

Sunshine is on its way..



Apply Sun Screen 15-30

Before going out, reapply often



Wear a hat



Put on sunglasses



Wear loose comfortable Clothes to cover skin



Find shade when possible

If feeling unwell come in

Drink plenty of cool liquids

Corner of Wisdom

Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it.



Collect moments not things.



ABERDONIAN

Aberdeen Gardens Retirement Residence, 330 Dundurn St. S 905-529-3163



Celebrating June

- June 1 John Sadowski
- June 2 New Sit & Dance
- June 4 / 18 Walmart Ice Cream Truck
- June 5 Food Town Hall
- June 6 Glendale Play
- June 7 Trip to St Joseph's Ville warm Pool Pool Tournament
- June 8 John Cauwenbergs
- June 9 Jeff Gurney
- June 10 Town Hall Meeting
- June 11 Limeridge Mall
- June 13 War Plane Museum
- June 14 Walker Clinic Dads and Donuts with Tricia Cole
- June 16 FATHERS DAY Allen Allcorn
- June 17 Patio Party with Preschoolers
- June 19 Lionsgate Show & Tell
- June 20 Lunch Critics - "Red Lobster" Garden Club
- June 21 New Resident Lunch Heritage Speaker "Around and About"
- June 22 Franco Cannizzaro
- June 23 Salvation Army Choir
- June 25 Monthly Birthday Party with Paula Dollartree
- June 27 Power of the Pen Senior Achievements Ceremony
- June 28 Tom Cowles
- June 29 Canada Day Sunday Social
- June 30

Message from our Executive Director- Maddi

June is Senior's month! Barb and Martina are working their magic to keep our folks busy having fun. In June we also will be celebrating Father's Day, all the special fathers out there will be honored. We have staff milestones to recognize! Ten of our wonderful staff have reached the 5 year milestone. This month they will receive a plaque and gift from Aberdeen Gardens in appreciation of their hard work and dedication! This month we will be distributing the Annual Satisfaction survey to all residents! We appreciate the feedback to improve on our systems and processes. This year we have added extra staff in activities! Martina has been a wonderful addition to the team, she has added some more fun and energy to the programs. We have update carpeting and paint! We are constantly looking at improvements to our home. Lastly, the staff have convinced Rachel and me that we need a house pet. Sully, the rabbit will be joining us. He will live by the office and will be here for all to enjoy. Take care, and enjoy the month of June!!

Message from the Activity Director-Barb

June marks the beginning of seniors' month and we'd like to encourage our residents to get involved, get active and improve their health. Each resident will be receiving a *Passport to Health* to keep track of all physical activities they are involved in for the month of June. There will be a prize awarded to the resident with the most activities. To finish the month we will be hosting a Senior Achievement Ceremony to recognize the successes of a few of our residents. I hope everyone will attend and help celebrate their accomplishments. Have a happy, healthy and active month!

Magnificent Oceans

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed.

Remember when...

The Alexandra Roller Rink/Dancing Hall

"I used to take music lessons at a place across from the Alex and then would go over afterwards every Saturday afternoon." – Joan H.

"I used to spend a lot of time there. I love roller-skating! I also had a good boyfriend at that time and eventually married him." – Jean D.

"I went there once a long time ago to dance and it was with a dork." – Brenda C.

"I knew the granddaughter (Margaret Marshall) of the person that owned the Alex. I remember that this place had roller-skating one night a week and dancing on Saturday nights. It was closed in the summer, so people went to Wonder Grove was open outdoors." – Joan S.



Alexandra Rink - Roller Rink and Dance Hall

demolished in 1964



In the Name of the Father

Fathers, thank mothers for the creation of Father's Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father's equivalent to Mother's Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father's Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt Father's Day as a holiday. But this was not without controversy. Throughout the 1920s and '30s, groups attempted to squash both Mother's and Father's Day. They argued instead for one holiday, Parents' Day, for, as one advocate said, "both parents should be loved and respected together." It wasn't until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father's Day a federally recognized holiday—58 years after Mother's Day was made official.

The Month of June

When many lives will be turned
School is out, what have they learned?

Lovers who promise to be true
Will now say the words "I do"

Others will travel the globe
Figuring out all its' secrets they hope

Then there is the studious mind
Trying to help fix problems of all mankind

There are others again who sit in the sun
Doing nothing but having fun

by Marie L

Aberdeen Lunch Critics Review

Restaurant –Burger Barn

Taste of food: very good
Presentation : very good
Punctuality of server: good
Helpfulness of server: very good
Accessibility: excellent
Price: very good
Overall satisfaction: very good

Rating scale =very poor-excellent

Maude, John and the Twins-1935

Mathew and Mark like two peas in a pod
In looks, personality and habits
They "rough housed" with dad and giggled a lot
Going to Mom when they had any problems
Maude was the disciplinarian
The twins learned early
When they were having a "heated dispute"
They'd better settle it in a hurry
'cause if Mom counted to three
They would automatically spend
Ten minutes standing in a corner

John came in from the field one day
Maude was hanging the clothes on the clothesline
John joined the twins, kicking the ball around
The fun was exhilarating
The ball went wrong, hitting Maude in the bum
The twins couldn't keep from laughing
Maude joined in the fun while counting
"1,2,3. All of you stand in the corner"

The twins tucked in bed, Maude teasingly said
"Come here John, I've something to tell you.
Sometime in the Spring, you'll be a father again.
This time maybe a daughter. Marian Louise Bauer"

Early in the Spring, the Midwife was called
To help Maude with the birthing
The twins took advantage of the "Daddy time"
Leaving little time for worrying
Finally Mary called John and the twins to meet the new
arrival
Wrapped in pink, cradled in the arms of a loving mother
"Ah" John exclaimed in pure delight "A little girl! "She's the
picture of her mother

"Maybe so" Maude laughingly replied
"But don't let this blanket fool you
This huddle of joy is another boy
And I think we agree he's a keeper
Our very own John Louis Bauer

Written by resident Margaret G

Jays Book Review

Beauchamp Hall by Danielle Steel;

For some reason unknown to me I have studiously resisted reading a novel by Danielle Steel. The other day I saw this book displayed with a sticker of a librarian I have come to trust his recommendations. I shouldn't have waited so long. This novel tells the uplifting story of an ordinary woman embracing an extraordinary adventure, and the daring choice that transforms her world.

If you enjoyed Downton Abbey you will enjoy this story.

Winona Farmington once dreamed of graduating from college, moving to New York City, and pursuing a career in publishing. Then real life got in the way when she left college and returned to her small Michigan hometown to care for her sick mother.

Years later, stuck in a dead-end job and an unsatisfying relationship, Winnie has concluded that dreams were meant for others. She consoles herself with binge-watching the British television series that she loves, *Beauchamp Hall*, enthralled by the sumptuous period drama set on a great Norfolk estate in the 1920s. The rich upstairs-downstairs world brilliantly brought to life by superb actors is the ultimate in escapism.

On the day Winnie is passed over for a long-overdue promotion, she is also betrayed by her boyfriend and her best friend. Heartbroken, she makes the first impulsive decision of her conventional life—which changes everything.

She packs her bags and flies to England to see the town where *Beauchamp Hall* is filmed. The quaint B & B where she stays feels like home. The brother and sister who live in the castle where the show is filmed, rich in titles but poor in cash, are more like long-lost friends than British nobility. And the show itself, with its colorful company and behind-the-scenes affairs, is a drama all its own. Winnie's world comes alive on the set of the show.

What happens next is the stuff of dreams, as Winnie takes the boldest leap of all. *Beauchamp Hall* reminds us to follow our dreams. . . . You never know what magic will happen!