

# Inspired Times

Inspired  
LIVING  
A Validus Senior Living Community

Meaningful Days. Inspiring Care.

News, events and happenings for residents and families at *Superior Residences of Cala Hills*

## So Nice To Hear

Start the month with a thank-you, compliment or other words of kindness. Your Passion always motivates me...You are inspiring.

## Remember When: Parachute Wedding Dresses

World War II rationing affected the supply of many goods, including fabric. So, resourceful brides had their wedding gowns sewn from the parachutes of their fighting fiancés. Parachutes were made of pure silk or nylon and were large enough to fashion a long, white dress with a full train; add lace and motifs and you have created gowns that served as tributes to servicemen and as symbols of victory.

## Brainteaser

Question: Paul's height is six feet, he's an assistant at a butcher's shop and wears size 9 shoes. What does he weigh?

Answer: Meat

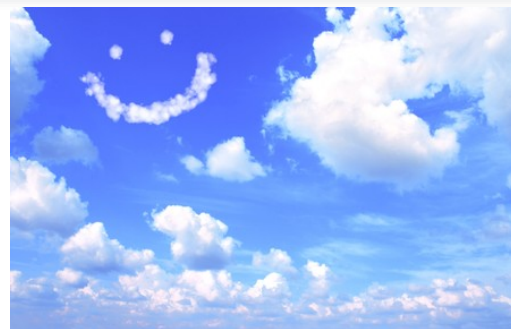
## June 2021

### Dads!! Pops!! Pa Pa!!

Sonora Dodd of Spokane WA. made this day in June possible in 1909. Happy Father's Day.

### Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. The colors of soap bubbles comes from the white light which contains all the colors of the rainbow, blowing bubbles can clear your mind of worries and bring back happy, nostalgic memories.



### Let the Summer Begin

June is the first month of the Summer Season... Let the fun begin. Theme parks, weddings and flying away discovering other cultures.

### Grab a Straw

In some parts of the U.S., it's called a frappe or a cabinet, but most know it as a milkshake. Did you know that in 1885 milkshake was only for adults? Milkshake as we know it came about in 1922 when a Walgreen employee added vanilla ice cream to malted milk.

### Get a Jump-Start

"Jump; it is not as wide as you think." - Joseph Campbell

### Saluting Female Veterans

To honor the many contributions of women to the U.S. armed forces, Women Veterans Day is observed June 12. About a dozen states commemorate the day, created in 2018, but there are efforts to make it a national observance.

### Brake for a Road Trip Movie

Enjoy the ride watching one of these popular road trip movies:

