

# June 2025

PROPERTY NAME **Acapella**

COORDINATOR: Au'Brie



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>If you have any questions, please call your Resident Services Coordinator Au'Brie at (702) 990-2764 ext 9121 Monday – Friday 9:00AM – 5:00PM</p>	<p><b>Hello SUMMER</b></p>	<p>Would you like to give back and donate items to Safe Nest? Come and see your coordinator.</p> <p>Temporary Assistance for Domestic Crisis Serving Families, Saving Lives since 1977 SHELTER • COUNSELING • ADVOCACY • PREVENTION</p>	<p>“ GROWING OLDER GRACEFULLY MEANS HAVING A KEEN curiosity about LEARNING THINGS ABOUT THE WORLD THAT YOU DIDN'T KNOW YESTERDAY, NO MATTER HOW MANY yesterdays YOU'VE HAD. – Padma Lakshmi Prevention</p>	<p>Have an Activity or a suggestion that you would like to see on the Calendar? Leave your suggestions with your coordinator.</p> <p><b>SHARE IDEAS</b></p>	<p><b>HAPPY Father's DAY</b></p>	<p><b>National Cancer Survivors Day</b></p>
<p><b>2</b></p> <p><b>Leave the Office Early Day</b> <u>Coffee &amp; Social</u> <u>Bus Pass Distribution</u> In Bldg1 / 1st Floor 9:00am – 10:30am</p> <p><b>ONLY</b> Talk topic - Alzheimer's disease and "normal" aging. In Bldg1 / 1st Floor 11:00am – 12:00pm</p> <p><u>Walking Club</u> Join us for a stroll around the property. In Bldg1 / 1st Floor 12:30pm – 12:45am</p>	<p><b>3</b></p> <p><b>World Cider Day</b> <u>Coffee &amp; Word Search</u> In Bldg1 / 1st Floor 9:00am – 11:00am</p> <p><u>Colon Cancer Screening</u> In Bldg1 / 3rd Floor 9:00am – 1:00pm</p> <p><u>Wii Bowling</u> In Bldg1 / 1st Floor 3:00pm – 4:00pm</p> <p><b>Loop Shopping Shuttle</b></p>	<p><b>4</b></p> <p><b>Hug Your Cat Day</b> <u>Coffee &amp; Word Search</u> In Bldg1 / 1st Floor 9:00am – 11:00am</p> <p><u>Bingo w/ SBI Benefits</u> Shannon Johnson In Bldg1 / 1st Floor 11:00am – 1:00pm</p> <p><u>Indoor Garden Club</u> In Bldg1 / 1st Floor 2:30pm - 3:30pm</p>	<p><b>5</b></p> <p><b>World Environment Day</b> <u>Coffee &amp; Word Search</u> In Bldg1 / 1st Floor 9:00am – 11:00am</p> <p><u>Aging is Cool Chair Fit</u> Bingo w/Michelle MK In Bldg1 / 1st Floor 1:00pm – 2:00pm</p> <p><u>Jewelry Club</u> Let's make some Jewelry your choice! In Bldg1 / 1st Floor 2:30pm – 3:30pm</p>	<p><b>6</b></p> <p><b>National Donut Day</b> <u>Coffee Social</u> <u>Bus Pass Distribution</u> In Bldg1 / 1st Floor 9:00am – 11:00am</p> <p><u>Game Hour</u> Family Feud In Bldg1 / 1st Floor 1:00pm – 2:00pm</p> <p>In Bldg1 / 1st Floor 3:00pm -4:00pm</p>	<p><b>7</b></p> <p><b>National Chocolate Ice Cream Day</b></p> <p>National Chocolate Ice Cream Day June 7th</p>	<p><b>8</b></p> <p><b>National Best Friends Day</b></p> <p><u>NATIONAL BEST FRIEND DAY</u> Time cannot take away true friendship. Best friends will be till the end.</p>

