrest Mantra of customer service. The acronym R.E.S.P.E.C.T. defines our goal in providing the best experience we can offer as far as being an excellent community to live and work in.



SilverCare News

SilverCare is the SilverCrest Nursing Aspect of our Communities

The Big P: The Importance of Protein for Seniors

As we age, maintaining muscle mass and strength becomes increasingly important for overall health, mobility, and independence. Protein plays a key role in preserving lean muscle, supporting immune function, and aiding in recovery from illness or injury. For seniors, getting enough protein daily can help prevent age-related muscle loss (sarcopenia) and reduce the risk of falls and fractures.

Nutritionists recommend that older adults consume slightly more protein than younger adults to maintain their health. While the general guideline for adults is around 0.8 grams of protein per kilogram of body weight, seniors may benefit from 1.0–1.2 grams per kilogram. This means someone who weighs 150 pounds might need around 68–82 grams of protein each day. Good sources include lean meats, poultry, fish, eggs, dairy products, legumes, and plant-based proteins like tofu or quinoa.

Incorporating protein-rich foods into every meal and snack is a simple way to help meet daily needs. For example, adding Greek yogurt to breakfast, a tuna sandwich or bean salad for lunch, and chicken or tofu stir-fry for dinner can provide balanced, consistent intake. For those with smaller appetites or difficulty chewing, softer options like scrambled eggs, cottage cheese, or protein shakes can be helpful. Always consult a healthcare provider or registered dietitian to personalize nutrition goals and ensure a safe, balanced diet.

High Notes & Low Notes

Article Written by Dezso Bartha- Activity Coordinator

In celebration of the Village Shores Chess, Checkers, and Backgammon Club that meets on Thursdays at 3pm, I wanted to write an introduction to possibly the oldest game in history still played: backgammon. Backgammon is a two-player board game played with counters and dice and is an example of what are known as “tables games,” played on a board, typically with two rows of 12 vertical markings called “points.” Players roll dice to move their men, also known as pieces or “checkers” along 24 points according to the roll of two dice. The object of the game is to move one’s 15 pieces around the board and to be the first player to “bear off” or remove their checkers from the game board.

Tables games go back almost 5000 years, the earliest known related ancestor being the Royal Game of Ur from 2600 BC in ancient Sumer. More direct models emerged in Persia between the 3rd and 6th century AD and more especially from the 6th century Byzantine Empire. The overall aim of these games was to be the first to bear off one’s pieces or remove them from the board. Tables games of this type first appeared in France during the 11th century and rapidly became a favorite pastime of gamblers.

The earliest specific reference to “backgammon” is from an English letter in 1635, when it was mentioned as a variant known as “the Irish Game.” The first published rules for backgammon were set in 1672 in England. By 1850, the rules had finally changed to how we play today. The board now featured a bar, and when one’s pieces were “hit” by your opponent, that piece went onto the “bar” dividing the game board. The most recent development was the addition of the doubling cube, which progressively doubles the stakes of the game. Winning the game by bearing off one’s men before the other player had borne any men off the board became known as a *gammon* for double stakes. If the winner bears off all their pieces while the loser still has men in his opponents table, the game becomes a *backgammon* and worth triple stakes. The doubling cube can progressively double the stakes further and further, and the value of the stakes can very quickly get out of hand!

Backgammon is a fast-paced game, involving a combination of strategy and luck. While the dice may determine the outcome of a single game, the better player will accumulate the better record of the series of games won. With each roll of the dice, players must choose from numerous options for moving their pieces and anticipate countermoves by their opponent. Backgammon is easy to learn and very exciting. Join us in the Bistro for a game or pop by to learn the rules. We meet every Thursday at 3pm. Hope to see you there!

~Dezso



Executive Director News

Becky Brown –

Executive Director of Village Shores

Thank you for the warm welcome! I’m so thrilled to be a part of this vibrant community. I have been so impressed with the kindness you have shown me since I joined Village Shores. It’s been a pleasure meeting so many of you and I look forward to meeting more of you as I get settled into my new role.