- "Thelma & Louise"
- "National Lampoon's Vacation"
- "Rain Man"
- "Little Miss Sunshine"
- "Planes, Trains & Automobiles"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10 AM SIT AND BE FIT 11 AM IN2L PROGRAM 2 PM GUESS THIS RIDDLE 3 PM HAPPY HOUR 4 PM WORD SEARCH BOOKS 7 PM WHEEL OF FORTUNE	10 AM CATHOLIC SERVICE 11 AM PORCH TIME: TRIVIA 2 PM GAME: PASS THE PIG 3 PM HAPPY HOUR 4 PM GAME OF CHOICE / GLORIA N. 7 PM COFFEE SOCIAL TIME	10 AM MORNING WALK 11 AM CORNHOLE TOSS 2 PM SING-A-LONG/ PORCH 3 PM HAPPY HOUR 4 PM GAME OF CHOICE/ GLORIA N. 7 PM TV 52 COMEDY	10 AM IN2L EXERCISE TIME 11 AM CRAFT TIME 2 PM MEMORY LANE MUSIC 3 PM ICE CREAM SOCIAL 4 PM TRAVEL USA (DVD) 7 PM FAMILY FEUD Coffee and doughnut snack	10 AM GARDEN WALK 11 AM NATURE BINGO / GLORIA N. 2 PM MOVIE HOUR / POPCORN 3 PM SNACK TIME 4 PM WORD SEARCH 7 PM FAMILY FEUD
<b>D-DAY</b> 10 AM SNACK TIME 11 AM CHURCH SERVICE (TV) 2 PM D-DAY TRIVIA 3 PM SNACK TIME 4 PM MOVIE HOUR/POPCORN 7 PM SNACK TIME	<b>ART THERAPY</b> 10 AM ART THERAPY/PHYLLIS 11 AM TICK TOCK BALL GAME 2 PM ACTIVITY CIRCLE TRIVIA 3 PM HAPPY HOUR 4 PM TABLE GAME / GLORIA N. 7 PM NIGHTLY NEWS	<b>MUSIC: SOUND OF JOY</b> 10 AM SIT AND BE FIT 11 AM STATE CAPITALS 2 PM MUSIC: SOUND OF JOY 3 PM HAPPY HOUR 4 PM HOW MANY WORDS 7 PM JEOPARDY	<b>MUSIC: JEFF B.</b> 10 AM SIDEWALK STROLL 11 AM IN2L PROGRAM 2 PM MUSIC: JEFF 3 PM HAPPY HOUR 4 PM DOMINO/CARD GAME 7 PM DONALD DUCK MOVIE	<b>BALLPOINT PEN DAY</b> 10 AM SIT AND BE FIT 11 AM BAKING TIME/BLACK FORREST CAKE 2 PM POETRY READING 3 PM JAMAICAN COLA & CAKE 4 PM NATURE BINGO 7 PM COFFEE SOCIAL/TV COMEDY	10 AM SIT AND BE FIT 11 AM BINGO/ GLORIA N. 2 PM MEMORY LANE MUSIC 3 PM ICE CREAM SOCIAL 4 PM GAME OF CHOICE 7 PM WHEEL OF FORTUNE	10 AM COFFEE SOCIAL 11 AM RING TOSS GAME 2 PM MOVIE/ POPCORN 3 PM SNACK TIME 4 PM GAME OF CHOICE 7 PM SOCIAL GATHERING
10 AM PORCH TIME/COFFEE 11 AM GAITHER VIDEO (CHURCH) 2 PM WORD SEARCH 3 PM SNACK TIME 4 PM MOVIE HOUR/POPCORN 7 PM SNACK TIME	<b>FLAG DAY/ ARMY'S BIRTHDAY</b> 10 AM SIT AND BE FIT 11 AM FLAG DAY TRIVIA 2 PM HOW MANY WORDS 3 PM HAPPY HOUR 4 PM COLORING THERAPY 7 PM WHEEL OF FORTUNE	<b>COCKTAIL OF THE MONTH</b> 10 AM SIT AND BE FIT 11 AM IN2L TRIVIA 2 PM GAME: PASS THE PIG 3 PM JAMAICAN RUM PUNCH 4 PM NEWS AND VIEWS 7 PM FAMILY FEUD	<b>CATHOLIC SERVICE</b> 10 AM CATHOLIC SERVICE 11 AM CORNHOLE TOSS 2 PM HEDBANZ GAME 3 PM HAPPY HOUR 4 PM BINGO/CARD GAME 7 PM COMEDY HOUR (TV52)	10 AM SIT AND BE FIT 11 AM MUSEUM VISIT 2 PM GENERAL TRIVIA 3 PM HAPPY HOUR 4 PM HORSE BINGO GAME 7 PM NEWS HOUR/COMEDY	10 AM SIDEWALK STROLL 11 AM SENIOR TRIVIA 2 PM BIRTHDAY JINGO GAME 3 PM ICE CREAM SOCIAL 4 PM GAME OF CHOICE 7 PM GOLDEN GIRLS	<b>MUSIC: JEFF B.</b> 10 AM MORNING SNACK 11 WORD SEARCH BOOKS 2 PM MUSIC / DANCING 3 PM SNACK TIME 4 PM MOVIE HOUR/POPCORN 7 PM SOCIAL TIME
<b>HAPPY FATHER'S DAY/SUMMER SOLTICE/LONGEST DAY</b> 10 AM MORNING SNACK 11 AM INSPIRATIONAL TIME 2 PM FATHER'S DAY SOCIAL 3 PM CAKE AND PUNCH 4 PM FATHER'S DAY TRIVIA 7 PM GAME OR MOVIE	10 AM SIT AND BE FIT 11 AM TUSCAWILLA PARK 2 PM IN2L TRIVIA 3 PM MILKSHAKE TREAT 4 PM NEWS AND VIEWS 7 PM FAMILY FEUD	<b>OUT TO LUNCH</b> 10 AM CHAIR EXERCISE 11 AM OUT TO LUNCH 2 PM EVERYDAY TRIVIA 3 PM HAPPY HOUR 4 PM GAME OF CHOICE 7 PM HALLMARK MOVIE	<b>CATHOLIC SERVICE</b> 10 AM CATHOLIC SERVICE 11 AM CRAFT TIME 2 PM ACTIVITY BALL 3 PM HAPPY HOUR 4 PM DOG BINGO 7 PM NEWS/TV COMEDY	<b>DESTINATION : JAMAICA</b> 10 AM CHAIR EXERCISE IN2L 11 AM LET'S TALK : JAMAICA 2 PM EASY LISTENING/ IN2L 3 PM JAMAICAN TREAT 4 PM WORD SEARCH 7 PM JIGSAW PUZZLE	10 AM SIT AND BE FIT 11 AM RIDDLES AND MORE 2 PM GAME: YAHTZEE 3 PM ICE CREAM SOCIAL 4 PM PORCH TIME/MUSIC 7 PM WHEEL OF FORTUNE	10 AM COFFEE SOCIAL 11 AM NATURE BINGO 2 PM RING TOSS GAME 3 PM SNACK TIME 4 PM MOVIE/POPCORN 7 PM TV COMEDY SHOWS
10 AM SNACK TIME 11 AM GAITHER VIDEO 2 PM TABLE GAME 3 PM SNACK TIME 4 PM HALLMARK MOVIE 7 PM SNACK TIME	<b>RESIDENT COUNCIL MEETING</b> 10 AM CHAIR EXERCISE IN2L 11 AM CRAFT TIME 2 PM RESIDENT COUNCIL 3 PM HAPPY HOUR 4 PM GAME OF CHOICE 7 PM JEOPARDY	10 AM YOUR BODY EXERCISE 11 AM IN2L PROGRAM 2 PM MUSICAL BINGO 3 PM HAPPY HOUR 4 PM SENIOR TRIVIA 7 PM FAMILY FEUD	<b>CATHOLIC SERVICE</b> 10 AM CATHOLIC SERVICE 11 AM LAWN DART GAME 2 PM SAND ART 3 PM HAPPY HOUR 4 PM WORD SEARCH BOOKS 7 PM NIGHTLY NEWS			

### **Memorable Melody: 'Chattanooga Choo Choo'**

This swing tune was written by Mark Gordon, composed by Harry Warren, and recorded in May 1941 by Glenn Miller and his orchestra as a big band swing tune. The train that inspired this song was a wood-burning steam locomotive. The lyrics of this song tell of a man travelling south on a coal-burning train from Pennsylvania Station in New York going to Chattanooga, Tennessee. This record sold 1.2 million copies. It was also the song for the movie *Sun Valley Serenade* in 1941.

### **100 Years of Baby Ruth**

A candy bar scored new fans with the help of a name change. In 1921, the Curtiss Candy Co. of Chicago changed the recipe and the name of its Kandy Kake confection to Baby Ruth, a milk chocolate-covered bar of peanuts, caramel and nougat. Sold for 5 cents and advertised as an energy bar, the new candy was a hit, becoming as famous as another Ruth at the time—New York Yankees home run king Babe Ruth. The company claimed it named the candy after President Grover Cleveland's daughter, not the popular baseball player.

### **Popcorn Pick: 'Down Argentine Way'**

A feud between fathers stalls a young couple's romance and their deal over a racehorse. This 1940 Technicolor musical stars Don Ameche, Betty Grable and Carmen Miranda in her first American film. Taking audiences on an escape to exotic South America and showcasing Grable and Miranda's singing and dancing skills, the film was a hit and made both women stars. Miranda dazzles in splashy Latin numbers, and you'll also see the Nicholas Brothers perform one of their most famous routines.

## **"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 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 supporting actress prize for her role in the musical "Oklahoma!"