

Soaring Through the Skies

Up, up and away! Hot air balloons have captured the hearts of adventure lovers for hundreds of years.

- The methods behind hot air balloon technology date back over 2,000 years to the floating lanterns used in ancient China.
- The Montgolfier brothers of France created the first manned hot air balloons in the late 1700s.
- A rooster, duck and sheep were used as passengers for the first tethered hot air balloon flight, which took place in 1783 and lasted eight minutes.
- Today, most balloon trips are about an hour and reach an altitude of 2,000 feet.
- The record elevation for a hot air balloon flight is 68,986 feet, twice the height of what a commercial airplane flies.
- It takes about 15 minutes to inflate a typical balloon, which is called an envelope, and another 15 minutes to deflate it.
- Envelopes are made of heat-resistant nylon, since the inside of a balloon can reach 250° F.
- Balloon races are a major spectator sport. Albuquerque, N.M., hosts the largest hot air balloon festival, which features more than 500 balloons each year.
- Admired for their vivid colors and patterns, balloons also come in novelty shapes, such as cartoon characters, in addition to the classic teardrop.
- There's something romantic about floating through the air. Hot air balloons are a popular place to pop the question, and some weddings take place on them!
- Hot air balloons often show up in fictional tales, most famously in the book "The Wonderful Wizard of Oz" and the movie "Around the World in 80 Days."

Employee of the Month

Congratulations to our Employee of the Month, Chris! He is a very hard working chef in our kitchen, and everyone enjoys the food he makes. Thanks for all your hard work, Chris!

A Tie Timeline

From the skinny ties of the '50s to the power ties of the '80s, men's neckties have become a way to show personality as well as a sharp-dressed look.

Modern-day ties were likely inspired by the loosely tied scarves worn by 17th-century Croatian soldiers who were hired by the French to serve in the Thirty Years' War. King Louis XIII enjoyed the look, gave the scarves the name cravats, and made them mandatory in his royal court.

Cravats remained popular for the next 200 years, with variations in fabric, length and method of tying. The ascot, a band of silk that's wrapped around the neck and loosely tied in front, emerged in the late 1800s, setting a pattern for more casual neckwear.

The trend changed in the 1920s, when New York tie maker Jesse Langsdorf designed the necktie we know today by cutting fabric at an angle that helped it stretch, yet preserved its shape. The Langsdorf tie allowed more creativity with knots, and soon men were sporting the style.

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JUNE 2021

The Longest Day

Every year on the summer solstice, the day with the most hours of sunlight, communities across the country gather to "outshine the darkness of Alzheimer's."

Since 2012, the Alzheimer's Association has hosted The Longest Day on the first day of summer, which this year is Sunday, June 20. The name of the event refers to the long daylight hours of the summer solstice as well as the journey of the 50 million people worldwide who are living with Alzheimer's disease and their caregivers.

Individuals take part in The Longest Day by creating or joining a team of family, friends and co-workers and planning a fundraising event that will take place from sunrise to sunset. Teams can choose any activity, such as a walk-a-thon, playing cards or bingo, baking, crafting, playing a sport, or volunteering for a service project. Virtual gatherings, online charity donations, and sending cards and care packages to people with dementia are additional ways of showing support.

In addition to wearing purple, the color for Alzheimer's awareness, participants are encouraged to share stories and pictures of their Longest Day events on social media and use the hashtags #TheLongestDay and #ENDALZ. The Alzheimer's Association features these photos on their website, ALZ.org.

Seeing Stars

We had the time of our lives looking at the sun with Sunspot Larry and dancing to space themed music! We even got to watch Star Wars. It was so much fun to learn about the fantastic galaxy around us.



JUNE 2021

Locations

Activity Room, Memory
Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering
Place, VUGP