<p style="text-align: right;">9</p> <p><b>National Strawberry Rhubarb Pie Day</b>  <u>Coffee Social</u>  <i>Bus Pass Distribution</i>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p><u>Community Social</u>  <i>Let's talk about ideas for field trips and future activities.</i>  In Bld1 / 1st Floor  12:00pm – 1:00pm</p> <p><u>Movie Matinee</u>  <i>Residents Choice</i>  In Bldg1 / 1st Floor  2:00pm – 4:30pm</p>	<p style="text-align: right;">10</p> <p><b>Herbs and Spices Day</b>  <u>Coffee &amp; Word Search</u>  In Bldg1 / 1st Floor  9:00am – 10:00am</p> <p style="text-align: center;">  </p> <p>In Bld1 / 1st Floor  10:00am – 11:00am</p> <p><u>Tech Class</u>  <i>Do you need assistance with creating an email or setting up your new phone? Please see your coordinator.</i>  In Bldg1 / 1st Floor  3:00pm-4:00pm</p> <p style="text-align: center;"><b>Loop Shopping Shuttle</b></p>	<p style="text-align: right;">11</p> <p><b>Making Life Beautiful Day</b>  <u>Coffee &amp; Word Search</u>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p><u>Music &amp; Stretching</u>  <i>Come and get down to some classic sounds!</i>  11:30am – 12:00pm  In Bld1 / 2nd Floor</p> <p><u>Smoothie Bar</u>  <i>Come enjoy a Healthy fruit smoothie.</i>  In Bld1 / 1st Floor  2:30pm – 3:30pm</p>	<p style="text-align: right;">12</p> <p><b>Peanut Butter Cookie Day</b>  <u>Coffee &amp; Word Search</u>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p><u>Father's Day Brunch</u>  In Bldg1 / 1st Floor  12:00pm - 2:00pm</p> <p><u>Ice Cream Social</u>  In Bldg1 / 1st Floor  3:00pm - 4:00pm </p> <p style="text-align: center;"><b>Appointments With Larry</b></p>	<p style="text-align: right;">13</p> <p><b>National Weed Your Garden Day</b>  <u>Coffee Social</u>  <i>Bus Pass Distribution</i>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p><u>Game Hour</u>  <i>Do you have the skills to beat your coordinator in UNO or SKIPBO?</i>  In Bldg1 / 1st Floor  1:00pm – 2:00pm</p> <p style="text-align: center;"></p> <p>In Bldg1 / 1st Floor  2:30pm -3:30pm</p>	<p style="text-align: right;">14</p> <p><b>National Strawberry Shortcake Day</b></p> <p style="text-align: center;">NATIONAL  <b>Strawberry</b>  SHORTCAKE DAY</p> <p style="text-align: center;"></p> <p style="text-align: center;">JUNE 14th</p>	<p style="text-align: right;">15</p> <p style="text-align: center;"><b>Father's Day</b></p> <p style="text-align: center;"></p>
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<p style="text-align: right;">16</p> <p><b>National Fudge Day</b>  <u>Coffee Social</u>  In Bldg1 / 1st Floor  9:00am</p> <p style="text-align: center;"><b>Acapella Market</b>  <i>Sign Up Starts at 8:30am</i>  <i>Once you have signed up for Market, please return to prepare for Shopping at Shopping at 10:30am</i>  In Bldg1 / 1st Floor</p> <p><u>Bus Pass Distribution</u>  In Bldg1 / 1st Floor  2:00pm – 3:00pm</p> <p style="text-align: center;"><b>Call Helping Hands</b></p>	<p style="text-align: right;">17</p> <p><b>Apple Strudel Day</b>  <u>Coffee &amp; Word Search</u>  In Bldg1 / 1st Floor  9:00am -11:00am</p> <p><u>Arts &amp; Crafts</u>  In Bldg1 / 1st Floor  2:30pm – 4:00pm</p> <p><u>Ice Cream Social</u>  In Bldg1 / 1st Floor  2:00pm - 3:00pm </p> <p style="text-align: center;"><b>Loop Shopping Shuttle</b></p>	<p style="text-align: right;">18</p> <p><b>International Sushi Day</b>  <u>Coffee &amp; Word Search</u>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p style="text-align: center;">  <b>Sunrise Mobile Library</b>  In Bld1 / 1st Floor  12:00pm-1:00pm</p> <p><u>Cooking Class</u>  <i>Let's Learn How to make cookies from scratch with Sandy Summer</i>  In Bldg1 / 1st Floor  11:00am – 11:30am</p>	<p style="text-align: right;">19</p> <p><b>Juneteenth</b>  <u>Coffee Social</u>  <u>Word Search Tournament</u>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p style="text-align: center;"></p> <p><u>Aging is Cool Chair Fit</u>  <u>Bingo w/Michelle MK</u>  In Bldg1 / 1st Floor  1:00pm – 2:00pm</p> <p><u>Therapeutic Coloring</u>  <i>Come and let your creative flow while listening to healing music.</i>  In Bldg1 / 1st Floor  3:00pm – 4:00pm</p>	<p style="text-align: right;">20</p> <p><b>Summer Solstice</b>  <u>Coffee Social</u>  <i>Bus Pass Distribution</i>  In Bldg1 / 1st Floor  9:00am – 11:00am</p> <p style="text-align: center;"></p> <p>In Bldg1 / 1st Floor  1:00pm -2:00pm</p> <p style="text-align: center;"><b>Helping Hands</b>  In Bldg1 / 1st Floor  2:30pm – 4:00pm  <i>Pick up in common area. Please remain seated until your name is called</i></p>	<p style="text-align: right;">21</p> <p style="text-align: center;"><b>World Day of Music</b></p> <p style="text-align: center;"></p> <p style="text-align: center;">GULLERMINA</p> <p style="text-align: center;"></p>	<p style="text-align: right;">22</p> <p style="text-align: center;"><b>National Onion Ring Day</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>National Onion Ring Day</b></p>
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<p><b>Typewriter Day</b> <span style="float: right;">23</span></p> <p style="text-align: center;"><i>Happy National Typewriter Day</i></p>  <p style="text-align: right;">June 23</p>	<p><b>National Pralines Day</b> <span style="float: right;">24</span>  <b>Coffee &amp; Word Search</b>  <i>Bus Pass Distribution</i>  <b>In Bldg1 / 1st Floor</b>  <b>9:00am – 10:30am</b></p> <p style="text-align: center;"><b>Golden Groceries</b>  <i>Sign Up Starts at 8:30am</i>  <i>Once you have signed up for Market, please return to prepare for Shopping at Shopping at 10:30am</i>  <b>In Bldg1 / 1st Floor</b></p> <p><b>Bus Pass Distribution</b>  <b>In Bldg1 / 1st Floor</b>  <b>2:00pm – 3:00pm</b></p> <p style="text-align: center;"><b>Loop Shopping Shuttle</b></p>	<p><b>National Catfish Day</b> <span style="float: right;">25</span>  <b>Coffee &amp; Word Search</b>  <b>In Bldg1 / 1st Floor</b>  <b>9:00am – 11:00am</b></p> <p style="text-align: center;"><b>Walking Club</b>  <i>Join us for a stroll around the property.</i>  <b>In Bldg1 / 1st Floor</b>  <b>11:00am – 11:30am</b></p> <p><b>Indoor Garden Club</b>  <i>Learn let's discuss updates on current plants' progress and ideas for our next indoor garden project.