

# 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 Lecanto*

## June 2021

### Management Team

- Executive Director:  
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- Health & Wellness  
Director:  
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- Sales Director: Jenny L.
- Resident Engagement  
Director:  
Nicholette M.
- Dining Services  
Director:  
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- Plant Operations  
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### 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.

### Inspired Destinations

Grab your passport and meet us in Jamaica! Here are some interesting facts about Jamaica.

- The population of Jamaica is 2.9 million.
- Jamaica has the most churches per square mile in the world.
- Ian Fleming author of the James Bond series wrote 14 of his novels at his "Goldeneye" estate in Jamaica.
- Jamaica Blue Mountain Coffee is one of the most sought after and expensive coffees in the world.
- The movie "Cool Runnings" is about the 1st tropical country (Jamaica) to send a bobsled team to the Winter Olympics.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Pen Pal Day</b> 1 9:00 This day in History 10:30 Walk Club 1:30 Bible Study 2:00 Art Project-IDP 3:00 Drum Circle 4:00 Fun Facts and Trivia-IDP 6:00 Sing a long with your Aide	2 9:00 Good News 10:30 Chair Dancing 1:30 Gardening Club 2:00 Travelogue-Jamaica 3:00 Board Games 4:00 Social Hour 6:00 National Geographic Documentary	3 9:00 News and Views 10:30 Walk Club 1:30 Comedy Club 2:00 Music Memories 3:00 Cooking Demo-IDP 4:00 Social Hour 6:00 Relaxing Music	<b>Doughnut Day</b> 4 9:00 Coffee Chat 10:30 Move and Groove 1:30 Spa Time 2:00 Meaningful Moments 3:00 Crafts 4:00 Brain Games 6:00 Movie Night	5 10:00 Current Events 11:00 Walk Club 2:00 Hymn Sing a long 3:00 Puzzles 6:00 Karaoke
6 10:00 Methodist Church Service-IN2L 2:00 Tai Chi Program 3:00 Sing with Susie Q-IN2L 6:00 Sunday Cinema	<b>Chocolate Ice Cream Day</b> 7 9:00 Current Events 10:30 Yoga 1:30 Reminiscing 2:00 Ice Cream Social 3:00 Word games 4:00 History and Customs-IDP 6:00 50's Jukebox	8 9:00 This day in History 10:30 Walk Club 1:30 Bible Study 2:00 Art Project-IDP 3:00 Drum Circle 4:00 Fun Facts and Trivia-IDP 6:00 Sing a long with your Aide	9 9:00 Good News 10:30 Chair Dancing 1:30 Gardening Club 2:00 Travelogue-Jamaica 3:00 B*I*N*G*O 4:00 Social Hour 6:00 National Geographic Documentary	<b>Egg Roll Day</b> 10 9:00 News and Views 10:30 Sit and Be Fit 1:30 Comedy Club 2:00 Baking Club 3:00 Snack Chat 4:00 Trivia Time 6:00 Relaxing Music	11 9:00 Coffee Chat 10:30 Move and Groove 1:30 Music Memories 2:00 Meaningful Moments 3:00 Family Feud 4:00 Social Hour 6:00 Movie Night	12 10:00 Current Events 11:00 Walk Club 2:00 Hymn Sing a long 3:00 Name that Tune 6:00 Lawrence Welk Show
