June 2025

Kay Decker - 2nd

Bruce C. - 6th

Susan J. - 26th

8:00am: Breakfast 9:30am: Sacrament Meeting: 11:30am: Lunch 1:00pm: Activity Stations 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner

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> > 11:30am: Lunch

1:00pm: Activity Stations

2:30pm: Afternoon Exercise

3:00pm: Snack & Hydration:

4:30pm: Dinner

8:00am: Breakfast

11:30am: Lunch

1:00pm: Activity Stations

3:00pm: Snack & Hydration

4:30pm: Dinner

Sunday

People born in June are known for being social butterflies with a knack Happy Father's Day! 8:00am: Breakfast for communication and 9:30am: Sacrament Meeting making friends. They 11:30am: Lunch 1:00pm: Activity Stations are often described as 2:30pm: Afternoon Exercise charismatic, talented, 3:00pm: Snack & Hydration 4:30pm: Dinner and intelligent, with a curious and childlike nature. June babies are 8:00am: Breakfast 9:30am: Sacrament Meeting

The birth flower for June is both the rose and the honeysuckle. These flowers are often associated with love, affection, and the beauty of summer

also known for being

optimistic, empathetic,

and adaptable.

8:00am: Breakfast 10:00am: Simple Chair **Exercises** 10:30am: Daily News & Views 11:30am: Lunch 1:00pm: Activity Stations 3:00pm: Snack & Hydration 4:30pm: Dinner

Monday

Happy Birthday Kay!

1:00pm: Afternoon Bus Ride 3:30pm: Snack & Hydration 8:00am: Breakfast 10:00am: Simple Chair **Exercises** 10:30am: Daily News & Views 11:00am: Musical Bingo 11:30am: Lunch

Tuesday

8:00am: Breakfast

10:00am: Exercise with Weights

10:30am: News & Daily

Chronical

11:00am: Summer Trivia

11:30am: Lunch

4:30pm: Dinner

8:00am: Breakfast

10:00am: Exercise with

Weights

10:30am: News & Daily

Chronical

11:30am: Lunch

:00pm: Afternoon Bus Ride:

3:30pm: Snack & Hydration

4:30pm: Dinner

Weights

Chronical

11:30am: Lunch

4:30pm: Dinner

10:00am: Exercise with

Weights

10:30am: News & Daily

Chronical

11:00am: Knock the Ball

11:30am: Lunch

3:30pm: Snack & Hydration

4:30pm: Dinner

4:30pm: Dinner 8:00am: Breakfast 10:00am: Simple Chair **Exercises** 10:30am: Daily News & Views 11:30am: Lunch

1:00pm: Activity Stations

3:00pm: Snack & Hydration

1:00pm: Activity Stations

3:00pm: Snack & Hydration

4:30pm: Dinner 8:00am: Breakfast 10:00am: Simple Chair **Exercises** 10:30am: Daily News & Views 11:30am: Lunch 1:00pm: Activity Stations 3:00pm: Snack & Hydration

8:00am: Breakfast 10:00am: Simple Chair Exercises 9:30am: Sacrament Meeting: 10:30am: Daily News & Views 11:30am: Lunch 2:30pm: Afternoon Exercise: 1:00pm: Activity Stations 3:00pm: Snack & Hydration

4:30pm: Dinner

4:30pm: Dinner

8:00am: Breakfast 10:00am: Simple Chair Exercises 10:30am: News & Daily Chronical 11:00am: Balloon Batting 11:30am: Lunch 1:00pm: Manicures & Movies 3:00pm: Snack & Hydration

4:30pm: Dinner

Wednesday

8:00am: Breakfast 10:00am: Simple Chair Exercises 10:30am: News & Daily Chronical 11:00am: Name that Shadow 11:30am: Lunch 1:00pm: Manicures & Movies 3:00pm: Snack & Hydration 4:30pm: Dinner

Exercises

Chronical

8:00am: Breakfast 17 8:00am: Breakfast 10:00am: Exercise with 10:00am: Simple Chair 10:30am: News & Daily 10:30am: News & Daily 1:00am: Watermelon Catch:

11:00am: Giant KerPlunk 11:30am: Lunch 1:00pm: Manicures & Movies 1:00pm: Afternoon Bus Ride: 3:00pm: Snack & Hydration 3:30pm: Snack & Hydration 4:30pm: Dinner 8:00am: Breakfast 24

8:00am: Breakfast 10:00am: Simple Chair Exercises 10:30am: News & Daily Chronical

11:00am: Web Toss & Catch 11:30am: Lunch 1:00pm: Afternoon Bus Ride: 1:00pm: Manicures & Movies 3:00pm: Snack & Hydration 4:30pm: Dinner

10:00am: Exercise with Weights 10:30am: News & Daily Chronical

11:00am: Piano with Aleene 11:30am: Lunch :30pm: Canvas Painting: Letters

Thursday

Salon Day!

