



Welcome to June

Activities to keep you engaged this month:

- 6/3 Short Stories presented by Centerville Library
- 6/4 Free Pampering with Bernice from Mary Kay
- 6/4 Entertainment — “Mary’s Turbo Accordion Express”
- 6/5 Entertainment — “Clay & Company”
- 6/10 Book Club Enthusiasts
- 6/11 Ice Cream Taste Testing
- 6/11 Saxophonist Edde Osborne
- 6/12 Centerville Library presents “Agatha Christie”
- 6/12 Culinary Corner - “Peanut Butter Cookies”
- 6/13 Father’s Day Movie & Pizza—MEN ONLY
- 6/13 Catholic Mass
- 6/15 Gospel Group “Work in Progress”
- 6/18 Craft Corner — “Patriotic Wreath”
- 6/18 Drumming for Fun & Fitness
- 6/19 Lemonade on the Patio
- 6/20 Centerville Community Chorus
- 6/23 Village Garden Tour
- 6/24 Book Club Enthusiasts
- 6/24 June Birthday Celebration & Social

The Benefits of Being Outdoors

As the weather becomes warmer, spending time outdoors around grass, trees, and other plants can improve both mental and physical health. Research has shown that exposure to green spaces can encourage exercise and social interaction, improve mindfulness, and decrease stress and anxiety, according to a September 20 article in the St. Louis American. Heather Eliassen, professor of nutrition and epidemiology at Harvard T.H. Chan School of Public Health, said that some of the benefits of time spent outside can include “improvements in sleep, blood pressure, cognitive function and physical activity, as well as reduced risks of chronic disease, such as type 2 diabetes, cardiovascular disease and cancer.” So take advantage of the warm weather and spend some time with Mother Nature!



June Birthdays

- Marilyn C. 6/1
- Charles P. 6/3
- Margaret W. 6/4
- Mary S. 6/4
- Carl D. 6/6
- Norma S. 6/8
- Robert M. 6/9
- Jeff J. 6/12
- Gloria M. 6/13
- Barby W. 6/13
- Joanne S. 6/13
- Bettie A. 6/14
- David M. 6/16
- Karen M. 6/18
- Mary Ann B. 6/18
- Marilyn B. 6/18
- Don B. 6/18
- Susan A. 6/22
- Mary Ann C. 6/27
- Joyce E. 6/29

Village Residents are welcome to attend all activities!

KHSL Village Garden Tour

Everyone is welcome to attend the Village Garden Tour on Sunday, June 23 from 2:00-5:00 PM. Visitors will be able to admire the beautiful gardens numerous residents cultivate and maintain. There will be refreshments, water stations, and chairs to rest upon. Look for balloons at the homes participating. Questions? Call 937-750-6713.



Kettering Health Senior Living Newsletter

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Cat Lovers Take Note

The Cat Whisperer is available to share her furry, purring cat “friend” with anyone desiring some cuddles and snuggles. You may reach her at 937-247-5555 to set up a visit with this Plaza resident.



June Is:

- * Alzheimer’s & Brain Awareness Month
- * Audiobook Month
- * Effective Communication Month
- * Great Outdoors Month
- * Men’s Health Month
- * National Camping Month
- * National Dairy Month
- * National Fresh Fruits & Vegetables Month
- * National Ice Tea Month
- * National Safety Month
- * Oral Health Month
- * Women’s Golf Month



Special Days:

- * Say Something Nice Day 6/1
- * National Frozen Yogurt Day 6/2
- * National Cheese Day 6/4
- * World Environment day 6/5
- * National Yo-Yo Day 6/6
- * National Donut Day 6/7
- * National Best Friends Day 6/7
- * National Ice Tea Day 6/10
- * National Corn-on-the-Cob Day 6/11
- * National Peanut Butter Cookie Day 6/12
- * National Sewing Day 6/13
- * Weed Your Garden Day 6/13
- * Flag Day 6/14
- * Father’s Day 6/16
- * National Eat Your Vegetables Day 6/17
- * First Day of Summer 6/20
- * Strawberry Full Moon 6/21