13 10:00 Catholic Mass-IN2L 2:00 Tai Chi Program 3:00 Sing with Susie Q-IN2L 6:00 Sunday Cinema	<b>New Mexico Day</b> 14 9:00 Current Events 10:30 Yoga 1:30 Armchair Travel-New Mexico 2:00 Crafts 3:00 Dance Challenge 4:00 History and Customs-IDP 6:00 50's Jukebox	<b>Photograph Day</b> 15 9:00 This day in History 10:30 Walk Club 1:30 Bible Study 2:00 Glamour Shots 3:00 Art Project-IDP 4:00 Fun Facts and Trivia-IDP 6:00 Sing a long with your Aide	<b>Fudge Day</b> 16 9:00 Good News 10:30 Chair Dancing 1:30 Gardening Club 2:00 Travelogue-Jamaica 3:00 Fun with Food 4:00 Social Hour 6:00 National Geographic Documentary	17 9:00 News and Views 10:30 Sit and Be Fit 1:30 Thank you cards for staff 2:00 B*I*N*G*O 3:00 Cooking Demo-IDP 4:00 Social Hour 6:00 Relaxing Music	18 9:00 Coffee Chat 10:30 Move and Groove 1:30 Spa Time 2:00 Meaningful Moments 3:00 Father's Day program 4:00 Price is Right 6:00 Movie Night	19 10:00 Current Events 11:00 Walk Club 2:00 Hymn Sing a long 3:00 Puzzles 6:00 Karaoke
<b>Happy Father's Day</b> 20 10:00 Baptist Church Service-IN2L 12:00 Father's Day Lunch 2:00 Tai Chi Program 3:00 Sing with Susie Q-IN2L 6:00 Sunday Cinema	<b>National Selfie Day</b> 21 9:00 Current Events 10:30 Yoga 1:30 Resident Council Meeting 2:00 Selfie Fun with Nicholette 3:00 Luau Party 4:00 History and Customs-IDP 6:00 50's Jukebox	<b>Onion Ring Day</b> 22 9:00 This day in History 10:30 Walk Club 1:30 Bible Study 2:00 Art Project-IDP 3:00 Drum Circle 4:00 Fun Facts and Trivia-IDP 6:00 Sing a long with your Aide	<b>Hydration Day</b> 23 9:00 Good News 10:30 Chair Dancing 1:30 Gardening Club 2:00 Travelogue-Jamaica 3:00 Volleyball 4:00 Mocktails of Jamaica-IDP 6:00 National Geographic Documentary	24 9:00 News and Views 10:30 Sit and Be Fit 1:30 Piano Music 2:00 Word Games 3:00 Karaoke 4:00 Social Hour 5:00 Family Dinner-IDP	25 9:00 Coffee Chat 10:30 Move and Groove 1:30 Spa Time 2:00 Meaningful Moments 3:00 Music Memories 4:00 New Resident Social 6:00 Movie Night	26 10:00 Current Events 11:00 Walk Club 2:00 Hymn Sing a long 3:00 Name that Tune 6:00 Lawrence Welk Show
27 10:00 Presbyterian Church Service-IN2L 2:00 Tai Chi Program 3:00 Sing with Susie Q-IN2L 6:00 Sunday Cinema	28 9:00 Current Events 10:30 Yoga 1:30 Reminiscing 2:00 Dance Challenge 3:00 Word games 4:00 History and Customs-IDP 6:00 50's Jukebox	29 9:00 This day in History 10:30 Walk Club 1:30 Bible Study 2:00 Drum Circle 3:00 Monthly Birthday Party 4:00 Fun Facts and Trivia-IDP 6:00 Sing a long with your Aide	30 9:00 Good News 10:30 Chair Dancing 1:30 Gardening Club 2:00 Painting on the Patio 3:00 Music Trivia 4:00 Jamaica Party 6:00 National Geographic Documentary			

## Happy Birthday

12th-Bunny J.  
28th-Crystal C.



## 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.

## Upcoming Events and Days:

- 1st-Pen Pal Day
- 4th-Doughnut Day
- 7th-Chocolate Ice Cream day
- 15th-Photograph Day-Glamour Shots
- 18th-Father’s Day Celebrations
- 20th-Happy Father’s Day
- 20th-Welcome Summer
- 21st-Selfie Day & Luau
- 24th-Family Dinner Night-Jamaica theme and dishes
- 25th-New Resident Social
- 29th-Monthly Birthday Party
- 30th-Jamaica Party

## Hit Song

- 1) “We Are Family”
- 2) “Burnin’ Up”
- 3) “Be My Baby”
- 4) “Stayin’ Alive”
- 5) “Twist and Shout”
- 6) “Early in the Morning”

## Group

- A) Jonas Brothers
- B) The Ronettes
- C) Isley Brothers
- D) The Gap Band
- E) The Bee Gees
- F) Sister Sledge

## ENTERTAINMENT TRIVIA

It Runs in the Family

For some entertainers, making music becomes a family affair. See if you can match the song to the group that made it a hit.

Answers: 1. F; 2. A; 3. B; 4. E; 5. C; 6. D