

# ARBROOK PLAZA

## WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

**Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres.** World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

**Live Performances:** Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

**Music-themed Movies:** Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

**Music Trivia Night:** Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

**Group Playlist:** Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

**Intergenerational Music Activities:** Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.

## Say Something Nice Day: June 1

A kind word or two can truly go a long way and make a positive impact on others. **Say Something Nice Day** is the perfect opportunity to bring a smile to someone's face. You may even receive a kind word in return! Here are a few suggestions on how to get started spreading joy:



**Compliments:** If you see something you admire about someone, say something! If a fellow resident is wearing a unique top or their room looks fascinating, don't hesitate to let them know that they have great style and self-expression.



**A Little Goes a Long Way:** Saying something nice doesn't have to be complicated. It could be as simple as wishing someone a great morning with a warm smile.



**Put Yourself Out There:** Don't be afraid to say something nice to a fellow resident you haven't spoken to yet. You never know how a kind word might change someone's day.



**Acknowledge Other's Efforts:** Is there a nurse or staff member who always goes above and beyond? Be sure to say something nice to that person as you see fit.



**Pleasant Prose:** Saying something nice can be expressed in more ways than one. Try writing a handwritten letter to someone with something kind to say, and deliver it to their door. It might brighten their day!

## National Men's Health Week June 9 – 12

National Men's Health Week is a great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits.** Here are some healthy tips for men:

- **Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests**
- **Visit an ENT to get your hearing checked**
- **Strive for 30 minutes of exercise daily**
- **Treat yourself to healthy, well-balanced portioned meals**
- **Visit the dermatologist to check your skin**
- **Prioritize setting a sleep schedule**
- **Schedule a check-up and cleaning with your dentist**
- **Visit a chiropractor to have your spine checked**
- **Enjoy leisure activities, such as fishing, bowling, watching sports or movies, reading, or gardening**
- **Quit smoking**
- **Laugh everyday**
- **Be kind to yourself by not comparing yourself to others**







## DID YOU KNOW THERE ARE TWO DOUGHNUT HOLIDAYS EACH YEAR?

**That's right— twice the excuse to indulge!** The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave "doughnut lassies"—women who fried up doughnuts in service helmets and served them to soldiers during World War I.** Years later, a new generation of morale-boosting women, known as the American Red Cross "Doughnut Dollies," continued the tradition by supporting troops during Vietnam.

Over time, "doughnut" has often been shortened to "donut," thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin'. And let's be honest—whether you're calling it a doughnut or a donut, we can all agree they're delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouthwatering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there's a donut out there for you.**

## NATIONAL CANCER SURVIVORS DAY

is a global celebration of life held each year on the first Sunday in June. It is a celebration of those who have survived, and hope for those who are still battling. **In America, there are more than 16.9 million cancer survivors, which is approximately 5% of all Americans.** By uniting to recognize cancer survivors and raise awareness of the ongoing challenges cancer survivors face, we're able to acknowledge and celebrate their fortitude and strength.



## HAPPY FATHER'S DAY: JUNE 15

Be sure to take a moment on Sunday, June 15 to honor dads, foster fathers, grandfathers, uncles and the other important male role models in your life. Let him know how much he means to you by calling, texting, or visiting. Take him to dinner, nine holes of golf, fishing, or to a movie and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day.





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## National Hydration Day: June 23

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Signs of dehydration include:

- Fatigue
- Dry mouth or lips
- Cramps/constipation
- Headache/dizziness
- Dark, odorous urine



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

### WORD LIST

DONUT  
FATHER  
FREEDOM  
GRANDPA  
HEALTH  
HYDRATION  
MEN  
MUSIC  
NICE  
NOTES  
SELFIE  
SONGS  
SURVIVOR  
WATER  
YOGA