Some of you may not know what an Executive Director is and what is the LALD after my title? There usually is only one Executive Director in a building, depending on the size there can be an associate director as well. The Executive Director is like the conductor of a large orchestra. He or she is making sure all sections or departments are working together to play the most beautiful musical piece. When everything is running smoothly, my main role is to oversee the operations of the building. I make sure that the building is following all the Minnesota regulations and policies. Another big part of my role is to make sure that anyone that works within Village Shores also follows the state regulations and the company policies, at the same time assuring that we are staying on budget. I pay very close attention to each department to make sure that we are performing to the highest level possible. I report directly to the owners of the property and communicate any major projects or concerns that might come up. I also work with each department head to make sure they have what is need so that they can provide the best care for all of you.

The LALD is an acronym that stands for Licensed, Assisted, Living, Director. Every assisted living building in the state of Minnesota requires someone to be licensed. Village Shores has two positions that require a license, the Director of Nursing (Joyce Mugaki) and the Executive Director. Another part of my role is making sure that everyone living at Village Shores remains safe. We are all mandated reporters, and I may need to report concerns or incidents to MN Department of Health or Adult Protections. This may include an investigation from the Department of Health, or I might reach out to the Ombudsman to help navigate difficult conversations between families and the residents.

I also handle any grievances that come in, they can be from families, staff, and residents. When I receive a grievance, there are specific steps that must be taken to consider completed.

I hope that helps you have a better understanding of my role and responsibilities. If you ever have any questions, please feel free to stop by my office and I’d be happy to help answer your questions.

Thank you,

~Becky Brown

REFER A FRIEND

IN 2025 REFER A FRIEND/FAMILY TO LIVE AT VILLAGE SHORES AND RECEIVE A \$2500.00 RENT CREDIT UPON MOVE IN!

CONTACT ANN OR HALA WITH QUESTIONS
612-861-1186

Announcements

“500” Card Club will not meet in the months of Jun, July, and August. We will start back again on September 9th at 6:30 p.m.

Worship time for Our Lady of Peace begins its summer schedule in June, with our shuttle bus leaving at 9:30 for the 10:00 a.m. Mass

Mount Olivet Lutheran Church will be at Village Shores for their Quarterly Service on Tuesday July 15 at 2:00 p.m.

Reflections Community News

CiAna Vdakes— Director of Reflections

Looking Ahead: A Joyful June in Reflections

As we welcome June, the team in Reflections is filled with excitement for all the meaningful activities, outings, and special events we have planned. From scenic drives and gardening afternoons to creative arts and music sessions, June promises to be a month full of purpose and joy.

One of the most meaningful events this month is **The Longest Day**, a day recognized by the Alzheimer's Association to raise awareness and support for those living with Alzheimer's and other forms of dementia. On June 20th, the longest day of the year, we'll honor the strength, resilience, and spirit of our residents with special activities designed to celebrate their stories and contributions. It's a time to stand together as a community, reflect, and remember that every moment matters.

These events are not just a way to fill the calendar; they're an essential part of life in Reflections. For those living with dementia, engaging in activities that spark joy, stimulate memory, and foster connection can have a powerful impact on well-being. Whether it's the comfort of a familiar song, the joy of planting something new, or the simple pleasure of being outdoors, each experience helps create a sense of purpose, belonging, and peace.

~CiAana



"Tech Friends" (A Village Shores resident run tech support club)



The June meeting of Tech Friends will be held **June 23** (fourth Monday, as usual) at 3:00 pm in the **4th Floor Activity Room**. We will continue the topic on **Technology and Aging**: Emotional Health--loneliness and sadness: We will learn about **ROBOT PETS!** We will have a special guest--the **Robot Cat** that lives here with a resident and show video on benefits of robot pets.

We will also take questions and problems with **Apple Watch**, other help calls.

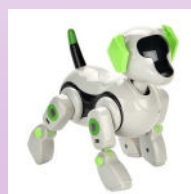
Plan to join our discussions, or be an observer! All are welcome!

Your Tech Friends

Earl N. (210) 612-869-3454

Larry G. (1008) 612-770-7741

If we could name this
robot dog, Brad thinks he
should be named
"No BM" (Like IBM?)



Larry Gottschalk
"E-Mail Expert"
Apt 1008 (612) 770-7741
larry.gottschalk@yahoo.com



Words from Wellness

Tara Davenport – Director of Wellness

Move Your Body, Sharpen Your Mind: Exercise & Brain Health

The Longest Day® fundraiser raises awareness and supports those impacted by Alzheimer's and other forms of dementia. Prioritizing our brain health is an important part of our overall well-being. Research suggests lifestyle changes reduce the risk and help manage the symptoms of cognitive decline and neurological diseases. Scientists confirmed that exercise is one of the most powerful tools for boosting brain health—no matter your age or fitness level.

