

# THE Cambridge Landing *Lifestyle*



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MEMORY CARE COMMUNITY

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## JUNE 2024

### The History of Father's Day

Father's Day was initiated by Sonora Smart Dodd of Spokane, Wash., whose father, a Civil War veteran, raised six children on his own after his wife died in childbirth. Dodd suggested honoring men like her father in 1909 after listening to a sermon about Mother's Day.

The first Father's Day took place the next year on June 19, her father's birthday. In the years following, many congressional resolutions proclaimed a national Father's Day. The holiday only became official, however, in 1972 when President Richard Nixon signed a presidential resolution declaring Father's Day as the third Sunday in June.

While Mother's Day is the biggest holiday for phone calls, Father's Day is the busiest for collect calls.



### Celebrate Juneteenth

Although President Lincoln's Emancipation Proclamation took effect on Jan. 1, 1863, many slaves, especially in Texas, were not actually free until 2 1/2 years later. "Juneteenth" celebrates the actual ending of slavery when, on June 19, 1865, federal troops arrived in Galveston, Texas, with news that the war was over and slaves were now free. Why the delay?






Several theories exist:

- Some say the messenger assigned to bring word to Texas was killed en route.
- Others believe the news was withheld on purpose by enslavers who needed to maintain a labor force.
- Still others think the federal troops waited for one last cotton harvest.

Despite the questions, one thing is certain: Many rejoiced in jubilation. Today, the federal holiday celebrates African American freedom and encourages respect and self-development for all cultures.



