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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 1-21-Gemini

June 22-30-Cancer

Birthday Entertainer

June 17 w/Mick @ 3:15



Happy Birthday



June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Word Games 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio</p>	1 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Word Games 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	2 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 2:30 Walk & Talk 3:15 Snack & chat 3:30 Williamson/Guitar	3 9:00 Music Melodies 9:30 Daily stretch 10:00 Memories w/Maureen 1:30 Bean Bag Tosses 2:00 Bingo 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	4 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Food Fun w/Alicia 1:15 Fox Fitness w/Lisa 2:00 Horseshoes 2:30 Walk & Talk 3:15 Snack & chat	5 Donut Day 9:00 Music Melodies 10:30 Noodle stretches 1:30 Brain games 2:00 Bingo 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	6 Belmont Stakes Horse Race 9:00 Music Melodies 10:30 Parachute Fun 12:00 Movie Time 2:00 Jigsaw Puzzles/coloring 2:30 Walk & Talk 3:15 Snack & chat
7 9:00 Music Melodies 9:30 Parachute Fun 10:00 Chitchat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack & chat	8 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 1:15 Word Games 2:00 Entertainment w/Pat 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	9 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Ping Pong game 2:30 Walk & Talk 3:15 Snack & chat 3:30 Williamson/Guitar	10 9:00 Music Melodies 9:30 Daily stretch 10:30 Church Service-TV 1:30 Bean Bag Tosses 2:00 Mary Kate @ the Harp 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	11 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Sing Along w/Alicia 1:15 Fox Fitness w/Lisa 2:00 Horseshoes 2:30 Walk & Talk 3:15 Snack & chat	12 Good & Plenty Day 9:00 Music Melodies 10:30 Noodle stretches 1:30 Brain games 2:00 Entertainment w/Mark 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	13 9:00 Music Melodies 10:30 Parachute Fun 12:00 Movie Time 2:00 Jigsaw Puzzles/coloring 2:30 Walk & Talk 3:15 Snack & chat
14 Flag Day 9:00 Music Melodies 9:30 Parachute Fun 10:00 Chitchat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Church Service w/Heath 3:15 Snack & chat	15 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Word Games 2:00 entertainment w/Joey D 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	16 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 1:30 Country ride 2:00 Ping Pong game 2:30 Walk & Talk 3:15 Snack & chat 3:30 Williamson/Guitar	17 9:00 Music Melodies 9:30 Daily stretch 10:00 Memories w/Maureen 12:00 Pizza Birthday Lunch 1:30 Bean Bag Tosses 2:00 Bingo 2:30 Walk & Talk 3:15 Mick entertains 3:15 Snack & chat 3:30 Bubbles on the Patio	18 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Food Fun w/Alicia 1:15 Fox Fitness w/Lisa 2:00 Horseshoes 2:30 Walk & Talk 3:15 Snack & chat	19 Juneteenth 9:00 Music Melodies 10:30 Noodle stretches 12:00 Veterans' Pizza Lunch 1:30 Brain games 2:00 Bingo 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	20 9:00 Music Melodies 10:30 Parachute Fun 12:00 Movie Time 2:00 Jigsaw Puzzles/coloring 2:30 Walk & Talk 3:15 Snack & chat
21 Happy Father's Day 9:00 Music Melodies 9:30 Parachute Fun 10:00 Chitchat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Fun w/crafts 3:15 Snack & chat	22 9:00 Music Melodies 9:30 Morning News 10:00 Kristy & Puck visit 10:30 Noodle stretches 1:30 Parachute Fun 2:00 Bingo 3:15 Snack & chat 3:30 "Sweet Life" entertains 3:30 Bubbles on the Patio	23 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 1:30 Country ride 2:00 Ping Pong game 2:30 Walk & Talk 3:15 Snack & chat 3:30 Williamson/Guitar	24 9:00 Music Melodies 9:30 Daily stretch 10:30 Church Service-TV 1:30 Bean Bag Tosses 2:00 Mary Kate @ the Harp 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	25 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:00 Sing Along w/Alicia 1:15 Fox Fitness w/Lisa 2:00 Horseshoes 2:30 Walk & Talk 3:15 Snack & chat	26 9:00 Music Melodies 10:30 Noodle stretches 1:30 Brain games 2:00 Bingo 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	27 9:00 Music Melodies 10:30 Parachute Fun 12:00 Movie Time 2:00 Jigsaw Puzzles/coloring 2:30 Walk & Talk 3:15 Snack & chat
28 9:00 Music Melodies 9:30 Parachute Fun 10:00 Chitchat & snacks 10:30 Balloon Volleyball 1:00 Walk with a friend 2:00 Church Service w/Heath 3:15 Snack & chat	29 9:00 Music Melodies 9:30 Morning News 10:30 Noodle stretches 1:15 Word Games 2:30 Walk & Talk 3:15 Snack & chat 3:30 Bubbles on the Patio	30 9:00 Aerobics w/Amanda 9:45 Daily Chronicles 10:30 Trivia 1:15 Fox Fitness w/Lisa 2:00 Entertainment w/Mark 2:30 Walk & Talk 3:15 Snack & chat 3:30 Williamson/Guitar				



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

"Then & Now"

"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!"