

livfun

Bella Villaggio

JUNE 2020 • FUN IN THE SUN

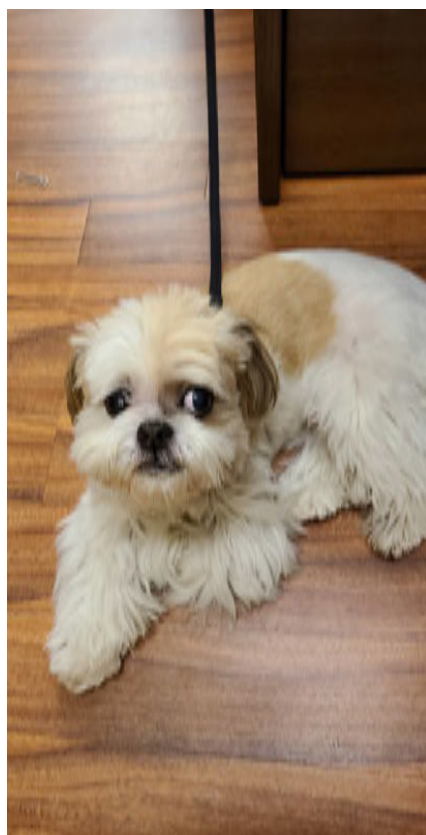
A Quarantine Isn't Going to Stop Us From Having Fun!



Fitness fun!



We hope you enjoyed your Easter goodies last month!



One of our Bella pups! Do you know what his name is?!



Hallway Bingo fun!



Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine –

Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up – An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Sip through a straw – Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Find your favorite flavor – If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Adjust the temp – Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

(Continued on back.)

A Look Back at Jacks (Continued)

In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as “knucklebones.” Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a flat surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called “onesies,” meaning the player scoops up one jack, then “twosies,” trying for two at a time, and so on, becoming more difficult. Variations of the game alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime that can be played anywhere.

“Jaws” Turns 45

Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20, 1975. Dive into these fin-tastic facts about the film.

- “Jaws” was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book “Silence in the Deep.”
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.
- To add suspense, the shark isn’t seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line, “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.
- John Williams composed the famously foreboding two-note “Jaws” theme, winning the Academy Award for best original score.
- The first movie to make over \$100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”

Fun Father’s Day Facts!

Here is a look at Father’s Day, celebrated the third Sunday in June.



Facts:

June 21, 2020 — Father’s Day

- According to Hallmark, Father’s Day is the fourth-largest card-sending occasion with 72 million cards given every year.
- Fifty percent of all Father’s Day cards are purchased for fathers, according to Hallmark. Almost 20 percent of Father’s Day cards are given to husbands.
- The US Census Bureau estimates there were 72.2 million fathers in the United States in 2014.
- Sonora Smart Dodd of Spokane, Wash., is credited with starting Father’s Day after hearing a sermon on Mother’s Day while attending church with her father.
- Dodd wanted to honor her father, William Jackson Smart, a Civil War veteran who raised six children after his wife died during childbirth.
- According to the National Retail Federation annual survey:

Consumer spending on Father’s Day is expected to rise to an all-time record of close to \$16 billion in 2019.

In 2019, nearly 76 percent of people intend to celebrate Father’s Day.

Timeline:

1910 — Spokane celebrates the first Father’s Day on June 19.

1924 — President Calvin Coolidge publicly supports plans for a national Father’s Day.

1966 — President Lyndon Johnson signs a proclamation calling for Father’s Day to be celebrated on the third Sunday of June.

1972 — President Richard Nixon signs into law a permanent recognition of Father’s Day.

BELLA VILLAGGIO

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Puzzle Solutions

Brain Bender: What a Catch!

