

JUNE 2024

THE PR PRESS

PHEASANTS
RIDGE
ASSISTED LIVING AND MEMORY CARE

Laddie says...

HEY
JUNE!



Check it Out

PLAY THE "WHOS THAT KID"
GUESSING GAME FOUND IN
ASSISTED LIVING COMMONS.

WIN RED TICKETS &
OTHER PRIZES!

JUNE WILL GIVE US THE
FULL "STRAWBERRY"
MOON ON
JUNE 21ST!



HAPPY FATHER'S DAY



IN HONOR OF DAD... HERE ARE A FEW "DAD JOKES"

I used to hate facial hair, but then it grew on me.

What happens when frogs park illegally? -They get toad.

What did the buffalo say to his son when he dropped him off at school? -Bison.



I hate my job—all I do is crush cans all day. It's soda pressing.

HAPPY BIRTHDAY DON & GAIL



GET TO KNOW RA TARA! TARA HAS BEEN A PART OF THE PR TEAM OFF AND ON SINCE 2014!

- Tara's Favorite snack is cheese & crackers
- She LOVES winter for the snow & Christmas lights 🎉
- Tara loves to see people happy & smiling ❤️
- She has 5 kiddos & 2 Grandbabies
- ...and During the summer months, Tara enjoys dirt track, fishing & bonfires!

June Is Alzheimer's & Brain Awareness Month

Understanding Alzheimer's Disease

Visit the Alzheimer's Association website to learn how you can get involved

www.alz.org



**WEAR BUG
SPRAY &
SPF WHEN
OUTSIDE!!**



HEALTHY LIVING

Exercise for Your Bone Health

As people get older, their risk of osteoporosis rises. Osteoporosis is a disease that causes bones to become weak and brittle, which increases the risk of broken bones. Older adults also tend to lose muscle. We need strong muscles to help us balance and reduce the risk of falling and breaking bones.

A combination of the following types of exercise is best for building and maintaining healthy bones and preventing falls and fractures:

- Weight-bearing exercises
- Resistance training exercises
- Balance training

Ask Taylor for an exercise one on one!

WHATS HAPPENING

Monday
JUNE 3
5-7:30P
Minnesota Square Park

SUMMER KICKOFF

Emergency Vehicles
Food Trucks
Bounce Houses
Door Prizes
Games/Activities
Blue Grass Band

..... RIVER'S EDGE

AMBASSADORS' **BLUESFEST** 2024

Saturday, June 8th

FREE EVENT!

RAIN OR SHINE

FOOD & DRINKS AVAILABLE

MOTORCYCLE PARKING

MINNESOTA SQUARE PARK

CITY OF SAINT PETER
POLICE DEPARTMENT

FLAG DAY CEREMONY

Friday, June 14
8 p.m.
Gault Park

JUNE

EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 RESIDENT CHOICE						1 OUTSIDE OR HALLWAY WALKING
2 RESIDENT CHOICE	1:30 3 	4 1:30 JEWELRY MAKING	5 1:30 	6 1:30 GIANT JENGA GAME (TAYLOR IS OFF)	7 1:30 MOVIE & ICE CREAM	8 1:30  Taylor is in
9 RESIDENT CHOICE Taylor is in	10 1:30  & Iced Tea (national iced tea day)	11 1:30 RESIDENT COUNCIL MEETING	12 1:30 	13 1:30 MATCH GAME	14 11:30 VETERANS VISIT 1:30 100 YEARS OF PICKIN'	15 OUTSIDE OR HALLWAY WALKING
16 	17 1:30 	18 PICNIC LUNCH 1:30 WINDCHIME CRAFT	19 1:30 	20 1:30 No afternoon group activity due to staff meeting	21  1:30 KARAOKE	22 OUTSIDE OR HALLWAY WALKING
23 RESIDENT CHOICE	24 1:30  BlueStone day	25 1:30 HAPPY HOUR 	26 1:30 	27 1:30 Pictionary GAME	28 1:30 DECORATING FLAG COOKIES	29 OUTSIDE OR HALLWAY WALKING

Summer is Here!

What outdoor activities would you like to try?
