

1. STAY INDOORS DURING EXTREME HEAT

Stay Indoors during extreme heat - limiting your outdoor activity to the morning and evening hours will help with this, besides, we have tons happening indoors for you to enjoy all summer long

KEEP HYDRATED

While it may be challenging at times, watching your intake on alcoholic and caffeinated beverages and drinking a few extra glasses of water daily will help

MONITOR ANY MEDICATION SIDE EFFECTS

Some medications can cause increased sensitivity to the sun. Take a look at your medications and talk with your doctor with concerns or questions to avoid any easily avoidable mistakes.

DID YOU KNOW?



National Sewing Machine Day JUNE 13

Sewing Machines Got their start in the late 1700's, the first patented mechanical machine was made in 1830 by french tailor Barthelemy Thimonnier (who actually put his machine into production and was awarded a contract to produce uniforms for the French Army) likewise the world's first practical sewing machine was patented in 1850 by Isaac Merritt Singer and by the 20th century over 4000 different types of sewing machines had been invented. Unfortunately, most got lost in time as they were riddled with many problems. Only the machines that made sewing simple, fun and easy survived. Infact, those that survived created some of the 1st Millionaires!

JUNE 19 Emancipation Day

Celebrated throughout the United States, commemorating the American emancipation from slavery in 1862 signed by President Lincoln. Freedom finally came on June 19, 1865 when some 2000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved people in the state, were free by executive decree. Today Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week and in some areas, a month marked with celebrations.











May's donation to The Columbia Center for Urban Agriculture (CCUA) was a unique look into feeding and educating our community. A Big Thank you to all who participated, making our support possible all while having a fun time along the way! CCUA envisions a community transformed by good food for all and people who have the skills to grow it. Working to enhance our community's health by connecting people to agriculture and the land through hands on learning opportunities, from seed to plate is their Mission. CCUA runs a number of targeted programs to provide a wide variety of fresh fruits and vegetables directly to community members in need while supporting people of all ages with opportunities to develop lifelong skills in home gardening, agriculture, and cooking.

We toured their remarkable agriculture park, located on Ash Street, next door to the Farmer's Market Pavilion, adjacent to the Columbia ARC. CCUA is a valuable community asset, enhancing our community's health by connecting people to agriculture and the land through handson learning opportunities, from seed to plate. Our programs and services are designed to support eaters and learners of all ages, and happen at our farm locations, in school classrooms and gardens, at food pantries, at local healthcare and treatment facilities, and even right at your own home. For detailed information on the Programs provided by CCUA see their website: www.columbiaurbanag.org After touring we enjoyed a stroll through the Farmer's Market while listening to live music!

HAPPY BIRTHDAY!

Christa Faeser 2nd **Sondra Jennings** 3rd **Margaret Manning** 3rd

Melvin Muskoppf 11th **Richard Blanck** 11th

12th

Donna Pratt

Jackie Asher 14th Angie Otto 24th **Ginger Gillmore** 26th

SUN	MON	TUES	WED	THUR	FRI	SAT
	JUNE	2023		10:00 a.m. Chair Yoga 12:30 p.m. Brain Games RL 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. Resolution Meeting	HAPPY BIRTHDAY Christa Faeser! Nail Tech Available by Appt 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 7:00 p.m. Game Night RL	3 HAPPY BIRTHDAY Sondra Jennings & Margaret Manning!
3:00 p.m. Movie Showing: A League of Their Own	Hair Stylist Available by Appt 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 3:00 p.m. BINGO RL	10:00 a.m. Crafts with Sarah: Darling Clipboards 12:30 p.m. Euchre RL 1:00 p.m. Fitness Through Flexibility Class 2:00 p.m. Tech Tuesday: Everything Photos Session 1 3:00 p.m. Fiber Arts	10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Resident Council Meeting 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart	10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games RL 3:00 p.m. Line Dancing Class 3:00 p.m. Resolution Meeting 5:00 p.m. Dinner Club:	9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 10:30 a.m. Battlefield Lavender Field Trip 12:30 p.m. Hand & Foot RL 3:00 p.m. Documentary Movie Showing: <i>Audrey</i>	3:00 p.m. Non-Denominational Worship Service RL
HAPPY BIRTHDAY Melvin Muskopf & Richard Blanck! 3:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Movie Showing: Blue Miracle	HAPPY BIRTHDAY Donna Pratt! Hair Stylist Available by Appt 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 3:00 p.m. BINGO RL	National Sewing Machine Day 10:00 a.m. Crafts with Sarah: Dried Flower Lanterns 12:30 p.m. Euchre RL 3:00 p.m. Fiber Arts	HAPPY BIRTHDAY Jackie Asher! 10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Activity Club 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip:	Columbia Foot Available by Appt 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games RL 12:30 p.m. Euchre & Dominoes RL 4:00 p.m. Sing-A-Long with Paul	9:00 a.m. Coffee & Conversation 9:00 a.m. Men's Breakfast at type. 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 7:00 p.m. Game Night RL	17
3:00 p.m. Movie Showing: <i>Philomena</i>	Emancipation Day (U.S.) Hair Stylist Available by Appt 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 3:00 p.m. BINGO RL	10:00 a.m. Crafts with Sarah: Patriotic Door Decs 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Everything Photos Session 2 3:00 p.m. Fiber Arts	10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart **	10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games RL 3:00 p.m. Line Dancing Class 5:00 p.m. Dinner Club:	9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 2:30 p.m. Car Wash 3:00 p.m. Documentary Movie Showing: <i>Facing Nolan</i>	24 HAPPY BIRTHDAY Angie Otto 3:00 p.m. Non- Denominational Worship Service RL
3:00 p.m. Movie Showing: Won't You Be My Neighbor?	HAPPY BIRTHDAY Ginger Gillmore! Hair Stylist Available by Appt 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 3:00 p.m. BINGO RL 3:30 p.m. Audio Interview with the Author 4:00 p.m. Book Club	10:00 a.m. Crafts With Sarah - Framed American Flag Decor 12:30 p.m. Euchre RL 3:00 p.m. Fiber Arts	10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Hul/oo. 3:00 p.m. All Residents Meeting 4:00 p.m. Social Hour: Karaoke!	Massage Therapist Available by Appt 10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games RL	9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 1:00 p.m. Walking Club: Stephen's Lake Park 7:00 p.m. Game Night RL	RL = Resident Led Event = Trash Day = Recycle Day
	4:00 p.m. B00K Club					