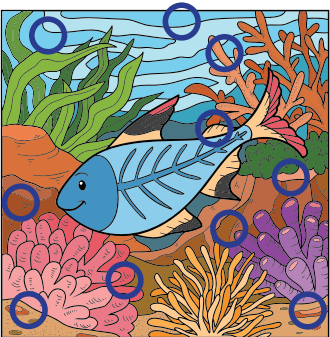
Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins



S	T	A	B	P	L	O	P	S	T	A	M	P
L	I	A	R	E	X	P	O	H	A	G	A	R
A	E	R	O	E	I	E	I	A	D	O	R	E
B	R	E	A	D	W	I	N	N	E	R	S	
				D	I	E		T	R	E	P	G
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				S	A	D	A	T	D	O	E	S
				E	R	G	S	C	A	R	T	E
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				S	R	S		L	E	V	I	N
								A	D	D	I	T
								A	W	A	R	E
								R	O	W	E	R
								C	O	L	A	S
								R	E	O	S	S
								S	K	I	S	

A Message From Leisure Care

As we continue to navigate the situation brought on by COVID-19, we remain vigilant about social distancing and infection control protocols, based on guidelines from the CDC and state health agencies. Instead of our monthly calendar, we are using this space to provide some additional puzzles and activities that you can enjoy at your leisure.

Thank you for your commitment to doing your part in keeping other residents and team members safe. For our most recent updates, visit www.leisurecare.com/communication-plan. Please speak with your management team if you have any questions.

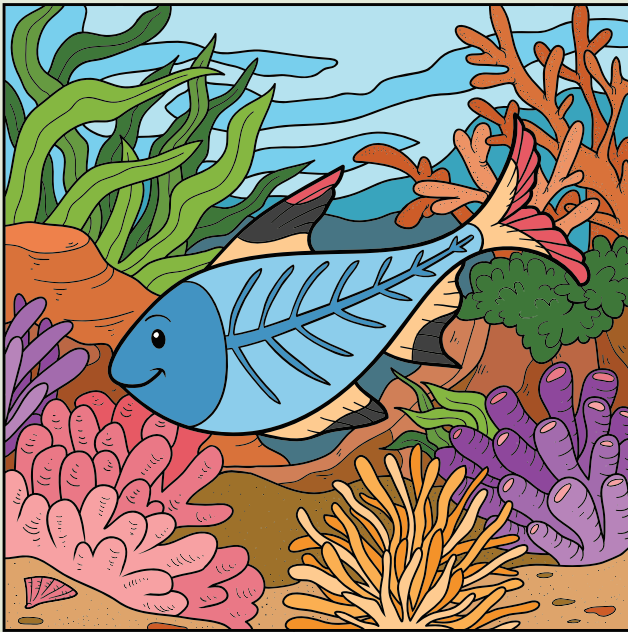
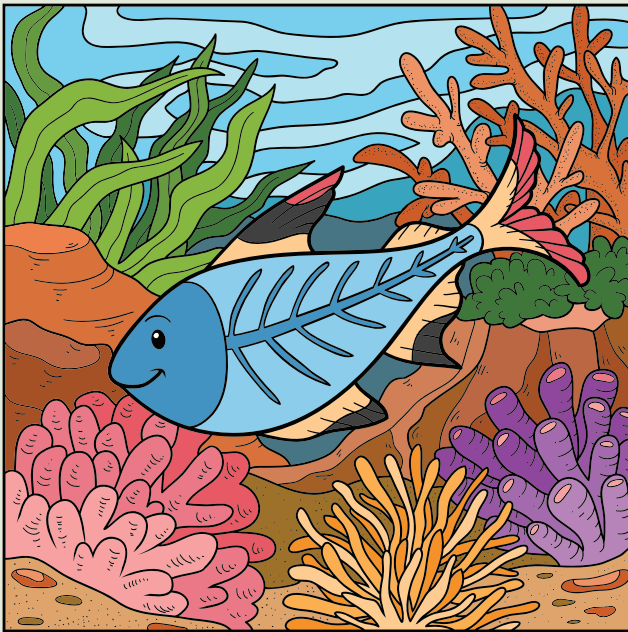
TV Dads

Match the father figure character to the TV show he appeared in.