8:00am: Breakfast

3:00pm: Snack & Hydration 4:30pm: Dinner

> Salon Day! 8:00am: Breakfast

10:00am: Exercise with Weights 10:30am: News & Daily Chronical 11:00am: Piano with Aleene

11:30am: Lunch 1:00pm: Water Color Painting 3:00pm: Snack & Hydration 4:30pm: Dinner

> Salon Day! 8:00am: Breakfast

10:00am: Exercise with Weights 10:00am: Simple Chair Exercises 0:30am: News & Daily Chronical 11:00am: Piano with Aleene 11:30am: Lunch 2:00pm: Fun w/Friends: Painting with Salt

3:30pm: Snack & Hydration 4:30pm: Dinner

Happy Birthday Susan! Salon Day!

8:00am: Breakfast 10:00am: Exercise with Weights 0:30am: News & Daily Chronical 11:00am: Piano with Aleene 11:30am: Lunch 2:00pm: Fun w/Friends: Painting

Fireworks 3:30pm: Snack & Hydration 4:30pm: Dinner

11:00am: Ring Toss 11:30am: Lunch 1:00pm: Fresh Flowers

3:00pm: Movie w/Popcorn! 4:30pm: Dinner

Friday

Happy Birthday Bruce!

8:00am: Breakfast

10:30am: News & Daily

Chronical

10:00am: Simple Chair Exercises

8:00am: Breakfast 8:00am: Breakfast 10:00am: Simple Chair :10:00am: Exercise with Weights: Exercises 10:30am: News & Daily 10:30am: News & Daily Chronical

Chronical 11:00am: Name that Sound 11:00am: Balloon Darts 11:30am: Lunch 1:30pm: Popsicle Stick Picture 1:00pm: Fresh Flowers

Summer Begins

8:00am: Breakfast

10:30am: News & Daily

Chronical

11:00am: Find the Ball

Challenge

11:30am: Lunch

1:00pm: Fresh Flowers

3:00pm: Movie w/Popcorn!

4:30pm: Dinner

8:00am: Breakfast

10:00am: Simple Chair

Exercises

10:30am: Daily News &

Views

4:30pm: Dinner

Frames 3:00pm: Movie w/Popcorn! 3:00pm: Snack & Hydration 4:30pm: Dinner 4:30pm: Dinner

8:00am: Breakfast

11:30am: Lunch

Saturday

8:00am: Breakfast

10:00am: Exercise with Weights

10:30am: News & Daily

Chronical

11:00am: Summer Word

Unscramble

11:30am: Lunch

:30pm: Rock Painting Outside

3:00pm: Snack & Hydration

4:30pm: Dinner

10:00am: Exercise with Weights 10:30am: News & Daily Chronical

11:00am: Bounce Basketball 11:30am: Lunch 1:30pm: Painting Butterflies

3:00pm: Snack & Hydration 4:30pm: Dinner

8:00am: Breakfast 10:00am: Simple Chair Exercises 10:30am: Daily News & Views 11:30am: Lunch

11:30am: Lunch 1:00pm: Activity Stations 1:00pm: Activity Stations 3:00pm: Snack & Hydration 3:00pm: Snack & Hydration 4:30pm: Dinner

FATHERS

Activities are subject to change









Finding joy in the great outdoors









Utah's Longest Embrace: Celebrating the Summer Solstice

As the days have gradually stretched, painting the Utah landscape with ever-increasing daylight, we now approach the peak – the summer solstice! This year, on Friday June 20th, 2025, Utahns will experience the longest day of the year, a celestial event marking the official start of the summer in the Northern Hemisphere.

While the exact length of daylight varies slightly depending on your specific location within the state, residents of South Jordan and the surrounding areas can anticipate basking in the sunlight for about 15 hours on this

special day. Sunrise will grace the horizon about 5:56 AM, lingering until sunset paints the sky with vibrant hues around 9:02 PM.

This extended daylight isn't just a treat for those who love the sun. It signifies the Earth's tilt on its axis,

positioning the Northern Hemisphere at its closest point to the sun. This maximizes the amount of direct sunlight out part of the planet receives.

Beyond the many outdoor activities people enjoy on this day, the summer solstice has held cultural significance for centuries. Ancient civilizations often marked this time with celebrations and rituals honoring the sun and the abundance of the coming summer months.

So, as June 20th approaches, get ready to revel in Utah's longest embrace of the sunlight. Whether you're an early riser or a lover of long summer evenings, take a moment to appreciate this astronomical milestone and the vibrant energy it brings to the Beehive State. It's a day to celebrate the light, the warmth, and the promise of a long and glorious summer ahead!

Celebrating The Summer Solstice

June 2025

To my Dad,
So strong and
kind,
A hero I find.
You've guided
my way,
Happy
Father's Day!

-Unknown





We would like to wish all the Dads out there a Happy Father's Day!