**JUNE 2024**

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|--|---|---|--|--|
|  <p><b>FLAG DAY</b><br/>JUNE 14</p>  |  <p><b>HAPPY Father's Day</b></p>   |  <p><b>JUNE 19th FREEDOM DAY</b></p>   |  <p><i>Hello Summer</i></p>   |  <p><b>HAPPY BIRTHDAY TO YOU!</b></p>   | <p><b>June Birthdays</b><br/>June 2 ~ Paula<br/>June 3 ~ Reiko<br/>June 5 ~ Barbara S.<br/>June 6 ~ John (Jack)<br/>June 8 ~ Christy<br/>June 19 ~ Donald</p>  | <p><b>Pen Pal Day</b></p>  |
| <p><b>Paula's Birthday</b> 2</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>11:00 Sunday Worship!<br/>1:30 Walking Club<br/>2:00 Reminiscing About Childhood Memories<br/>3:00 Fluff and Fold<br/>6:00 Resident Choice</p> | <p>3</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Move to Music<br/>10:30 Memory<br/>1:30 Walking Club<br/>2:00 Ladder Ball<br/>3:00 Sort and Match Socks<br/>6:00 Movie of Choice</p>  | <p>4</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Chair Exercises<br/>10:30 Family Feud<br/>11:00 Back Porch Sip and Chat<br/>1:30 Walking Club<br/>2:00 Name that Tune<br/>3:00 Bingo<br/>6:00 Resident Choice</p> | <p><b>Barbara S. Birthday</b> 5</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Mind and Body<br/>10:30 Music with Teresa<br/>1:30 Walking Club<br/>2:00 Music Therapy<br/>3:00 Learning Sign Language<br/>6:00 Movie of Choice</p>               | <p><b>John's (Jack) Birthday</b> 6</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Yoga<br/>10:30 Horseshoes<br/>1:30 Walking Club<br/>2:00 Resident Council<br/>6:00 Resident Choice</p>   | <p>7</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Weights<br/>10:30 Sensory Bins<br/>11:00 Back Porch Sip and Chat<br/>1:30 Walking Club<br/>2:00 Water Balloon Toss<br/>3:00 Reminiscing About Childhood Memories<br/>6:00 Movie of Choice</p> | <p>8</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>10:30 Cornhole<br/>1:30 Walking Club<br/>2:00 Fluff and Fold<br/>3:00 Back Porch Sip and Chat<br/>6:00 Resident Choice</p>   |
| <p>9</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>11:00 Sunday Worship!<br/>1:30 Walking Club<br/>2:00 Bowling<br/>3:00 Fluff and Fold<br/>6:00 Resident Choice</p>  | <p><b>Iced Tea Day</b> 10</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Move to Music<br/>10:30 Balloon Battle<br/>11:00 Cooking Corner<br/>1:30 Walking Club<br/>2:00 Back Porch Iced Tea and Chat<br/>3:00 Let's Make Music<br/>6:00 Movie of Choice</p> | <p>11</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Chair Exercises<br/>10:30 Paint and Chat<br/>1:30 Walking Club<br/>2:00 Sort and Match Socks<br/>3:00 Bingo<br/>6:00 Resident Choice</p>                         | <p>12</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Mind and Body<br/>10:30 Hands massage/ Nails<br/>1:30 Walking Club<br/>2:00 Music Therapy<br/>3:00 Horseshoes<br/>6:00 Movie of Choice</p>  | <p>13</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Yoga<br/>10:30 Craft Corner<br/>1:30 Walking Club<br/>2:00 Cooking Corner<br/>5:00 Family Night<br/>6:00 Resident Choice</p>  | <p><b>Flag Day</b> 14</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Weights<br/>10:30 Ukulele Vibes with Robin<br/>1:30 Walking Club<br/>2:00 Balloon Battle<br/>3:00 Who Am I?<br/>6:00 Movie of Choice</p>                                     | <p><b>Juggling Day</b> 15</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>10:30 Let's Juggle<br/>11:00 Who Introduced Juggling<br/>1:30 Walking Club<br/>2:00 Horseshoes<br/>3:00 Fluff and Fold<br/>6:00 Resident Choice</p> |
| <p><b>Father's Day</b> 16</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>11:00 Sunday Worship!<br/>1:30 Walking Club<br/>2:00 Father's Day Celebration<br/>3:00 Ladder Ball<br/>6:00 Resident Choice</p>                   | <p>17</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Move to Music<br/>10:30 Let's Make Music<br/>1:30 Walking Club<br/>2:00 Horseshoes<br/>3:00 Riddles and Rhymes<br/>6:00 Movie of Choice</p>  | <p><b>Picnic Day</b> 18</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Chair Exercises<br/>10:30 Cooking Corner<br/>1:30 Walking Club<br/>3:00 Bingo<br/>6:00 Resident Choice</p>                                     | <p><b>Juneteenth, Donald's Birthday</b> 19</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Mind and Body<br/>10:30 Hands massage/ Nails<br/>1:30 Walking Club<br/>2:00 Music Therapy<br/>3:00 Learning Sign Language<br/>6:00 Movie of Choice</p> | <p><b>American Eagle Day</b> 20</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Yoga<br/>10:30 Music with Cheryl<br/>1:30 Walking Club<br/>2:00 Let's Talk American Eagles<br/>3:00 Bingo<br/>6:00 Resident Choice</p>                                  | <p>21</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Weights<br/>10:30 Family Feud<br/>11:00 Guess the Object<br/>1:30 Walking Club<br/>2:00 Water Balloon Toss<br/>3:00 Back Porch Chat and Lemonade<br/>6:00 Movie of Choice</p>                | <p>22</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>10:30 Balloon Battle<br/>1:30 Walking Club<br/>2:00 What's in the Bag<br/>3:00 Sort and Match Socks<br/>6:00 Resident Choice</p>  |
| <p>23</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>11:00 Sunday Worship!<br/>1:30 Walking Club<br/>6:00 Resident Choice</p>  | <p>24</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Move to Music<br/>10:30 Craft Corner<br/>1:30 Walking Club<br/>2:00 Water Balloon Toss<br/>3:00 Family Feud<br/>6:00 Movie of Choice</p>   | <p>25</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Chair Exercises<br/>10:00 Visits with Evelyn<br/>1:30 Walking Club<br/>2:00 Back Porch Sip and Chat<br/>3:00 Bingo<br/>6:00 Resident Choice</p>                  | <p><b>Chocolate Pudding Day</b> 26</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Mind and Body<br/>10:30 Hands massage/ Nails<br/>1:30 Walking Club<br/>2:00 Music Therapy<br/>6:00 Movie of Choice</p>   | <p><b>Bingo/Pineapple Day</b> 27</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Yoga<br/>10:30 Pineapple Upside Down Cake<br/>11:00 Tour Dole Plantation<br/>1:30 Walking Club<br/>2:00 Piña Colada Social<br/>3:00 Bingo<br/>6:00 Resident Choice</p> | <p>28</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Weights<br/>10:30 Ladder Ball<br/>1:30 Walking Club<br/>2:00 Guess the Object<br/>3:00 Fluff and Fold<br/>6:00 Movie of Choice</p>   | <p>29</p> <p>9:00 Talk with Friends<br/>9:30 Current Events and Weather<br/>10:00 Exercise<br/>10:30 Balloon Battle<br/>1:30 Walking Club<br/>2:00 Science Experiment<br/>3:00 Who Am I?<br/>6:00 Resident Choice</p>  |
| <p><b>Asteroid Day</b> 30</p> <p>9:30 Current Events and Weather<br/>10:00 Exercise<br/>11:00 Sunday Worship!<br/>1:30 Walking Club<br/>2:00 Let's Talk Asteroids<br/>6:00 Resident Choice</p>   |  |  |   |   |  |  |

**Citrus Watermelonade**  
Summertime is sweet when you're sipping on this fruity beverage.

**Ingredients:**

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

**Directions:**  
Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.  
In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined. Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at [FloridaCitrus.org](http://FloridaCitrus.org).

**"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult."**  
—Wilma Rudolph



## Flag Etiquette

When you display the Stars and Stripes on Flag Day or anytime, remember these guidelines: Display the flag only between sunrise and sunset unless it is illuminated; never allow the flag to touch the ground or anything else below it; and do not display it during inclement weather.



## Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife's batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.



## Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

### Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5 to 8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

### Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.

*Find more recipes at [Culinary.net](https://www.culinary.net).*