

## Special Days in June

June 14 Flag Day

June 19 Juneteenth

June 20 Father's Day

June 20 First Day of Summer (Longest Day)

June 24 Full Moon (Strawberry Moon)



## Alzheimer's and Brain Awareness Month

### 10 Ways to Love Your Brain

#### Break a sweat.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

#### Hit the books.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

#### Butt out.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

#### Follow your heart.

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

#### Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

#### Fuel up right.

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean may contribute to risk reduction.

#### Catch some Zzz's.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

#### Take care of your mental health.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.

#### Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program.

#### Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

June 2021

## Orchard Park of Kyle News & Events



4701 Ratcliffe Dr  
Kyle, TX 78640



Our Bake, Batter & Roll Cooking Club is making a recipe from resident Pat Lang! It is called the Tea Room Scone. Join us on June 3rd!

The Month of June is Alzheimer's & Brain Awareness Month! Take a pledge to fight against Alzheimer's by donating to the Alzheimer's Association or help spread awareness to others!



# June 2021 Orchard Park of Kyle Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ASSISTED LIVING &amp; MEMORY CARE</b></p> <ul style="list-style-type: none"> <li>Emotional</li> <li>Intellectual</li> <li>Physical</li> <li>Purposeful</li> <li>Social</li> <li>Spiritual</li> </ul>		<p>9:30 ☀ Daily Chronicle [LE] <b>1</b></p> <p>9:30 ☀ Monthly Gazette [LE]</p> <p>10:00 ↔ Exercise with ONR Therapy [MR]</p> <p>1:30 ❤️ <b>Martha Comfort Dog [MR]</b></p> <p>2:00 ★ Timeless Melodies Choir Club [MR]</p> <p>3:30 🌿 Andy Griffith Birth Anniversary [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>2</b></p> <p>10:00 ↔ Chair Yoga [MR]</p> <p>10:30 ❤️ <b>Poetry Club with Patti Morgan [MR]</b></p> <p>1:45 🌿 BINGO [MR]</p> <p>3:00 ★ Famous Monuments [MR]</p> <p>3:30 🦋 <b>Bible Study with Michael Rinker [MR]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>3</b></p> <p>9:45 ↔ Strength &amp; Stretch [MR]</p> <p>10:30 ★ <b>Scenic Bus Ride: Spring Lake Hills [Bus]</b></p> <p>1:00 ★ Resident Council [LE]</p> <p>2:00 ❤️ <b>Bake, Batter &amp; Roll Cooking Club [LE]</b></p> <p>3:00 🌿 Happy Hour with Swingin' Swains Music [DR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>4</b></p> <p>10:00 ↔ <b>Chair Dance [MR]</b></p> <p>10:30 ★ First Transcontinental Express Train [MR]</p> <p>1:45 ★ BINGO [MR]</p> <p>3:15 ❤️ Ted Talk: A Map of the Brain [LE]</p> <p>6:00 🌿 Friday Evening Movie [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>5</b></p> <p>9:30 ↔ Morning Walk [CTYD]</p> <p>10:00 ★ Art Club [LE]</p> <p>1:30 🦋 <b>Church Gathering with Ken Passno [MR]</b></p> <p>3:00 ❤️ Green Thumb Gardeners [CTYD]</p> <p>5:45 🌿 Belmont Stakes Race [IR]</p>
<p>9:00 🌿 Coffee Social [Fr] <b>6</b></p> <p>9:30 ☀ Daily Chronicle [LE]</p> <p>9:30 🦋 <b>St. Anthony's Church Service [MR]</b></p> <p>10:30 ☀ Roses Crossword Puzzle [LE]</p> <p>2:00 ❤️ Giggles in the Garden [CTYD]</p> <p>3:30 ★ Bird Watching Club [CTYD]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>7</b></p> <p>10:00 ↔ Balloon Volleyball [MR]</p> <p>10:30 🦋 <b>Devotional