- | Fictional Father | TV Show |
|----------------------|--------------------------------------|
| 1. Tim Taylor | A. "Father Knows Best" |
| 2. James Evans Sr. | B. "Home Improvement" |
| 3. Tom Corbett | C. "Good Times" |
| 4. Steve Douglas | D. "Family Matters" |
| 5. Carl Winslow | E. "My Three Sons" |
| 6. Howard Cunningham | F. "Happy Days" |
| 7. Jim Anderson | G. "The Courtship of Eddie's Father" |

Double Take

Fish around and find 10 differences in these two pictures.



Crossword Puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
			23					24				25	26	27
	28	29				30	31		32		33			
34					35		36			37				
38					39					40				
41					42					43				
44				45			46		47					
48				49		50			51					
			52				53	54				55	56	57
58	59	60					61				62			
63							64				65			
66							67				68			

- | ACROSS | DOWN |
|---------------------------------------|------------------------------------|
| 1. Use a dagger | 1. Chunk |
| 5. Dull sound | 2. Row |
| 9. Upper right-hand corner item | 3. Bern waterway |
| 14. One not to be trusted | 4. Shows to the public |
| 15. 1967 Montreal event | 5. Shrimp |
| 16. Comic strip Viking | 6. Five dozen old Romans, plus two |
| 17. Prefix for nautical or ballistics | 7. Sports event |
| 18. "...had a farm, ___." | 8. Gist |
| 19. Pay homage to | 9. Distributed |
| 20. Job holders | 10. Tiny amounts |
| 23. Rolled cube | 11. In the past |
| 24. Naples three | 12. Ruin the surface of |
| 25. 7 Down sponsor, for short | 13. Prefix for shrunk or suppose |
| 28. Ordains | 21. Launderer's concern |
| 32. Befuddles | 22. Rub away |
| 34. Leader assassinated in 1981 | 25. Adaptable |
| 35. Forest creatures | 26. Brilliant one |
| 37. German one | 27. Those who help: abbr. |
| 38. Work units | 28. Sewer |
| 39. A la ___ | 29. Gardeners' machines |
| 40. ___ accompli | 30. Cheese variety |
| 41. Dill herb | 31. Blisters |
| 42. Laic response | 33. Pleadings |
| 43. Food lists | 34. Theater necessities |
| 44. More to the point | 36. Explosive peak |
| 46. Learned people | 39. Gave a hoot |
| 48. Grads-to-be: abbr. | 43. Educator Horace ___ |
| 49. Bulgaria's currency | 45. Forefathers |
| 51. Mich.'s neighbor | 47. Musical instruments |
| 52. Besides | 50. Projecting brim |
| 58. Informed | 52. Square footage |
| 61. Circus performer | 53. Far: pref. |
| 62. Church section | 54. Fictional villain |
| 63. Boatman | 55. Merry prank |
| 64. Olympian Korbut | 56. 57 |
| 65. Lose one's footing | 57. Slangy responses |
| 66. Beverages | 58. Band of electrical sparks |
| 67. Classic cars | 59. Court |
| 68. Downhill conveyors | 60. Hole maker |

Virtual Visits

- You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.
- The Louvre, Paris.
Louvre.fr/en/visites-en-ligne
 - National Gallery of Art, Washington, D.C.
NGA.gov
 - Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
 - San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
 - Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.



- | | |
|-------------------------|---------------------------|
| DAD | ___ Took action |
| ___ A cube with dots | |
| TIE | |
| GOLF | ___ Wide chasm |
| ___ Sea-loving bird | |
| ___ Bovine patriarch | |
| BALL | |
| FISH | ___ A tightly closed hand |
| ___ Tiny water droplets | |
| ___ Chewing gum flavor | |
| ___ Two cups | |
| ___ Sewing accessories | |
| FINS | |

Summertime Snicker

- Q: What holds the sun up in the sky?
- A: Sunbeams!

Brain Bender: What a Catch!

- Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?
1. Stan's last name isn't Hall.
 2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
 3. The man who caught the 8-pound fish didn't catch the walleye.
 4. Mr. White didn't catch the 6-pound trout.
 5. Nate caught the perch.
 6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 ● PrimeFit Sit & Fit, AR * 1 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 2 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Singalong with Ken, OTV 1:00 ● Crafting Corner, AR 1:00 ● Animal Samaritans Dog Visit, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 3 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 4 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	● Bingo Party!, AR 5 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● Exercise with Stephanie, AR * 6 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>
10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV <div>7</div>	9:00 ● PrimeFit Sit & Fit, AR * 8 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 9 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Karaoke with Tony!, OTV 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Eldergrow Sensory Garden, AR 1:00 ● Crafting Corner, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 10 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 11 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	● Bingo Party!, AR 12 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● Exercise with Stephanie, AR * 13 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>
FLAG DAY 14 10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV	9:00 ● PrimeFit Sit & Fit, AR * 15 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 16 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Singalong with Ken, OTV 1:00 ● Crafting Corner, AR 1:00 ● Animal Samaritans Dog Visit, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 17 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 18 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	● Bingo Party!, AR 19 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	SUMMER BEGINS 20 9:00 ● Exercise with Stephanie, AR * 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>
FATHER'S DAY 21 10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV	9:00 ● PrimeFit Sit & Fit, AR * 22 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 23 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Karaoke with Tony!, OTV 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Eldergrow Sensory Garden, AR 1:00 ● Crafting Corner, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 24 9:45 ● Scenic Bus Trip 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 10:30 ● Paws & Hearts Dog Visit, OTV 1:30 ● Movie Matinee & Virtual Reality, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 25 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● A Little Bit of Everything with Nick, AR 1:00 ● Animal Samaritans Dog Visit, OTV 1:00 ● Singing with Anthony, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 3:15 ● Use Your Senses with Virtual Reality, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	● Bingo Party!, AR 26 9:00 ● PrimeFit Sit & Fit, AR * 9:30 ● Ball Toss Competition, AR 10:00 ● Snack Time!, OD 10:30 ● Color & Puzzles, AR 1:00 ● Singalong with Amanda, AR 2:00 ● Arts & Crafts with Elyssa, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR <div>PF</div>	9:00 ● Exercise with Stephanie, AR * 27 9:30 ● Balloon Volleyball/ Parachute Toss, AR 10:00 ● Snack Time!, OD 10:30 ● Crafting Corner, AR 2:00 ● Manicure Day/Massage Therapy, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>
10:00 ● Snack Time!, OD 10:30 ● Church Service, OTV 1:00 ● Singalong with Amanda, OTV 3:00 ● Sunday Tea!, OD 3:15 ● Bingo Party!, AR 6:00 ● Classic Film Festival, OTV <div>28</div>	9:00 ● PrimeFit Sit & Fit, AR * 29 10:00 ● Snack Time!, OD 10:30 ● Nature Documentaries, OTV 1:00 ● Puzzle Time, AR 3:00 ● Snack Time!, OD 3:15 ● Bingo Party!, AR 6:00 ● Grab Bag Game Night, AR <div>PF</div>	9:00 ● PrimeFit Sit & Fit, AR * 30 9:30 ● Animal Samaritans Dog Visit, AR 10:00 ● Snack Time!, OD 10:30 ● Singalong with Ken, OTV 1:00 ● Crafting Corner, AR 1:00 ● Animal Samaritans Dog Visit, OTV 3:00 ● Snack Time!, OD 3:15 ● Bingo Blast!, AR 6:00 ● Jenga Challenge!, AR <div>PF</div>	<div> <div>Locations</div> <div> Movie Theater, SF Opal Activity Room, AR Opal Dining Room, OD Opal TV Room, OTV </div> </div> <div> <div>Transportation</div> <div> Monday - Friday, 9 a.m.-4 p.m.: Medical Appointments Only </div> </div> <div> <div>Calendar events subject to change.</div> <div>#331880645</div> </div>			<div> <div>opal key</div> <div> <div>● Physical</div> <div>● Social</div> <div>● Experiential</div> <div>● Emotional & Spiritual</div> <div>● Creative & Artistic</div> <div>● Therapeutic</div> <div>● Sensory</div> </div> </div> <div>  </div>