Villas, Dining Room, VDR

Birthdays

Debra Bachman, 5th

Loretta Meetze, 9th

Violet Casper, 20th

Shirley Sanders, 25th

**“The sky is the ultimate
art gallery just above us.”**

—Ralph Waldo Emerson

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
				8:15 Morning Exercise, VDR	1	10:15 Morning Yoga	2	8:15 Morning Exercise, VDR	3	8:15 Morning Exercise, VDR	4	5		
				10:30 Individual Snack Social		10:30 Individual Snack Social		10:00 Weekly Trivia, VDR		9:30 Some Good News: Self-Directed		10:30 Individual Snack Social		
				11:00 Groovy Knitting Class, VUGP		2:30 Meditation, VUGP		10:30 Individual Snack Social		10:30 Individual Snack Social		1:30 Afternoon Walk, O		
				2:00 Book Club, VUGP		2:30 Cooking w/Chef Brenda, VDR		1:30 Bible Study, VUGP		2:30 Afternoon Snack		2:30 Afternoon Snack		
				2:30 Hymns and Snacks, VDR		3:00 Board Games and Card Games, VDR		2:30 Afternoon Snack		2:30 '60s History Talk, VUGP		6:00 Cinema Saturday, VUGP		
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack		6	8:15 Morning Exercise, VDR	7	8:15 Morning Exercise, VDR	8	10:15 Morning Yoga	9	8:15 Morning Exercise, VDR	10	8:15 Morning Exercise, VDR	11	12	
			10:30 Individual Snack Social		10:30 Individual Snack Social		10:30 Individual Snack Social		10:00 Weekly Trivia, VDR		9:30 Some Good News: Self-Directed		10:30 Individual Snack Social	
			11:00 Daily Devotional Discussion, VUGP		2:00 Book Club, VUGP		2:30 Meditation, VUGP		10:30 Individual Snack Social		10:30 Individual Snack Social		1:30 Afternoon Walk, O	
			1:30 Animal Therapy, VDR		2:30 Hymns and Snacks, VDR		2:30 Afternoon Snack		1:30 Bible Study, VUGP		2:30 Afternoon Snack		2:30 Afternoon Snack	
			2:30 Afternoon Snack		3:30 Lima Bean Auction, VDR		2:30 Cooking w/Chef Brenda, VDR		2:30 Afternoon Snack		2:30 '60s History Talk, VUGP		6:00 Cinema Saturday, VUGP	
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack		13	FLAG DAY		14	8:15 Morning Exercise, VDR	15	10:15 Morning Yoga	16	8:15 Morning Exercise, VDR	18	19		
			8:15 Morning Exercise, VDR		10:30 Individual Snack Social		10:30 Individual Snack Social		10:00 Weekly Trivia, VDR		9:30 Some Good News: Self-Directed		10:30 Individual Snack Social	
			11:00 Daily Devotional Discussion, VUGP		2:00 Book Club, VUGP		2:30 Meditation, VUGP		10:30 Individual Snack Social		10:30 Individual Snack Social		1:30 Afternoon Walk, O	
			1:30 Animal Therapy, VDR		2:30 Hymns and Snacks, VDR		2:30 Afternoon Snack		1:30 Bible Study, VUGP		2:30 Afternoon Snack		2:30 Afternoon Snack	
			2:30 Afternoon Snack		3:00 Armchair Volleyball, VDR		2:30 Cooking w/Chef Brenda, VDR		2:30 Afternoon Snack		2:30 '60s History Talk, VUGP		6:00 Cinema Saturday, VUGP	
FATHER'S DAY SUMMER BEGINS 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack		20	8:15 Morning Exercise, VDR	21	8:15 Morning Exercise, VDR	22	10:15 Morning Yoga	23	8:15 Morning Exercise, VDR	24	8:15 Morning Exercise, VDR	25	26	
			10:30 Individual Snack Social		10:00 Tie Dye Tea Towels		10:30 Individual Snack Social		10:00 Weekly Trivia, VDR		9:30 Some Good News: Self-Directed		10:30 Individual Snack Social	
			11:00 Daily Devotional Discussion, VUGP		10:30 Individual Snack Social		2:30 Meditation, VUGP		10:30 Individual Snack Social		10:30 Individual Snack Social		1:30 Afternoon Walk, O	
			1:30 Animal Therapy, VDR		2:00 Book Club, VUGP		2:30 Afternoon Snack		1:30 Bible Study, VUGP		2:30 Afternoon Snack		2:30 Afternoon Snack	
			2:30 Afternoon Snack		2:30 Hymns and Snacks, VDR		2:30 Cooking w/Chef Brenda, VDR		2:30 Afternoon Snack		2:30 '60s History Talk, VUGP		6:00 Cinema Saturday, VUGP	
9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack		27	8:15 Morning Exercise, VDR	28	8:15 Morning Exercise, VDR	29	10:15 Morning Yoga	30						
			10:30 Individual Snack Social		10:30 Individual Snack Social		1:30 Animal Therapy, VDR							
			11:00 Daily Devotional Discussion, VUGP		1:00 Bracelet Beading		2:30 Meditation, VUGP							
			1:30 Animal Therapy, VDR		2:00 Book Club, VUGP		2:30 Afternoon Snack							
			2:30 Afternoon Snack		2:30 Hymns and Snacks, VDR		2:30 Cooking w/Chef Brenda, VDR							