In 2025, a sweeping global review from the University of South Australia analyzed over 2,700 studies and found that any form of physical activity—light, moderate, or vigorous—can enhance brain function. The most notable improvements were seen in memory, attention, and executive function, especially among children and individuals with ADHD.

Low-intensity activities like walking, yoga, and Tai Chi were among the most effective. These exercises not only improve cognitive performance but also reduce stress and promote emotional well-being. Our classes and wellness activities incorporate multiple formats. Meanwhile, another 2025 study revealed that regular physical activity can cut the risk of dementia, stroke, depression, and sleep disorders by up to 40%. On the flip side, a sedentary lifestyle may increase those risks by more than 50%.

Let's Move Together!

Whether it's a brisk walk, time at The Club and classes, or a few minutes of stretching, moving your body is one of the best ways to protect and enhance your brain. It's never too early—or too late—to start.

Our **Longest Day® NuStep-a-Thon** is the perfect time to move for a good cause! **Sign up for a slot so we can keep our NuSteps moving for EIGHT HOURS STRAIGHT on Thursday, June 19!!** Call or stop by The Club to reserve your slot. **Invite friends and family to take a turn too!** We need their help. **This event is open to residents, staff, family, Richfield community and beyond.** Wellness staff will be there to help with settings or transferring on and off the machines. We'll also cheer you on as we outshine the darkness of Alzheimer's and other forms of dementia.

~Tara

SilverCare News

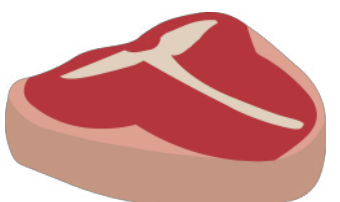
SilverCare is the SilverCrest Nursing Aspect of our Communities

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Maintenance Checklist
Jeff Zweig - Director of Maintenance
The Importance of Hydration

As the weather heats up, as we know it does in summer, it is imperative that you stay hydrated! For most of us, drinking plenty of fluids and eating foods with high water content are great ways to keep our bodies properly hydrated in warmer weather. Most adults need about 64 ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. A good rule of thumb is to try balancing fluid intake with output. If a senior is sweating or urinating more frequently, then their fluid intake should become more frequent as well. If a loved one is suffering from an illness that causes fever, diarrhea or vomiting, carefully monitoring fluid intake is crucial. Keep in mind that you can become dehydrated in cold weather, too! Single use disposable cups are a waste of resources; instead, it is a

wise idea to invest in a steel, refillable water bottle. Also, just a reminder, as always

PLEASE DO NOT FUSH “FLUSHABLE” WIPES!
Thank you.



What is Telogen Effluvium?

Under normal conditions, scalp hair lives for about three years and goes through three phases The first phase (the anagen) growing phase. Then the second phase (the telogen) resting phase. During the three-month resting period, the hair root will shrivel up into a small “club” shape. Then, the third and final phase, the hair falls out. It is therefore normal to lose about 100 hairs every day. But hair is always growing, so it’s replacing the lost hair.

Sometimes, people who worry about losing their hair will start noticing it on their pillow or in the sink. But with a close look, you may see the club at the end, which means these hairs were shed normally. About 10 percent of scalp hair is in the telogen phase.

Hair with the tiny white bulb at the end were in the resting phase and were going through their normal shed/regrowth cycle. Hair without the bulb were broken off. There are several circumstances that produce a "shock to the system" that alters the hair growth rhythm. As a result, as much as 30%-40% of the hair can cycle into its resting phase. Three months later, hair comes out in a massive shedding, this is called effluvium. Hair loss can be caused by high fever, sudden weight loss, surgery, illness, emotional stress or loss. Paradoxically, the more dramatic the hair loss, the better the prognosis, because when the body gets back into normal rhythm, all of that hair comes back.

~Lani

Work Orders
Please Call
Reception Desk
612 - 861-1186
*We Can Fix
Almost
ANYTHING!!*

“The Shores” **Hair Salon**

Lani
McConnell
Owner / Operator
HOURS OF
OPERATION:
Monday - Friday
8:00am - 5:00pm
Walk In or By Appointment



Food For Thought

Article Written by Jenna Huseby- Dining Manager

Welcome, June — and Welcome Sunshine!

