



1775 Powder Mill Road • York, PA 17403 • (717) 741-0961

### 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

Birthday Dinner

June 17 @ Noon

Entertainer - Mick Cochran

2:00 p.m. - DR

Notables

Birthstone: Pearl Flower: Rose

Zodiac Sign

June 1-21-Gemini

June 22-June 30-Cancer

### Happy Birthday

6/1 .....	Bill Read
6/3 .....	Bonnie Bailey Larry Godfrey
6/6 .....	Pam Bessenecker
6/9 .....	Jean Young
6/12 .....	Judy Herbst
6/19 .....	Doris Geesey Dottie Hildebrand
6/28 .....	Peggy McDonald Tim Streavig
6/29 .....	Andy Rawicz



# Happy Birthday



# June 2026

- CH Chapel 300 Hall
- GR Game Room 600 Hall
- AR Activity Room 400 Hall
- DR Dining Room
- CR Community Room
- \*\* Must Sign Up in AR
- P Porch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hello Summer 	1 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Pokeno <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Michael @ the Piano</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Trivia	2 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Devotions 10:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hoy" Card Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Yahtzee 1:30 <span style="background-color: #FFD700; padding: 2px;">GR</span> Afternoon Movie <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Summertime Hangman	3 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Right, Left, Center Game <b>12:00 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Chinese Lunch-in-AR</b> 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Making Trail mix for happy hour	4 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Let's Roll" Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dirty Marble game <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Happy Hour <b>5:00 <span style="background-color: #FFD700; padding: 2px;">P</span> Williamson/Guitar</b>	5 <b>Donut Day</b> 9:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Catholic Communion 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Uno card game 1:30 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Blackjack 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dominoes	6 <b>Belmont Horse Race</b> 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Jingo 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FFD700; padding: 2px;">P</span> Drinks on the Porch
7 9:15 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Church Service 1:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Prayers & Rosary 1:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Resident-Led Games <b>2:00 <span style="background-color: #FFD700; padding: 2px;">GR</span> Weekend Movie</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "500" Rummy	8 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Pokeno <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Adelynn Sings-DR</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Trivia	9 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Devotions 10:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hoy" Card Game <b>11:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Lunch to Cracker Barrel-LB</b> 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Yahtzee 1:30 <span style="background-color: #FFD700; padding: 2px;">GR</span> Afternoon Movie <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Catholic Mass 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Cranium Crunches	10 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Manicures***</b> <b>1:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Town Hall Meeting</b> 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo <b>3:15 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Guitar Mike entertainer</b>	11 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Let's Roll" Game <b>12:00 <span style="background-color: #000080; color: white; padding: 2px;">**</span> McDonalds Lunch In-AR</b> 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Rummikub <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Happy Hour <b>5:00 <span style="background-color: #FFD700; padding: 2px;">P</span> Williamson/Guitar</b> 7:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Baptist Church Service	12 <b>Good &amp; Plenty Day</b> 9:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Catholic Communion 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>9:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Shop @ Weis Mkts.-LB</b> 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Scattergories 1:30 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hearts" card game <b>1:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Trip to Perrydell's-LB</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dominoes	13 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Black Jack Poker 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FFD700; padding: 2px;">P</span> Drinks on the Porch
<b>Flag Day</b> 14 9:15 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Church Service 1:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Prayers & Rosary 1:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Resident-Led Games <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Entertainment w/Doug &amp; Adair</b> <b>2:00 <span style="background-color: #FFD700; padding: 2px;">GR</span> Weekend Movie</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "500" Rummy	15 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Pokeno <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Entertainment w/Ed</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Trivia	16 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Devotions 10:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hoy" Card Game <b>1:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Food Comm. Mtg.</b> 1:30 <span style="background-color: #FFD700; padding: 2px;">GR</span> Afternoon Movie 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Wacky Word challenge	17 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>9:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Shop @ Dollar Tree/General-LB</b> 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Right, Left, Center Game <b>12:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Birthday Dinner - PC</b> <b>1:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Trip to Michael's-LB</b> <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Mick Entertains</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Sticker Book Fun	18 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Let's Roll" Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dirty Marble game <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Happy Hour <b>5:00 <span style="background-color: #FFD700; padding: 2px;">P</span> Williamson/Guitar</b>	19 <b>Juneteenth</b> 9:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Catholic Communion 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>9:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Country ride-LB</b> 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Uno <b>12:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Veterans' Pizza Lunch</b> <b>1:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Trip to Ollie's-LB</b> <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Flag Program-DR</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dominoes	20 <b>Hershey Candy Bar-1906</b> 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Jingo 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FFD700; padding: 2px;">P</span> Drinks on the Porch
<b>Happy Father's Day</b> 21 9:15 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Church Service 1:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Prayers & Rosary 1:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Resident-Led Games <b>2:00 <span style="background-color: #FFD700; padding: 2px;">GR</span> Weekend Movie</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "500" Rummy	22 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Pokeno <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> "Sweet Life" Entertains</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Trivia	<b>Hula Hoop Day (1964)</b> 23 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Devotions 10:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hoy" Card Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Yahtzee 1:30 <span style="background-color: #FFD700; padding: 2px;">GR</span> Afternoon Movie <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Word in a Word	24 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Manicures***</b> <b>12:00 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Pizza Lunch-In-AR</b> 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Cookie decorating for happy hour	25 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Let's Roll" Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Rummikub <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Happy Hour <b>5:00 <span style="background-color: #FFD700; padding: 2px;">P</span> Williamson/Guitar</b>	26 9:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Catholic Communion 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise <b>9:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Shop Giant-LB</b> 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> ABC Word challenge 1:30 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hearts" card game <b>1:30 <span style="background-color: #000080; color: white; padding: 2px;">**</span> Trip to Markey's-LB</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Dominoes	27 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Black Jack Poker 2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Bingo 3:15 <span style="background-color: #FFD700; padding: 2px;">P</span> Drinks on the Porch
28 9:15 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Church Service 1:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Prayers & Rosary 1:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Resident-Led Games <b>2:00 <span style="background-color: #FFD700; padding: 2px;">GR</span> Weekend Movie</b> 3:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "500" Rummy	29 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Pokeno <b>2:00 <span style="background-color: #4682B4; padding: 2px;">DR</span> Entertainment w/Brad &amp; Bren</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Trivia	30 9:00 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Exercise 10:00 <span style="background-color: #ADD8E6; padding: 2px;">CH</span> Devotions 10:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> "Hoy" Card Game 1:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> Yahtzee 1:30 <span style="background-color: #FFD700; padding: 2px;">GR</span> Afternoon Movie <b>2:45 <span style="background-color: #FF8C00; padding: 2px;">CR</span> Chair Yoga w/ Fox</b> 3:15 <span style="background-color: #FF69B4; padding: 2px;">AR</span> June spelling challenge				



## 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!"