

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”
-Albert Einstein

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that”
-Martin Luther King, Jr.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Wishing the Happiest of Birthdays to:

- Nellie J.....June 1st
- John T.....June 3rd
- Kathy S.....June 5th
- Linda P.....June 17th
- Norm E.....June 23rd
- Emily K.....June 30th



June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones.

- Morgan Freeman (actor) – June 1, 1937
- Angelina Jolie (actress) – June 4, 1975
- Prince (musician) – June 7, 1958
- Joan Rivers (comedienne) – June 8, 1933
- Gene Wilder (actor) – June 11, 1933
- Burl Ives (singer) – June 14, 1909
- Venus Williams (tennis star) – June 17, 1980
- Phylicia Rashad (actress) – June 19, 1948
- Lionel Richie (singer) – June 20, 1949
- Wilma Rudolph (Olympian) – June 23, 1940
- Derek Jeter (baseball player) – June 26, 1974
- Kathy Bates (actress) – June 28, 1948

June 2022

ABERDONIAN

Aberdeen Gardens Retirement Residence | 330 Dundurn St. S | (905)-529-3163 |



Celebrating June
Seniors Month
Pride Month

Happy Hour with Entertainment
Every Tuesday at 2:30

Elections Day
June 2nd

Paul on Piano
June 4th

National Drive-In Day
June 6th

National Iced Tea Day
June 10th

Hauser’s Clinics
June 13th, 27th

Krishanthi on Piano
June 18th

Father’s Day
June 19th

Picnic @ Dundas Driving Park
June 21st

Pen Pal Meet & Greet
June 22nd

Mens Club with Manvir
June 24th

Town Hall Meetings
June 29th



Message from our Executive Director - Maddi

Summer is here! Stay hydrated, keep cool and enjoy the beautiful weather. Kirkendall Gardening Club has kindly planted some lovely flowers by our front entrance and along Dundurn. Stop and smell the flowers on your morning walk. A huge thank you for filing out the Resident Satisfaction Survey, your input will guide us to bring some new ideas to the table. On June 2nd, there will be polls set up in the main lounge from 1:00pm-4:00pm. Vote! Vote! Vote!

Message from our Director of Recreation - Dana

Hello Summer!! Lots of fun activities planned for June, make sure to sign up at the front desk for our trips with Larry. This month we will be having a picnic at Dundas Driving Park, Chef Bill will pack us a lunch with some delicious goodies. June is **Seniors Month**, the theme is to **Stay Active, Stay Connected, and Stay Safe**. Wishing all dads, a Happy Father’s Day this June 19th.

Dana’s Fun Fact of the Month: It’s impossible to hum while holding your nose.

A Senior's Wish

*The pandemic is still here
 I sit in my room, holding my head
 Feeling ever so antsy
 Wanting to do something refreshing
 Someone to talk with, go out in the van
 Laugh and chatter again
 Would be ever so inspiring!*

*Tell me if you will, do you feel the despair
 of looking at four walls, or counting the knobs
 on your dresser drawers, glancing in the mirror
 at hair needing grooming, and toenails
 that are starting to turn under?
 Or a silly fly sitting on the wall
 And just like me, must feel antsy too
 cause as I write this, hasn't moved at all*

*Well, that's it, my news for today
 And for your sake I won't write anything tomorrow*

*So please, if you have anything to share
 Id be happy to hear from you.
 So, till things turn better, lets stick together
 And with help from those who care
 And a multitude of prayer
 We **will** wake to a better tomorrow.*

By: Margaret Gumbert

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

Seniors Month

June is Seniors Month in Ontario. The 2022 theme is **Stay Active, Connected, and Safe**

- **Stay active:** Get information on programs and services to help stay physically and mentally healthy.
- **Stay connected:** Find social, cultural, learning, volunteer and recreational programs to help seniors stay socially connected.



A Small Garden

Tools – Shovel, rake, hand trowel, watering can or garden hose. After this summer, I don't think I will be gardening anymore: too much work for me at 89. Well, I am not a horticulturalist; I have trouble even saying the word. A farmer I am not; thank God some people are, or we would starve. I did a little home gardening. Just a few tomato plants and the usual garden flowers. Last year I had a little raised garden at Aberdeen Gardens Retirement Residence. My plan for this year is to plant some annuals and sunflowers and tend to last year's holly hawks if they have survived the winter. Let's not forget the tomato plants, my favorite fruit; yes, it is a fruit. I will be in contact with the Hamilton Police Department as the tomatoes start to ripen. Last year they put on an extra patrol and the tomatoes lost was miniscule, with no police arrests. Alas, people walking down the street could still reach over the garden fence and help themselves. Now if anyone is that tempted, I guess it means my garden was a success. Following the last bit of tongue in cheek, I'm done.

Ken D.

Comic Corner by T.N.T.

An elderly couple are having trouble remembering things. After a visit to the doctors, they are told that physically they are O.K. He suggested that perhaps they should try writing things down to help them remember. That night while the couple are watching T.V, the old man gets up from his chair. "Where are you going?" his wife asks. "In the kitchen" he answers. "Would you get me a bowl of ice cream?" she asks. "Sure". "You better write that down, so you don't forget". "No, I can remember that" he says. "But I would like some strawberries too, maybe you should write it down." "No need, I can remember that. You want a bowl of ice cream with strawberries!" "I also would like whipped cream, you better write that down, I'm sure you will forget!" Irritated he says, "I've got it! I'll be right back!" A little while passes, the husband returns and places a plate of bacon and eggs in front of his wife. His wife looks up at him and says... "Where is the toast?"