We're thrilled to announce that the Garden Patio at Village Shores Kitchen is now open for the season! Come join us as we soak up the sun, sip cocktails, and have some fun. Back by popular demand, our Friday Fish Fry is returning — a delicious tradition you won't want to miss.

Friday Fish Fry

Every second Friday of the month — starting **Friday, June 13**. (Yes, it's Friday the 13th... things might get a little spooky!)

But that's not all — we've got a month packed with fantastic events:

Father's Day Brunch Buffet – June 15

Let's celebrate the amazing dads in our lives with a feast fit for a king! Bring the whole family and share your love over a delicious buffet.

Garden Patio Grill Out – June 25

Get ready to kick back and enjoy the season! Slip into your favorite summer gear and join us for a lively patio party with fresh-grilled favorites and sunshine vibes.

Soul Food Sunday – June 29

In honor of National Soul Food Month, we're serving up all your comfort food favorites in the dining room. From fried chicken to collard greens — come hungry and ready to celebrate!

Looking forward to a season full of flavor, fun, and unforgettable memories. See you out on the patio!

Meet the New Dining Service Director!

Hello Village Shores Community! I am Missy Petersen the new Dining Service Director. I have had the opportunity to meet many of you, and I am hoping to meet many more as I dig into my new role here. A little bit about myself, I am a mother of two teenagers, that I love dearly, and two cats. I love to knit, read, horseback ride and garden. I have been in the culinary industry for over 20 years with experience in Restaurants, Clubs and Senior Living. I have found that I love to work in Senior Living Communities as it is very rewarding getting to work with you all and getting to know you! I am looking forward to my role here as Dining Director and hope to tailor dining service to fit your needs to the best of our ability!

~Missy

Missy Peterson &
Family



FIND THE MISSING GNOMES AGAIN!!

We had so much fun last time that our little guys are
COMING BACK TO VILLAGE SHORES AGAIN!!

These TWO rascals are hiding AGAIN somewhere on the grounds of our community! “Rooty Tootie” and “Leafy Lennie”, Longest Day Gnomes, challenge you to root out their hiding places! One is outdoors, and one indoors. Both of them prefer to be in accessible places, so they can watch what's going on. Every day, a clue will appear in the elevator. If you find one of these guys, bring him to Brad or Tara to be put in a drawing to receive a prize on Friday! IF they are found, they will likely hide again. They plan on returning to “Gnome Land” on

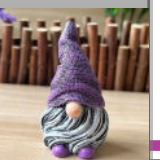
Friday afternoon. They are both lazy, and don't think YOU have the energy and fortitude it takes to find them, so

PROVE THEM WRONG ONCE AGAIN!

First clues will appear in

ALL ELEVATORS on the Monday June 9th and stay through June 13th the week leading into our

LONGEST DAY CELEBRATION WEEK!!



May Memories...



Things You Should Know

- We have a free shuttle for medical appointments, grocery shopping, banking, restaurants, and casinos. Talk to Brad if you have more ideas. (In April)
- The meal charges that appear on your monthly invoice can be confusing. The date that appears next to your meal charges is the *date that the charges were posted*, **NOT the date when you ate the meal.** That date of posting includes all meal charges incurred over 30 days.
- If you have any comments please use the comment box on the sign-up table to leave them. We look trough them weekly and discuss them in our meetings.

Important & Noted

Dates In June

6/1 "Say Something Nice" Day
 6/2 "Leave the Office Early" Day
 6/4 Nat' l Cheese Day
 6/6 D-Day Anniversary
 6/10 Nat' l Egg Roll Day
 6/11 Nat' l Corn on the Cob Day
 6/14 Nat' l Bourbon Day
 6/15 World Elder Abuse Awareness Day
 6/15 Nature Photography Day
 6/19 Juneteenth (marks the end of American Slavery)
 6/20 Ugliest Dog Day
 6/22 Nat' l Onion Ring Day
 6/25 World Beatles Day
 6/26 Nat' l Handshake Day
 6/27 National Bingo Day
 6/30 Nat' l "Please Take My Children to Work With YOU" Day

Proud daddy Mitchell

& Aurora