

Message From Brittany

A Season of Growth

As we welcome a new month, we're reminded that growth can happen at any age. Just like a garden flourishes with care and sunshine, we continue to learn, connect, and create new memories together.

Life is full of changes, and sometimes those changes encourage us to step outside our comfort zones, try something new, or discover strengths we didn't know we had. Every conversation, activity, friendship, and smile shared within our community helps us grow.

This month, let's embrace new opportunities, celebrate our accomplishments, and support one another as we continue our journey together. Thank you for being such an important part of our community. Your wisdom, kindness, and experiences make each day brighter.

Here's to growth, friendship, and making wonderful memories together!

Brittany Owens

**“I’m at an age
when my back
goes out more
than I do.”**

PHYLLIS DILLER



June Birthdays

In June, we celebrate Birthdays with:

No birthdays



♊ Gemini (May 21 – Jun 20):

Happy Birthday, Gemini! June shines a spotlight on communication, creativity, and fun. Share your ideas, connect with friends, and enjoy the excitement that comes your way.

♋ Cancer (Jun 21 – Jul 22):

As your season begins, take time to nurture yourself and those you care about. June brings opportunities for meaningful connections and heartfelt moments.



POEM TO SHARE

Hello, June

*June arrives with sunny skies,
Gentle breezes, fireflies,
Longer days and laughter near,
Bringing joy to all who gather here.*

*Flowers bloom in bright display,
Welcoming each brand-new day.
Friends connect and stories grow,
Sharing memories old and new.*

*Summer's warmth is on its way,
Inviting us outside to play,
To smile, to learn, to celebrate,
The simple moments that make life great.*

*So here's to June and all it brings—
The joy of sunshine, songs, and things
That fill our hearts with gratitude,
Hope, happiness, and a cheerful mood.*

Our Favorite Moments



Name: _____ Date: _____

Nutrition for Older Adults

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

Healthier Choices

Metabolic Rate

Undernutrition

Muscle Weakness

Socialization

Malnutrition

Malnourished

Management

Protein

Exercise

Diet