

June 2019

New Haven Assisted Living & Memory Care

New Haven Assisted Living & Memory Care * 107 Creekside Trail, Kyle, Texas * (512) 201-2868



Celebrating June!

Banana Split Days
June 7–8

Father's Day
June 16

Celebrating April Birthdays!



Cliff Strieber
June 2nd

Fay Birdwell
June 4th

Judy Sinder
June 5th

Doris Schaeferkoeter
June 26th

June...the gateway to



June 1- 9th: Lemonade Days- A timeless tradition, lemonade stands have been a fixture on neighborhood and city blocks for decades. During Lemonade Days, supporters across the country turn these summer staples into impactful fundraisers for kids fighting cancer. New Haven will celebrate while enjoying homemade lemonade and planning our own "lemonade day" to help raise money!

June 7th: Banana Split Day- Wilmington, Ohio, hosts its annual Banana Split Festival on this day. It is a festival celebrating Wilmington as the birthplace of the banana split. In 1907, restaurant owner Ernest Hazard wanted to attract students from Wilmington College during the slow days of winter. He staged an employee contest to come up with a new ice cream dish. When none of his workers were up to the task, he split a banana lengthwise, threw it into an elongated dish, and created his own dessert! We'll celebrate this delicious day by making our own banana splits!

June 21st: "Yappy Hour"! Join us at Nate's in Buda for the furriest event of all! We'll be raising money for the Alzheimer's Association by selling homemade dog biscuits and raffle tickets to win great prizes! Come out from 4pm-7pm to parktake in this event and help raise funds for an amazing cause!

June 16th: Happy Father's Day! Join us on June 17th at 10AM for "Donuts & Dads" where we'll celebrate fathers with the sweetest way we know how! It is encouraged to bring pictures of your loved ones & their fathers! We hope to see you there!

The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.



As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.

Stay Fit at New Haven!



Music & Fitness with Courtney

AL: Every Tuesday @ 1:30pm
MC: Every Monday @ 2:00pm

Balloon Volleyball

AL: Every Thursday @ 10:00am
MC: Every Tuesday @ 2:30pm

Exercise with Damien

June 7th @ 1:45pm
June 21st @ 1:45pm

Operation Overlord



Operation Overlord, the invasion most familiarly known as D-Day, commenced on the morning of June 6, 1944. Forces of Nazi Germany held the beaches of France's Normandy coastline. Allied forces numbering 156,000 American, British, and Canadian troops landed en masse to retake the beaches. D-Day has been called the largest amphibious assault in history, and its success was largely due to both the heroism of the Allied soldiers and months of planning. General Dwight D. Eisenhower enacted a masterful plan of deception that left the Germans unaware of where the Allies would strike. Fake radio transmissions detailed the movement of a phantom army. Even fake supplies and equipment were routed to misleading locations. Within a week, despite heavy losses, the beaches were within Allied control. It was the beginning of the end of the war in Europe.

Rope Dancers Over Niagara

On the morning of June 30, 1859, an audience of 25,000 swarmed both the American and Canadian sides of Niagara Falls to gawk at a French acrobat named Jean Francois Gravelet, better known by his stage name of Monsieur Charles Blondin. Blondin was going to attempt the absurd feat of walking across the Niagara River gorge over the roaring falls.



The Great Blondin had arrived months earlier in the hopes of making the crossing during the winter. Snow, ice, and deadly gusts of winds had convinced him to return in the summer. His crossing was described as the act of a madman, but Blondin had been tightrope walking since the age of four. He believed it was his natural calling in life. Standing only five-foot-five and weighing 140 pounds, he was described by his manager as "more like a fantastic sprite than a human being." He was also a fantastic showman. He stepped out onto the hempen cable with the aid of a 26-foot long pole. Spectators gasped when he sat down on the rope after walking only one-third of the way across and called for one of the tourist boats, the *Maid of the Mist*, to anchor beneath him. He lowered a rope and hauled up a bottle of wine, from which he poured himself a glass and had a drink. When he reached the other side, he turned around to walk back again, this time hauling a daguerreotype camera! He again paused in the middle of his balancing act, this time to set up the camera to snap a picture of the crowd on the American side. The Great Blondin's fame skyrocketed overnight, and he would return to Niagara again and again, with his highwire stunts becoming ever more absurd. It is estimated that he made the crossing 300 times over his lifetime.

The Great Blondin's feats over Niagara were by no means the last. As recently as June 15, 2012, an aerialist by the name of Nik Wallenda crossed over Niagara on a two-inch-wide wire—but he crossed directly over the falls as opposed to farther down the gorge, entering the history books as the first person to do so.

This Month Look Out For...

GONE FISHIN' HAPPY HOUR



Join us in celebration of Fishing Month during our Gone Fishin' Happy Hour!

June 27th, 2019

NEW! Dinner Funnies!



We have started a new activity this month to encourage laughter and humor into our daily routines!

A Bunch of Hot Air

Hot Air Balloon Day, on June 5, celebrates the incredible achievement of the Montgolfier brothers. On this day in 1783, the brothers demonstrated the first unmanned flight of a hot air balloon in the skies above their hometown of Annonay, France.

The balloon itself was constructed of taffeta, fabric, and paper. It may seem amazing that it lifted off the ground

at all considering that it weighed in at over 500 pounds. But fly it did, reaching a tremendous height of 6,000 feet. The Montgolfier brothers knew their invention was a wonder, and they decided to take it to Paris for a demonstration in front of King Louis XVI and Marie Antoinette. The balloon was still unmanned, but no less marvelous for its historic flying of a rooster, duck, and sheep before a crowd of 130,000 Parisians. The miracle of flight had, at last, moved from imagination to reality.



Something to Smile About



To humans, a smile is a universal sign of happiness and friendship. So don't be afraid to show your pearly whites this month, because June is Smile Month.

Throughout most of the animal world, the baring of teeth is often a sign of threat or aggression. Baboons, for example, are known to bare their teeth in shows of force. Some primates, though, bare their teeth as a show of submissiveness. Biologists believe that this behavior may be where the story of the human smile begins.

Humans are the only species that uses the smile, in various forms, to demonstrate happiness. Even visually impaired children who have never seen a smile show the same kinds of smiles that sighted people do. This tells us that smiling is something preprogrammed into humans. This behavior is not learned but instinctual.

Biologists speculate that amongst primates, because teeth are still used for biting, to bare them is naturally an aggressive warning of an impending bite. Humans, however, have evolved other means of aggression that have nothing to do with teeth. Teeth, instead, have become associated with laughing and eating, both of which are incredibly powerful forms of social bonding. In fact, anthropologist and evolutionary psychologist Robin Dunbar asserts that laughter has taken the place of grooming as one of our primary means of social bonding. By this measure, laughter and showing our teeth may be one of the most powerful social cues we humans have in our social arsenal.

We smile when we are happy, but can forcing ourselves to smile make us feel happy even when we are not? Neurologists have discovered that the physical act of smiling triggers chemical reactions in the brain that boost our moods, lower stress, and even strengthen our immune systems. So don't just smile during the month of June: do it all year round!

Live Performances By...



Queenie & Turner!

June 6th @ 3:00pm
June 20th @ 3:00pm

Arland- The Riverboat Piano Player!

June 18th @ 1:45pm

Ed & Beverly!

June 12th @ 2:30pm
June 26th @ 2:30pm

Searching for June Word Search!

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



June
Camping
Sunshine

Summer
Weddings
Vacation

