

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 Clermont*

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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

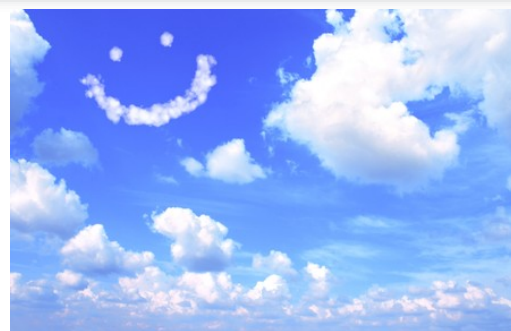
The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

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
		1 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr Music in Motion Chair Exercise to Music 10:30 Gr Brain Aerobics 1:00 Gr 10¢ Bingo 3:00 Gr Travelogue: Jamaica	2 9:30 Li Devotions with MaryJo 10:30 Gr Health Talk and Prizes with Integrity 1:00 Gr 10¢ Bingo 2:45 Pa Ice Cream Sundaes and Root Beer Floats 3:15 Gr Chair Yoga to Music 6:00 Ga Trivial Pursuit, Games & Cards	3 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:30 Gr Brain Games 1:00 Gr 10¢ Bingo 3:00 Gr Entertainment with Dave Smith on Piano	4 10:00 Gr Sit and Be Fit! 10:30 Gr Critical Thinking 1:00 Gr 10¢ Bingo 2:45 Gr Afternoon Movie Showing 'Edward Scissorhands' 6:00 Ga Trivial Pursuit, Games & Cards	5 9:00 Fr 'Red Hot Chili Steppers' Walking Club 9:30 Lo Coffee and Donut Social 10:00 Gr 10¢ Bingo 12:00 Choose from this month's Puzzle Sheets & Magazines in the Lobby, Books & Jigsaw Puzzles in the Library or visit the Game Room 1:00 Gr Brain Games
6 10:30 Gr Word Challenges with iN2L 11:00 In Pick up a Brain Teaser from Integrity. Visit the Library, Lobby or Game Room with Friends 1:00 Gr 10¢ Bingo	7 9:30 Fr Pastor Tom Farley's Front Porch Message 11:00 Gr Sit & Be Fit! 1:00 Gr Card Bingo and Prizes with Dawn & MaryJo 3:00 Gr Brain Games 6:00 Ga Trivial Pursuit, Games & Cards	8 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:45 Fr Lunch Bunch goes to Panera 1:00 Gr 10¢ Bingo 3:00 Gr Ambassador Meeting	9 9:30 Li Devotions with MaryJo 10:30 Di Cooking Demonstration with Ralph 1:00 Gr 10¢ Bingo 2:45 Pa Ice Cream Sundaes and Root Beer Floats 3:15 Gr Drum Fit Seated Workout 6:00 Ga Trivial Pursuit, Games & Cards	10 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr Sit and Be Fit! 10:30 Ac Arts & Craft Project 1:00 Gr 10¢ Bingo 3:00 Gr Fun Facts and Trivia: Jamaica Serving Traditional Jamaican Rum Punch	11 10:00 Gr Drum Fit Seated Workout 10:30 Gr Challenge Your Mind 1:00 Gr 10¢ Bingo 2:30 Fr Outdoor Entertainment with Rick Langoff 6:00 Ga Trivial Pursuit, Games & Cards	12 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr 10¢ Bingo with Chris 12:00 Choose from this month's Puzzle Sheets & Magazines in the Lobby, Books & Jigsaw Puzzles in the Library or visit the Game Room 1:00 Gr Cornhole Competition with Prizes Play or Watch with Lindsay
13 11:00 In Pick up a Brain Teaser from Integrity. Visit the Library, Lobby or Game Room with Friends 2:00 Ac Arts & Crafts Project with MaryJo & Penny	14 9:30 Fr Pastor Tom Farley's Front Porch Message 11:00 Gr Sit & Be Fit! 1:00 Gr 10¢ Bingo 6:00 Ga Trivial Pursuit, Games & Cards	15 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr Music in Motion Chair Exercise to Music 10:30 Gr Brain Aerobics 1:00 Gr 10¢ Bingo 3:00 Gr Travelogue: Jamaica	16 9:30 Li Devotions with MaryJo 10:30 Gr Health Talk and Prizes with Integrity 1:00 Gr 10¢ Bingo 2:45 Pa Ice Cream Sundaes and Root Beer Floats 3:15 Gr Chair Yoga to Music 6:00 Ga Trivial Pursuit, Games & Cards	17 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Fr Blessed Sacrament Communion Service 10:30 Gr Brain Games 1:00 Gr 10¢ Bingo 3:00 Gr Drum Fit Seated Workout	18 10:00 Gr Sit and Be Fit! 10:30 Fr Shopping at Publix 1:00 Gr 10¢ Bingo 2:30 Fr Birthday Party with Entertainment by Nicole 6:00 Ga Trivial Pursuit, Games & Cards	19 9:00 Fr 'Red Hot Chili Steppers' Walking Club 12:00 Choose from this month's Puzzle Sheets & Magazines in the Lobby, Books & Jigsaw Puzzles in the Library or visit the Game Room 1:00 Fr Classic Cars on Display!
