

livfun

The Village at Mill Landing

JUNE 2020 • FUN IN THE SUN



Important News!

We thank you for your patience as we continue to navigate in these unprecedented times. We can see the light at the end of our tunnel, but we are not out of the woods yet!

We plan to implement some additional scheduled programs for the month of June. We plan to take full advantage of the nice summer weather in our beautiful outdoor areas, which includes the back patio and covered porch. We may also look forward to having some outdoor entertainment, as well as special visits to the Hometown Cafe.

In order to implement these fun activities, we kindly ask for your full cooperation and support in following our protocols. We will continue to follow the CDC's recommendations of social distancing, wearing our face masks and remaining in small groups of four to six people. Special programs will be offered to all residents but will be scheduled at specific times per each floor. This will be necessary to implement in order to comply with proper social distancing.

A weekly calendar listing the daily activities specific to your floor will be provided each week.

We look forward to better days, and remember: "When life gives you lemons, make lemonade."



Benefits of Walking

Experts have said that walking could be the best exercise for older adults; it's an effective way to reduce the risk for chronic conditions and improve your overall health. Some of the benefits of walking for older adults include:

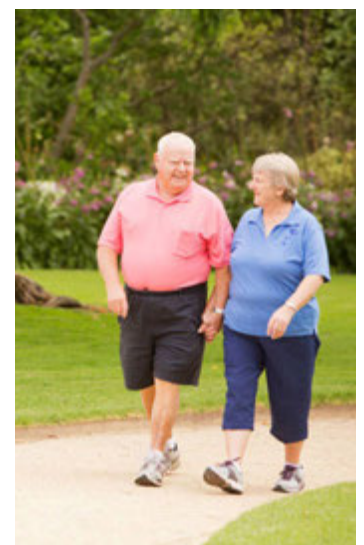
Improves heart health: For seniors, walking offers numerous heart health benefits. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart disease.

Lowers blood sugar: After eating, taking a 15-minute walk has been shown to reduce the after-eating spike in blood sugar some seniors can experience. Your body is using blood sugar more effectively to strengthen muscles, and insulin works better, too.

Reduces pain: Studies have shown that walking helps reduce some pain due to chronic conditions like arthritis. Some seniors experience lower back pain, and walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.

Promotes social engagement: Walking offers an easy way to meet up with others, while taking your daily walk.

Boosts mental health: A daily walk can help you feel more positive about life. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.



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.

The Delicious History of Strawberry Shortcake

Strawberry shortcake is a popular scone or biscuit like pastry that is made from milk, flour, baking powder, sugar and eggs, as well as shortening or butter. Shortening refers to fat content or baking lard added to the dough that makes it tender, and this is where the name "shortcake" comes from. The shortcake can be crumbled easily, as the fibers are very short.

Strawberries have been enjoyed for more than 2,000 years now. In fact, mention of strawberries has been found even during the Shakespearean era. In the early 1600s, the treat was made popular when William Shakespeare used the name Alice Shortcake in "The Merry Wives Of Windsor." Traditionally, strawberries were conserved in the form of jams. Romans enjoyed the fruit, but making shortcakes with strawberries became a U.S. tradition.

The origin of this delicious dessert dates back as early as the 1500s. Records reveal that the shortcake was initially invented in Europe during 1594. Since it was crumbly, triangular shaped pastries were always breaking off. Hence, the traditional authentic short cakes took a circular form.

Later, strawberry short cakes became more popular in the U.S. With the increased popularity of strawberry transport from one country to another in icepacks, many articles and recipe variants of strawberry shortcakes became the order of those times. Strawberry fever caught up with people as the timing of introducing the dessert clicked and the demand kept increasing every year.

During the year 1850, strawberry short cake parties were popular in the Unites States, especially while welcoming the summer every year.

We will be having our own strawberry social! Details coming soon!



THE VILLAGE UNITY • MILL LANDING

The Village at Mill Landing
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Rochester, NY 14626
585-720-3000

Staff

General Manager
Christine Hill

Sales Advisor
Amy Rist

Dining Services Manager
Heather Weber

Health and Wellness Director
Terry Kipp, RN

Health and Wellness Manager
Doug Lynch

Bookkeeper
Margaret Melia

Program Supervisor
Tracy LaFountain

Maintenance Supervisor
Martin Pier

June Birthdays

- | | | |
|-----------------------|-----------------------|------------------------|
| Virginia Keegan, 2nd | Dick Rightmyer, 19th | Sharry Lauf, 26th |
| Jean Molner, 4th | Helen Mercier, 20th | Jennie Brugnioni, 28th |
| Dominic Cuiule, 16th | Rita Westveer, 21st | Vera Brennan, 30th |
| Jan Wemett, 16th | Marcia LaCrosse, 24th | |
| Louanne Johnson, 17th | Paul Baskera, 25th | |

Puzzle Solutions

Brain Bender: What a Catch!