with Chaplain Bruce [MR]</b></p> <p>1:15 ☀ Discuss &amp; Recall: Athlete Controversaries [LE]</p> <p>1:45 🌿 BINGO [MR]</p> <p>3:00 ❤️ <b>Music Therapy with Candace Deshler [MR]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>8</b></p> <p>10:00 ↔ Exercise with ONR Therapy [MR]</p> <p>10:30 ★ <b>5 Card Bingo with Allison [LE]</b></p> <p>1:30 ❤️ <b>Martha Comfort Dog [MR]</b></p> <p>2:00 ★ Timeless Melodies Choir Club [MR]</p> <p>2:30 🌿 Dominoes [Fr]</p> <p>6:00 ★ Ladies Makeup with Chantal [LE]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>9</b></p> <p>10:00 ↔ Chair Yoga [MR]</p> <p>10:30 ★ <b>Poetry Club with Patti Morgan [MR]</b></p> <p>1:45 🌿 BINGO [MR]</p> <p>2:45 ❤️ 1st Day at West Point Academy [MR]</p> <p>3:30 🦋 <b>Bible Study with Michael Rinker [MR]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>10</b></p> <p>9:45 ↔ Strength &amp; Stretch [MR]</p> <p>10:00 ★ <b>Mount Bonnell Scenic Bus Drive [Bus]</b></p> <p>1:30 ★ Travelogue: All About Jamaica [MR]</p> <p>2:00 🌿 Judy Garland Birth Anniversary [MR]</p> <p>3:00 ❤️ Longest Day Happy Hour with Jerome Dean [DR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>11</b></p> <p>10:00 ↔ <b>Wii Bowling Game [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>3:00 ★ Pen Pals [LE]</p> <p>3:30 ❤️ Dandelion Card Game [LE]</p> <p>6:00 🌿 Friday Evening Movie [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>12</b></p> <p>9:30 ↔ Morning Walk [CTYD]</p> <p>10:00 ★ Art Club [LE]</p> <p>1:00 🌿 Westminster Dog Show [LE]</p> <p>1:30 🦋 <b>Church Gathering with Ken Passno [MR]</b></p> <p>3:00 ❤️ Green Thumb Gardeners [CTYD]</p>
<p>9:00 🌿 Coffee Social [Fr] <b>13</b></p> <p>9:30 ☀ Daily Chronicle [LE]</p> <p>9:30 🦋 <b>St. Anthony's Church Service [MR]</b></p> <p>2:00 ❤️ Giggles in the Garden [CTYD]</p> <p>3:00 ☀ Manatee Puzzle [LE]</p> <p>3:30 ★ Bird Watching Club [CTYD]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>14</b></p> <p>10:00 ↔ Balloon Volleyball [MR]</p> <p>10:30 🦋 <b>Devotional with Chaplain Bruce [MR]</b></p> <p>1:30 ★ Food Council [LE]</p> <p>1:45 🌿 BINGO [MR]</p> <p>3:00 ❤️ Spanish Phrases [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>15</b></p> <p>10:00 ↔ Exercise with ONR Therapy [MR]</p> <p>1:30 ❤️ <b>Martha Comfort Dog [MR]</b></p> <p>2:00 ★ Timeless Melodies Choir Club [MR]</p> <p>2:30 🌿 Dominoes [Fr]</p> <p>3:15 ★ <b>Tie Dye Shirts [LE]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>16</b></p> <p>10:00 ↔ Chair Yoga [MR]</p> <p>10:30 ❤️ <b>Poetry Club with Patti Morgan [MR]</b></p> <p>1:45 🌿 BINGO [MR]</p> <p>3:00 ★ Virtual Tour Statue of Liberty [MR]</p> <p>3:30 🦋 <b>Bible Study with Michael Rinker [MR]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>17</b></p> <p>9:30 🌿 U.S. Open Golf Championship [LE]</p> <p>9:45 ↔ Strength &amp; Stretch [MR]</p> <p>10:15 ★ <b>Bus Drive to University of Texas [Bus]</b></p> <p>2:00 ❤️ Patriotic Keys with Anita Williams [DR]</p> <p>3:30 ★ Amelia Earhart Flying Across Atlantic [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>18</b></p> <p>10:00 ↔ <b>Chair Dance [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>3:00 ☀ Gone Golfing Word Search [LE]</p> <p>3:30 ❤️ Dandelion Card Game [LE]</p> <p>6:00 🌿 Friday Evening Movie [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>19</b></p> <p>9:30 ↔ Morning Walk [CTYD]</p> <p>10:00 ★ Art Club [LE]</p> <p>11:30 ☀ Juneteenth Word Search [LE]</p> <p>1:30 🦋 <b>Church Gathering with Ken Passno [MR]</b></p> <p>3:00 🌿 Green Thumb Gardeners [CTYD]</p>
