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Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.

Freedom for All

On Friday, June 19, we honor Juneteenth, commemorating the full enforcement of the Emancipation Proclamation on June 19, 1865, freeing all enslaved people. In the words of activist Fannie Lou Hamer, "Nobody's free until everybody's free."

Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, 10-15 minutes a day, can improve cognitive abilities.

Fifty Years of Fever

In 1976, journalist Nik Cohn published an article about the teenage New Yorkers who ditched their blue-collar daily worries for weekly disco dance-offs. Cohn's piece was a hit, and it inspired the classic film "Saturday Night Fever" (1977) just a year later, which Cohn helped write. In the 1990s, Cohn admitted that he made up much of the article, in no small part because magazine journalism of the day blurred the lines between fact and fiction.

June 2026

June Notables
Birthstone-Pearl
Flower-Rose
Zodiac Sign

June 1-June 21-Gemini
June 22-June 30-Cancer
Birthday Entertainment
June 17 @ 2:00p.m.-PC/DR
Mick Cocheran

Happy Birthday

6/10 George Smith
6/27 Peter Cramer
6/29 Rod Druck




Happy Birthday



June 2026

- AR Activity Room-400 Hall
- CR Community Room
- PC Personal Care
- DR Dining Room
- CH Chapel
- LB Lobby
- ** Must Sign Up in Binder
- BZ Breezeway
- GR Game Room 600 Hall
- CF CONFERENCE ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>9:00 CR Exercise</p> <p>11:00 LB Activity Meeting w/Maureen</p> <p>2:00 PC Michael @ the Piano-DR</p> <p>3:15 BZ "500" Rummy</p>	<p style="text-align: right;">2</p> <p>9:00 CR Exercise</p> <p>9:30 ** Shop Giant-LB</p> <p>10:15 CH Devotions</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>2:00 PC Michael @ the Piano-DR</p> <p>3:00 CF Men's Gathering</p>	<p style="text-align: right;">3</p> <p>9:00 CR Exercise</p> <p>2:00 DR Bingo</p>	<p style="text-align: right;">4</p> <p>9:00 CR Exercise</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:15 LB Happy Hour</p>	<p style="text-align: right;">5</p> <p>Donut Day</p> <p>9:00 CH Catholic Communion</p> <p>9:00 CR Exercise</p> <p>1:00 CF Poker</p>	<p style="text-align: right;">6</p> <p>Belmont Stakes Horse Race</p> <p>9:00 CR Exercise</p> <p>2:00 PC Bingo-DR</p>
<p style="text-align: right;">7</p> <p>9:15 CH Church Service</p> <p>1:00 CH Prayers & Rosary</p> <p>2:00 GR Weekend Movie</p>	<p style="text-align: right;">8</p> <p>9:00 CR Exercise</p> <p>10:15 ** Shop @ Dollar Tree-LB</p> <p>2:00 PC Adelynn Sings-DR</p> <p>3:15 BZ "500" Rummy</p>	<p style="text-align: right;">9</p> <p>9:00 CR Exercise</p> <p>10:15 CH Devotions</p> <p>11:00 BZ Brainbusters</p> <p>11:30 ** Lunch to Cracker Barrel-LB</p> <p>2:00 BZ Fox Fitness</p> <p>3:00 CF Men's Gathering</p> <p>5:00 DR Dinner w/Maureen</p>	<p style="text-align: right;">10</p> <p>9:00 CR Exercise</p> <p>10:00 AR Manicures***</p> <p>2:00 DR Bingo</p> <p>3:15 CR Guitar Mike entertainer</p>	<p style="text-align: right;">11</p> <p>9:00 CR Exercise</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:15 LB Happy Hour</p>	<p style="text-align: right;">12</p> <p>Good & Plenty Day</p> <p>9:00 CH Catholic Communion</p> <p>9:00 CR Exercise</p> <p>9:30 ** Shop @ Weis Mkts.-LB</p> <p>1:00 CF Poker</p> <p>1:30 ** Trip to Perrydell's-LB</p>	<p style="text-align: right;">13</p> <p>9:00 CR Exercise</p> <p>2:00 PC Bingo-DR</p>
<p style="text-align: right;">14</p> <p>Flag Day</p> <p>9:15 CH Church Service</p> <p>1:00 CH Prayers & Rosary</p> <p>2:00 GR Weekend Movie</p>	<p style="text-align: right;">15</p> <p>9:00 CR Exercise</p> <p>10:15 ** Shop @ Weis Mkts.-LB</p> <p>12:45 DR Food Comm. Mtg.</p> <p>2:00 PC Ed entertains-DR</p> <p>3:15 BZ "500" Rummy</p>	<p style="text-align: right;">16</p> <p>9:00 CR Exercise</p> <p>10:15 CH Devotions</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:00 CF Men's Gathering</p>	<p style="text-align: right;">17</p> <p>9:00 CR Exercise</p> <p>9:30 ** Shop @ Dollar Tree/General-LB</p> <p>12:00 CR Birthday Dinner-PC</p> <p>1:30 ** Trip to Michaels-LB</p> <p>2:00 DR Bingo</p> <p>2:00 PC Mick entertains-DR</p>	<p style="text-align: right;">18</p> <p>9:00 CR Exercise</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:15 LB Happy Hour</p>	<p style="text-align: right;">19</p> <p>Juneteenth</p> <p>9:00 CH Catholic Communion</p> <p>9:00 CR Exercise</p> <p>12:00 AR Veterans' Pizza Lunch</p> <p>1:00 CF Poker</p> <p>1:30 ** Trip to Ollies-LB</p> <p>2:00 PC Flag Program-DR</p>	<p style="text-align: right;">20</p> <p>Hershey Candy Bar-1906</p> <p>9:00 CR Exercise</p> <p>2:00 PC Bingo-DR</p>
<p style="text-align: right;">21</p> <p>Happy Father's Day</p> <p>9:15 CH Church Service</p> <p>1:00 CH Prayers & Rosary</p> <p>2:00 GR Weekend Movie</p>	<p style="text-align: right;">22</p> <p>9:00 CR Exercise</p> <p>10:15 ** Shop @ Jerry's-LB</p> <p>2:00 PC "Sweet Life" entertains-DR</p> <p>3:15 BZ "500" Rummy</p>	<p style="text-align: right;">23</p> <p>Hula Hoop Day (1964)</p> <p>9:00 CR Exercise</p> <p>10:15 CH Devotions</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:00 CF Men's Gathering</p>	<p style="text-align: right;">24</p> <p>9:00 CR Exercise</p> <p>10:00 ** Manicures***</p> <p>2:00 DR Bingo</p>	<p style="text-align: right;">25</p> <p>9:00 CR Exercise</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:15 LB Happy Hour</p>	<p style="text-align: right;">26</p> <p>9:00 CH Catholic Communion</p> <p>9:00 CR Exercise</p> <p>9:30 ** Shop Giant-LB</p> <p>1:00 CF Poker</p> <p>1:30 ** Trip to Markey's-LB</p>	<p style="text-align: right;">27</p> <p>9:00 CR Exercise</p> <p>2:00 PC Bingo-DR</p>
<p style="text-align: right;">28</p> <p>9:15 CH Church Service</p> <p>1:00 CH Prayers & Rosary</p> <p>2:00 GR Weekend Movie</p>	<p style="text-align: right;">29</p> <p>9:00 CR Exercise</p> <p>12:45 DR Town Hall Mtg.</p> <p>2:00 PC Entertainment w/Brad & Bren</p> <p>3:15 BZ "500" Rummy</p>	<p style="text-align: right;">30</p> <p>9:00 CR Exercise</p> <p>10:15 CH Devotions</p> <p>11:00 BZ Brainbusters</p> <p>2:00 BZ Fox Fitness</p> <p>3:00 CF Men's Gathering</p>				



