june 2023

pheasants ridge press

& hello Summer!

"the month of leaves and roses;
when pleasant sights salute the eyes;
and pleasant scents the noses"
-n. p. willis

costume week!
all resident & staff can play!!

Mon. June 19th: Sports Day
Tues. June 20th: Tacky Tues.
Wed. June 21st: Pajama Day
Thurs. June 22nd: neon/glow day
Fri. June 23rd: Beach day

**win tickets for participating!
be entered to win prizes!

nurse's orders

bluestone rounding 6/26

preventing ticks & other bugs

Before You Go Outdoors

- Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals.
- Use Environmental Protection Agency registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, or para-menthane-diol

After You Come Indoors

- Check your clothing for ticks.
- Shower soon after being outdoors
- Check your body for ticks after being outdoors
  - Under the arms
  - In and around the ears
  - Inside belly button
  - Back of the knees
  - In and around the hair
  - Between the legs
  - Around the waist

To avoid other bugs in your home...

- Keep your kitchen counters and floors clean of crumbs.
- Store food in sealed containers.
- Regularly remove the garbage from your home.
- Avoid leaving dishes in the sink.
- Clean up spills as soon as possible
- Don't leave food or water out overnight

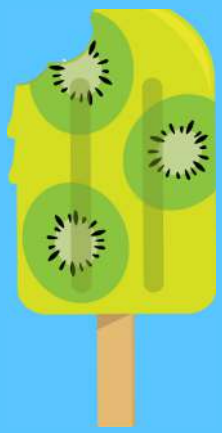
JUNE 16TH (WEATHER PERMITTING) IS SUMMER PORTRAIT DAY FOR ALL OF OUR HANDSOME FELLA RESIDENTS!
PR STAFF WILL ASSIST IN MAKING YOU LOOK AND FEEL YOUR BEST, BEFORE HEADING OUTSIDE TO CAPTURE THOSE GREAT SMILES, JUST IN TIME FOR FATHER'S DAY!

Sizzlin' Summertime Fun

G	F	I	C	A	M	P	I	N	G	L	A	A	S
N	A	L	G	N	I	G	H	T	S	K	Y	Y	W
I	M	W	I	K	C	O	R	A	L	S	O	T	I
T	I	A	S	P	P	P	G	F	L	C	I	R	M
A	L	T	I	L	O	P	R	F	F	U	N	A	M
O	Y	E	A	O	D	I	S	L	N	B	S	P	I
L	G	R	L	W	E	F	K	O	F	A	N	Y	N
F	B	H	N	N	T	K	M	I	P	D	O	G	G
R	F	E	D	N	R	R	S	C	B	I	R	D	S
E	C	S	A	F	C	H	P	E	Y	V	K	R	F
M	R	R	I	C	I	G	I	E	G	I	L	I	N
M	E	I	F	N	H	L	A	K	E	N	I	N	T
U	E	G	G	I	N	O	B	I	Y	G	N	K	S
S	F	K	R	O	G	N	I	K	I	H	G	S	D

FAMILY
FISHING
DRINKS
POOL
FUN
SWIMMING
BEACH
SUMMER
LAKE
REEF
FLOATING
SCUBA DIVING
PARTY
NIGHT SKY
CORAL
WATER
HIKING
SNORKLING
CAMPING
FRIENDS

june

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 10 am Chair yoga 12p **Picnic lunch** 130 pm Movie & Snack	2 10 am Target Ball 1 pm Happy Hour	3 Hallway Walking
4 Current Events	5 10 am Walking 1 pm BINGO!	6 10 am Target Practice 1 pm Painting craft	7 10 am Walking 1 pm BINGO!	8 10 am Color Ball 1 pm Movie & Popcorn	9 10 am Sun Social 2 pm **Musical Guest Larry Schultz**	10 Hallway Walking
11 Current Events	12 10 am Walking 1 pm BINGO!	13 10 am bean Bag Toss 1 pm Matching game	14 BINGO! 	15 10 am Target Baseball 1 pm **Pool Spa Outside**	16 10 am **Fella's Portraits!** 1 pm Happy Hour	17 Hallway Walking
18 	19 BINGO!	20 10 am Target practice 1 pm **Tie Dye Shirts**	21 10 am Walking 1 pm BINGO!	22 10 am Color Ball All day One on Ones	23 10 am Sun Social 1 pm Songs & shakes	24 Hallway Walking
25 Current Events	26 10 am Walking 1 pm BINGO!	27 10 am bean Bag Toss 1 pm **Bargain Basement**	28 10 am Walking 1 pm BINGO!	29 10 am Chair Yoga 1 pm **Fishing**	30 10 am Target Baseball 1 pm Happy Hour	

do you have activity ideas? is there something you enjoy doing that you think others would too? bring your ideas to madison; the activities aide; to be incorporated into the monthly calendar!