20 Happy Father's Day! 11:00 In Pick up a Brain Teaser from Integrity. Visit the Library, Lobby or Game Room with Friends 1:00 Gr Father's Day Social and Trivia with Katie	21 Happy Birthday BJJ! 9:30 Fr Pastor Tom Farley's Front Porch Message 11:00 Gr Sit & Be Fit! 1:00 Gr 10¢ Bingo 3:00 Ca Cookies & Lemonade Social 3:00 Ca Hearing Aid Cleaning 6:00 Ga Trivial Pursuit, Games & Cards	22 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:45 Fr Lunch Bunch goes to Piesano's Pizzeria 1:00 Gr 10¢ Bingo 3:00 Ac Get Answers to this Month's Puzzles and Win Prizes!	23 9:30 Li Devotions with MaryJo 10:30 Di Cooking Demonstration with Ralph 1:00 Gr 10¢ Bingo 2:45 Pa Ice Cream Sundaes and Root Beer Floats 3:00 Gr Welcome New Residents! 6:00 Ga Trivial Pursuit, Games & Cards	24 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr Sit and Be Fit! 10:30 Ac Arts & Craft Project 12:00 Di Family Lunch 1:00 Gr 10¢ Bingo 3:00 Gr Fun Facts and Trivia: Jamaica	25 10:00 Gr Drum Fit Seated Workout 10:30 Gr Challenge Your Mind 1:00 Gr 10¢ Bingo 2:30 Gr Entertainment with John 6:00 Ga Trivial Pursuit, Games & Cards	26 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Fr Front Porch Worship Service with Jiles Church 12:00 Choose from this month's Puzzle Sheets & Magazines in the Lobby, Books & Jigsaw Puzzles in the Library or visit the Game Room 1:00 Ac Arts & Crafts with MaryJo & Penny
27 11:00 In Pick up a Brain Teaser from Integrity. Visit the Library, Lobby or Game Room with Friends 2:00 Lo Healthy Fruit Smoothies with Ralph	28 9:30 Fr Pastor Tom Farley's Front Porch Message 11:00 Gr Sit & Be Fit! 1:00 Gr 10¢ Bingo 3:00 Gr Resident Council Meeting 6:00 Ga Trivial Pursuit, Games & Cards	29 9:00 Fr 'Red Hot Chili Steppers' Walking Club 10:00 Gr Music in Motion Chair Exercise to Music 10:30 Gr Brain Aerobics 1:00 Gr 10¢ Bingo 3:00 Gr History of Jamaica	30 9:30 Li Devotions with MaryJo 10:30 Gr Word Challenges with iN2L 1:00 Gr 10¢ Bingo 2:45 Pa Ice Cream Sundaes and Root Beer Floats 3:15 Gr Chair Yoga to Music 6:00 Ga Trivial Pursuit, Games & Cards			

Birds of a Feather Referral Program

You love your new nest, why not invite your friends to love living here, too?! Refer a friend or family member to move into Superior Residences by Inspired Living and earn \$1,000 rent credit.

To find out more, call 352-322-2960 and ask for Nelson.

Restrictions apply: Referral must be new and not existing in the Inspired Living/Superior Residences database. Referral paid after 30 days of residency.

Happy June Birthday!

June 21

BJ

Associate Anniversaries With Superior Residences! We Appreciate You!

Dolly	15 Years
Katie	12 Years
Dee	7 Years
Deanna	7 Years
Mechel	6 Years
Sunita	4 Years

A Sunny Outlook

“Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet.” —Rhonda Byrne

Please make check payable to Senior Living I, LLC

Use the envelope provided or mail to:

Superior Residences of Clermont by Inspired Living

Attn: Validus Senior Living Billing Dept.

4301 Anchor Plaza Parkway - Suite 400

Tampa, Florida 33634 813-330-2660

So Nice To Hear

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

“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!”