Music To Get Married To

Music is a mainstay of many wedding celebrations. Here's a playlist of top-requested songs that have been the soundtrack to saying "I do."

Year	Song	Artist
1936	"The Way You Look Tonight"	Fred Astaire
1955	"Only You (and You Alone)"	The Platters
1960	"At Last"	Etta James
1971	"Wedding Song (There Is Love)"	Peter, Paul and Mary
1989	"Have I Told You Lately"	Van Morrison
1993	"The Power of Love"	Celine Dion
2000	"Hero"	Enrique Iglesias
2013	"All of Me"	John Legend
2022	"Joy of My Life"	Chris Stapleton



"This Month In History"

JUNE

1917: U.S. Army troops arrive in France to fight in World War I.

1937: Pennsylvania is the first state to celebrate Flag Day as a state holiday. Today, it is the only state to recognize June 14 as a legal holiday.

1949: Hank Williams Sr. makes his Grand Ole Opry debut, singing his first No. 1 hit, "Lovesick Blues." Williams was called back to the stage for six encores.

1963: Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. Her solo mission lasted just under three days.

1973: A U.S. patent is granted for the automated teller machine, or ATM.

1990: Comedian and popular late-night talk show host Arsenio Hall is named "TV Person of the Year" by TV Guide magazine.

2002: Brazil sets a soccer record when it wins its fifth World Cup title. The team defeated Germany 2-0 at the tournament finals in Japan.

2019: Ali Stroker makes history as the first performer in a wheelchair to win a Tony Award. She earned the best featured actress prize for her role in the musical "Oklahoma!"