</i>  <b>In Bldg1 / 1st Floor</b>  <b>2:00pm – 3:30pm</b></p>	<p><b>National Chocolate Pudding Day</b> <span style="float: right;">26</span>  <b>Coffee &amp; Word Search</b>  <i>Bus Pass Distribution</i>  <b>In Bldg1 / 1st Floor</b>  <b>9:00am – 11:00am</b></p>  <p style="text-align: center;"><small>Temporary Assistance for Domestic Crisis      Serving Families, Saving Lives since 1977      SHELTER • COUNSELING • ADVOCACY • PREVENTION</small></p> <p style="text-align: center;"><b>Donation Pick up</b>  <b>Time: TBD</b></p> <p style="text-align: center;"><b>B I N G O</b></p> <p><b>In Bldg1 / 1st Floor</b>  <b>3:00pm - 4:00pm</b></p> <p style="text-align: center;"><b>Appointments With Larry</b></p>	<p><b>Bingo Day</b> <span style="float: right;">27</span>  <b>Coffee Social</b>  <b>In Bldg1 / 1st Floor</b>  <b>9:00am – 10:30am</b></p>  <p style="text-align: center;"><b>Pool Party</b>  <b>In Bldg1 / 1st Floor</b>  <b>2:00pm – 4:00pm</b></p>	<p><b>National Foodie Day</b> <span style="float: right;">28</span></p>  <p style="text-align: center;"><b>NATIONAL FOOD TRUCK DAY</b></p> <p style="text-align: center;"><small>shutterstock.com • 2304806653</small></p>	<p><b>National Waffle Iron Day</b> <span style="float: right;">29</span></p>  <table border="1" style="width: 100%; text-align: center;"> <tr> <td>LEONCIO</td> <td>LESLIE</td> </tr> <tr> <td>ANTONIO</td> <td>SANDY</td> </tr> <tr> <td>ROSA</td> <td>GWENDOLYN</td> </tr> <tr> <td>JOSEPH</td> <td>MARIA</td> </tr> <tr> <td>VICKI</td> <td></td> </tr> </table> 	LEONCIO	LESLIE	ANTONIO	SANDY	ROSA	GWENDOLYN	JOSEPH	MARIA	VICKI	
LEONCIO	LESLIE															
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<p><b>National Corvette Day</b> <span style="float: right;">30</span></p> <p style="text-align: center;"><b>Acapella Market</b>  <i>Sign Up Starts at 8:30am</i>  <i>Once you have signed up for Market, please return to prepare for Shopping at Shopping at 10:30am</i>  <b>In Bldg1 / 1st Floor</b></p> <p><b>Bus Pass Distribution</b>  <b>In Bldg1 / 1st Floor</b>  <b>2:00pm – 3:00pm</b></p>	 <p style="text-align: center;">2025</p> <p style="text-align: center;"><i>Get involved!</i></p> <p style="text-align: center;"><b>JUNETEENTH</b></p>	<p style="text-align: center;"><i>You ARE Loved</i></p>	 <p style="text-align: center;"><b>You Are Special</b></p>	 <p style="text-align: center;">Instead of the John I call my bathroom the Jim!      That way it sounds better when I say I go to the Jim first thing every morning!!!</p>	 <p style="text-align: center;"><b>BEAT THE HEAT</b></p> <p><b>Water To Go</b>      Take a bottle of cool water with you when you're out about.</p> <p><b>Avoid</b>      Alcohol, hot coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.</p> <p><b>Be Cool</b>      Make use of fans or air-conditioners when you can.</p> <p><b>Rest</b>      Make sure you get enough sleep and rest if you feel tired.</p> <p><b>Dress Down</b>      Wear lightweight, light-colored, loose-fitting clothes made from natural fibers, like cotton or linen.</p> <p><b>Enjoy</b>      Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.</p> <p><b>Soak</b>      Take a cool shower or bath to help you cool down when you feel hot.</p> <p><b>Shade</b>      Wear a hat or take an umbrella with you for shade if you're outside on a hot day.</p>	<p>Getting older has some benefits. Call it a "Senior Moment" and you can get away with just about anything.</p>  <p style="text-align: center;"><small>sassysisterstuff.com</small></p>										