

June 2024



# Friends News

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## June Celebrations

<b>Mon Jun 10</b>	<b>Birthday Celebration with Gary Freeman</b>
<b>Thu Jun 13</b>	<b>Father's Day Celebration</b>
<b>Fri Jun 14</b>	<b>Flag Day Ceremony</b>
<b>Mon Jun 17</b>	<b>Sherry Hamilton entertains</b>
<b>Wed Jun 26</b>	<b>Kay Seamayer entertains</b>
<b>Wed Jun 19</b>	<b>Juneteenth Celebration</b>
<b>Wed Jun 12 and 26</b>	<b>Tai Chi with Merrily Workshop</b>
<b>Every Thursday in June</b>	<b>Thirsty Thursday with homemade mocktails</b>
<b>Every Wednesday</b>	<b>Book Club</b>

## Father's Day Celebration

Join us as we celebrate all the fathers in our lives!

**Date: June 13**

**Time: 11-2pm**

**We will have a classic car show and a barbeque truck to give all of our dad's a day off and a chance to relax! Come share in the fun.**



## **Exercise Hard; Relax Harder**

Exercising is an important part of our mental health routine. It seems like a pretty obvious statement, especially considering a quick google search for "exercise and mental health" gives us over 1 billion results, ranging from scientific journal articles to personal blogs and everything in between. The health benefits of exercise are well-known: it helps with sleep, endurance, strength, stress, energy, stamina, mental alertness and weight. The hardest part of exercise is find time to get it done to begin with.

So how can we make time magically appear? The easiest way is to incorporate it into activities that we are already doing. Park a little further away from the store than you normally do. You might be able to take the stairs instead of taking the elevator (going downstairs counts too!). Taking 5 minutes before bed to do mindful breathing can help relax you quickly and leads to better quality sleep.

Yoga is a low-cost, highly effective way to exercise and gain the benefits that exercise brings. Yoga functions as an adjunctive treatment and is the primary example of "mind-body interventions," which helps the mind reach its fullest potential to alter bodily functions. Yoga is generally safe for most people and can easily be adapted to a wide variety of mobility issues.

Tai Chi represents another kind of mind-body intervention, but hails from China instead of India. Exercise routines that practice mindfulness are hard to come by but are a focus of much of Eastern medicine. When all you can do is focus on breathing in and out for 10 seconds each day, then that is all you can do. Starting small and working your way up is the best way to start anyways.

When planting a tree, investing your money or exercising, the best time to start is 10 years ago; the second best time to start is right now. With that in mind, starting in June we will be welcoming in a "Chair Chi" instructor to Friends Place to bring some of that mindfulness to our members. Hope you will be able to join us!



### **Birthday Wishes to**

Doris G – June 6

W. Wade – June 16

Lee H – June 21

JB – June 29

Terry H – June 30

Employee Birthday  
Leanore Hadams – June 26



### Support Group at Friends Place Alzheimer's Caregiver Support Group

Tuesday, June 11  
General Discussion  
Time: 2:00-3:30 pm

Tuesday, June 25  
Pam Kovacs Johnson, Author – "Did I Remember  
To Tell You?"

Topic: What are the Thinking? Understanding  
And Preventing Disease-Related Behaviors  
Time: 2:00 – 3:30 pm

Care for your loved one provided at no cost  
during the support group meeting. Call to  
reserve a spot: 972-274-2484

### Hairdresser comes on June 24th

Kelly will be here on June 24<sup>th</sup> to take care of our  
members. If you would like to sign up for her services,  
there will be a sign up sheet starting on the 17<sup>th</sup>.



### **MAKE YOUR RESERVATION**

You can submit a reservation calendar online.  
Email [rhenry@friendsplaceads.com](mailto:rhenry@friendsplaceads.com) to receive a  
link and be added to a monthly mailing list. Paper  
copies are still available.  
Get your reservation in to guarantee yourself a  
spot!

Also, you can make changes to your  
reservation by texting 469-553-0188