



June **Dayview Station** **NEWSLETTER**

Grand Opening

Welcome to Dayview Station! We're so excited to serve as your community's new social sanctuary. We're thrilled to officially open our doors and offer a safe, supportive and engaging environment for adults over 50. Our mission is to provide high-quality care and enrichment programs that promote independence, well-being, and social interaction

Healthy Living Tip

Aim for at least 150 minutes of moderate-intensity aerobic activity per week, such as walking, swimming, or cycling, along with strength training at least twice a week

Birthday Anniversaries



Monthly Inspirational

Write it on your heart that every day is the best day of the year.



Upcoming Events

6/19 Juneteenth Celebration

6/20- Karaoke

6/20- Golden Hour

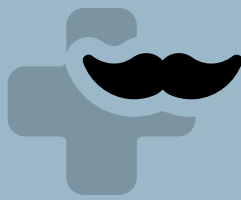
6/25- Sip and Paint



What's Happening?

Happy Father's Day to all the Dads!
Remember to celebrate the incredible men who guide, support, and love us with their unwavering strength and compassion. Thank you, Dads, for being our heroes, our mentors, and the pillars of our families.

Men's Health Month



June is dedicated to raising awareness about men's mental health and the unique challenges they face. This month emphasizes the importance of mental health care, encourages open conversations about mental well-being, and promotes seeking help without stigma, aiming to improve overall mental health for men.

Black Music Month



Take time this month to enjoy the rich heritage of Black Music and its profound influence on pop culture, from R&B and Hip-Hop to gospel and jazz. Turn up the volume, explore different genres, and appreciate the creativity, talent, and enduring legacy of Black artists in shaping the soundscape of our lives.

Pride Month



This LGBTQ+ month-long celebration is a time to reflect on the significant impact that the community has on society, promoting acceptance, equality, and love. It honors the Stonewall Riots, which marked the beginning of the fight for gay rights and celebrates the progress made while recognizing the ongoing struggle for full equality and inclusion.

National PTSD Awareness Month



National PTSD Awareness Month is observed annually in June. The month is dedicated to raising awareness about the condition and how to access treatment.



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

THIRTY DAYS

VACATION

WEDDING