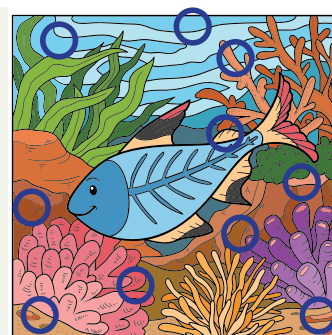
Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

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



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.

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.

TV Dads

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

Fictional Father

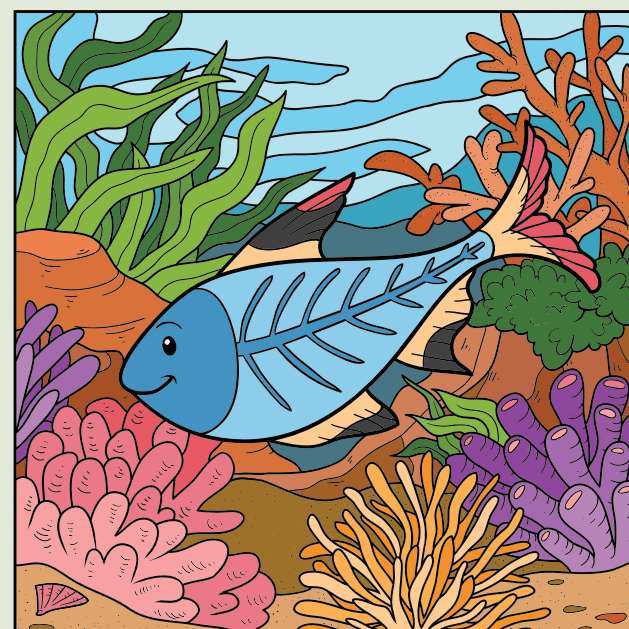
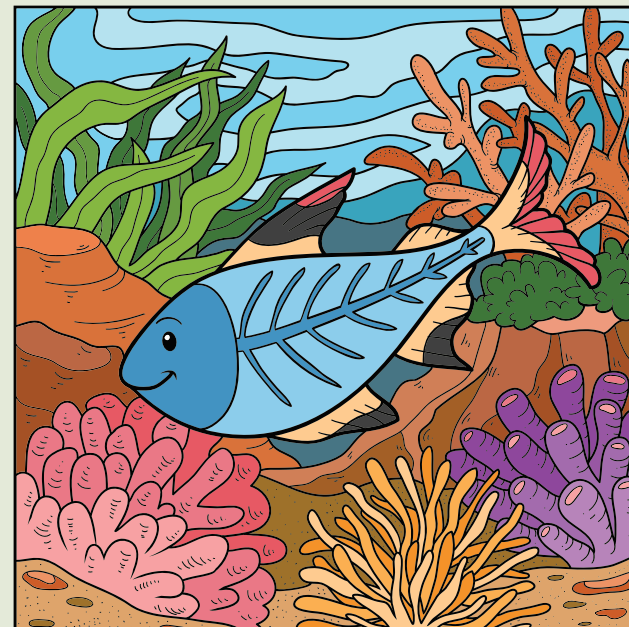
1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- 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

1. Use a dagger
5. Dull sound
9. Upper right-hand corner item
14. One not to be trusted
15. 1967 Montreal event
16. Comic strip Viking
17. Prefix for nautical or ballistics
18. "...had a farm, ___."
19. Pay homage to
20. Job holders
23. Rolled cube
24. Naples three
25. 7 Down sponsor, for short
28. Ordains
32. Befuddles
34. Leader assassinated in 1981
35. Forest creatures
37. German one
38. Work units
39. A la ___
40. ___ accompli
41. Dill herb
42. Laic response
43. Food lists
44. More to the point
46. Learned people
48. Grads-to-be: abbr.
49. Bulgaria's currency
51. Mich.'s neighbor
52. Besides
58. Informed
61. Circus performer
62. Church section
63. Boatman
64. Olympian Korbut
65. Lose one's footing
66. Beverages
67. Classic cars
68. Downhill conveyors

DOWN

1. Chunk
2. Row
3. Bern waterway
4. Shows to the public
5. Shrimp
6. Five dozen old Romans, plus two
7. Sports event
8. