

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 Niceville*

So Nice To Hear

Start the month with a thank-you, compliment or other words of kindness. June 1 is Say Something Nice Day!

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 and other decorative details. The creative gowns served as tributes to servicemen and as symbols of victory.

Brainteaser

Question: This type of bird must have 16 feathers to be legal. What kind of bird is it?

Answer: A badminton shuttlecock.

June 2021

Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.

Take a Bubble Break

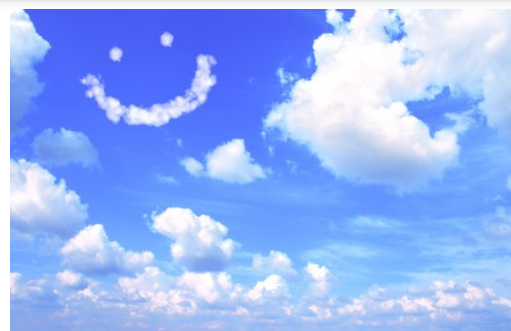
The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

Get a Jump-Start

"Just one small positive thought in the morning can change your whole day." —Dalai Lama

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.



Summer Sun Day

It's the start of a new season! Summer officially begins Sunday, June 20.

Grab a Straw

In some parts of the U.S., it's called a frappe, a cabinet or a velvet, but most know it as a milkshake. The frosty blend of milk, ice cream and flavored syrups or fruit has been a cool treat since the early 1900s. Enjoy a classic taste on Vanilla Milkshake Day, June 20.

Brake for a Road Trip Movie

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

- "The Blues Brothers"
- "National Lampoon's Vacation"
- "Rain Man"
- "Little Miss Sunshine"
- "Green Book"

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
|  |  | National Nail Polish Day 1 9:15 Coffee Cart 10:00 Courtyard Stretch 1:00 Bible Study w/Frank 1:00 Nail Spa 2:00 Movie in Theater 3:00 Reminisce 6:00 Easy Listening | 2 9:15 News and Views 10:00 Drum Circle 1:00 Let's go for a Drive 2:00 Brain Games iN2L 3:00 Happy Hour 6:00 I Love Lucy | 3 9:15 Coffee and Chit Chat 10:00 Courtyard Meditation 1:00 Inspired Destination History Lesson 2:00 Jamaica Snack 3:00 Beach Ball Toss 6:00 Easy Listening | National Doughnut Day 4 9:15 Coffee and Doughnuts 10:00 Sit and Be Fit 11:00 Lunch Bunch 2:00 Let's go for a Drive 3:00 Puzzles 6:00 Murder She Wrote | 5 9:15 Coffee Cart 10:00 Sit and be Fit 1:00 Flowerpot Project 2:00 Ball Toss 3:00 Nails and Aromatherapy 6:00 I Love Lucy |
| National Gardening Exercise Day 6 9:15 This Day in History 10:00 Sunday Sermon 1:00 Gardening Time 2:00 Lemonade Cart 3:00 Gospel Songs 6:00 News and Views | 7 9:15 Coffee and Chit Chat 10:00 Drum Circle 1:00 Brain Games iN2L 2:00 Table Talk w/Karen 3:00 Happy Hour 6:00 The Murder She Wrote | 8 9:15 Coffee with Comrades 10:00 Simple Stretching 1:00 Bible Study w/Frank 2:00 Movie in Theater 3:00 Search and Find 6:00 Name that Tune | 9 9:15 Coffee and Reminisce 10:00 Balloon Volleyball 1:00 Trivia w/iN2L 2:00 Walking Club at Turkey Creek 3:00 Happy Hour 6:00 I Love Lucy | 10 9:15 This Day in History 10:00 Beach Ball Toss 1:00 Inspired Destination Snack Attack 2:00 Raceway Fun 3:00 Walking Club 6:00 Easy Listening | 11 9:15 Coffee and Doughnuts 10:00 Courtyard Meditation 11:00 Lunch Bunch 2:00 Bingo 3:00 Happy Hour 6:00 I Love Lucy | 12 9:15 This Day in History 10:00 Walking Club 1:00 Checkers 2:00 Jukebox iN2L 3:00 Nails and Aromatherapy 6:00 Andy Griffith Show |
| 13 9:15 Gentle Stretching 10:00 Sunday Sermon 1:00 Bingo 2:00 Movie in Theater 3:00 Search and Find 6:00 News and Views | Flag Day 14 9:15 Coffee and Chit Chat 10:00 Sit and Be Fit iN2L 1:00 Kitchen Creation 2:00 Flag Day Trivia 3:00 Happy Hour 6:00 I Love Lucy | 15 9:15 This Day in History 10:00 Drum Circle 1:00 Bible Study w/Frank 2:00 Movie in Theater 3:00 Walking Club 6:00 The Murder She Wrote | 16 9:15 Coffee and Reminisce 10:00 Courtyard Stretch 12:30 Let's Go for a Drive 2:00 Bingo 3:00 Happy Hour 6:00 Easy Listening | CNA Day 17 9:15 This Day in History 10:00 Beach Ball Toss 1:00 Inspired Destination Cocktail of the Month 2:00 Raceway Fun 3:00 Walking Club 6:00 Easy Listening | 18 9:15 Coffee and Doughnuts 10:00 Sit and Be Fit 11:00 Lunch Bunch 2:00 Garden Time 4:00 Father's Day Family Night 6:00 Murder She Wrote | 19 9:15 This Day in History 10:00 Walking Club 1:00 Dominoes 2:00 Jukebox iN2L 3:00 Nails and Aromatherapy 6:00 Andy Griffith Show |
| Father's Day 20 9:15 Gentle Stretching 10:00 Sunday Sermon 1:00 Bingo 2:00 Baseball, Beer, and Brats in Theater 3:00 Search and Find 6:00 News and Views | 21 9:15 Coffee and Reminisce 10:00 Sit and Be Fit 1:00 Bubble Pop iN2L 2:00 Balloon Volleyball 3:00 Happy Hour 6:00 I Love Lucy | 22 9:15 Coffee and Chit Chat 10:00 Simple Stretching 1:00 Bible Study w/Frank 2:00 Movie in Theater 3:00 Search and Find 6:00 Name that Tune | 23 9:15 Coffee and Reminisce 10:00 Balloon Volleyball 1:00 Trivia w/iN2L 2:00 Walking Club at Turkey Creek 3:00 Happy Hour 6:00 I Love Lucy | 24 9:15 Coffee and Chit Chat 10:00 Courtyard Meditation 11:00 Inspired Destination Lunch 2:00 Jamaica Snack 3:00 Beach Ball Toss 6:00 Easy Listening | 25 9:15 Coffee and Doughnuts 10:00 Sit and Be Fit 11:00 Lunch Bunch 2:00 Bingo 3:00 Happy Hour 6:00 I Love Lucy | Chocolate Pudding Day 26 9:15 This Day in History 10:00 Walking Club 1:00 Checkers 2:00 Kitchen Creation Pudding 3:00 Nails and Aromatherapy 6:00 Andy Griffith Show |
| 27 9:15 Gentle Stretching 10:00 Sunday Sermon 1:00 Bingo 2:00 Movie in Theater 3:00 Search and Find 6:00 News and Views | 28 9:15 Coffee with Comrades 10:00 Simple Stretching 1:00 Let's Get Crafty 2:00 Movie in Theater 3:00 Search and Find 6:00 Name that Tune | 29 9:15 Coffee with Comrades 10:00 Simple Stretching 1:00 Bible Study w/Frank 2:00 Movie in Theater 3:00 Walking Club 6:00 Name that Tune | Water Gun Day 30 9:15 Coffee and Reminisce 10:00 Courtyard Stretch 1:00 Water Gun Target Practice 2:00 Paint Project 3:00 Happy Hour 6:00 Easy Listening |  |  |  |

Memorable Melody: 'Big Bad John'

This folklore-style ballad was the biggest hit of Jimmy Dean's career, topping both the country and pop music charts in 1961. With help from country legend Roy Acuff, Dean wrote the lyrics, which tell the story of Big John, a hulking, mysterious man who ends up a hero after a mine collapse. Dean narrates the tall tale, accompanied by the haunting beat of a hammer hitting a piece of steel and backup vocals by the Jordanaires quartet. The song later won the Grammy Award for best country recording.

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!"