<p><b>Father's Day</b> <b>20</b></p> <p>9:00 🌿 Coffee Social [Fr]</p> <p>9:30 ☀ Daily Chronicle [LE]</p> <p>9:30 🦋 <b>St. Anthony's Church Service [MR]</b></p> <p>10:30 ☀ Father's Day Crossword Puzzle [LE]</p> <p>2:00 ❤️ Giggles in the Garden [CTYD]</p> <p>3:30 ★ Bird Watching Club [CTYD]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>21</b></p> <p>10:00 ↔ Balloon Volleyball [MR]</p> <p>10:30 🦋 <b>Devotional with Chaplain Bruce [MR]</b></p> <p>1:30 ❤️ Pedal to the Parks Short Story [LE]</p> <p>1:45 ★ BINGO [MR]</p> <p>3:00 🌿 Duke of Cambridge Birthday [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>22</b></p> <p>10:00 ↔ Exercise with ONR Therapy [MR]</p> <p>1:30 ❤️ <b>Martha Comfort Dog [MR]</b></p> <p>2:00 ★ Timeless Melodies Choir Club [MR]</p> <p>3:30 ❤️ World Rainforest Day [MR]</p> <p>6:00 🌿 Ladies Makeup with Chantal [LE]</p>	<p><b>National Pink Day: Wear Pink</b> <b>23</b></p> <p>9:30 ☀ Daily Chronicle [LE]</p> <p>10:00 ↔ Chair Yoga [MR]</p> <p>10:30 ❤️ <b>Poetry Club with Patti Morgan [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>3:00 🌿 National Pink Day</p> <p>3:30 🦋 <b>Bible Study with Michael Rinker [MR]</b></p>	<p>9:30 ☀ Daily Chronicle [LE] <b>24</b></p> <p>9:45 ↔ Strength &amp; Stretch [MR]</p> <p>10:30 ★ <b>Scenic Bus Ride: Zilker Park [Bus]</b></p> <p>1:30 ☀ June Trivia [MR]</p> <p>2:00 ★ Beachy Art [LE]</p> <p>2:30 🌿 Ladies Tea [DR]</p> <p>3:00 ❤️ Happy Hour with Luke Thomas Holmquist [DR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>25</b></p> <p>10:00 ↔ <b>Chair Dance [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>3:00 🌿 <b>Ice Cream Social Sponsored By OC Nursing &amp; Rehab [LE]</b></p> <p>3:30 ❤️ Dandelion Card Game [LE]</p> <p>6:00 🌿 Friday Evening Movie [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>26</b></p> <p>9:30 ↔ Morning Walk [CTYD]</p> <p>10:00 ★ Art Club [LE]</p> <p>10:00 🌿 Tour De France [LE]</p> <p>1:30 🦋 <b>Church Gathering with Ken Passno [MR]</b></p> <p>2:30 ☀ Camps Category Puzzle [LE]</p> <p>3:00 ❤️ Green Thumb Gardeners [CTYD]</p>
<p>9:00 🌿 Coffee Social [Fr] <b>27</b></p> <p>9:30 ☀ Daily Chronicle [LE]</p> <p>9:30 🦋 <b>St. Anthony's Church Service [MR]</b></p> <p>2:00 ❤️ Giggles in the Garden [CTYD]</p> <p>3:00 ★ Sunday Sundaes with Jazz [DR]</p> <p>3:30 ★ Bird Watching Club [CTYD]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>28</b></p> <p>10:00 ↔ Balloon Volleyball [MR]</p> <p>10:30 🦋 <b>Devotional with Chaplain Bruce [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>3:15 🌿 Summer Camp Memories [LE]</p> <p>4:00 ❤️ War to End All Wars [MR]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>29</b></p> <p>10:00 ↔ Exercise with ONR Therapy [MR]</p> <p>1:30 ❤️ <b>Martha Comfort Dog [MR]</b></p> <p>2:00 ★ Timeless Melodies Choir Club [MR]</p> <p>2:30 🌿 Dominoes [Fr]</p> <p>3:30 ☀ This or That Card Game [LE]</p>	<p>9:30 ☀ Daily Chronicle [LE] <b>30</b></p> <p>10:00 ↔ Chair Yoga [MR]</p> <p>10:30 ❤️ <b>Poetry Club with Patti Morgan [MR]</b></p> <p>1:45 ★ BINGO [MR]</p> <p>2:30 🌿 Dominoes [LE]</p> <p>3:00 ☀ Gone Fishing Trivia [LE]</p> <p>3:30 🦋 <b>Bible Study with Michael Rinker [MR]</b></p>	<p><b>Resident Birthdays</b></p> <p>Cliff S. 6/2</p> <p>Patricia L. 6/12</p> <p>Helen D. 6/15</p>		<p><b>Location Keys</b></p> <p>Bistro Fr</p> <p>Bus Bus</p> <p>Courtyard CTYD</p> <p>Dining Room DR</p> <p>In Room IR</p> <p>Life Enrichment LE</p> <p>Media Room MR</p>

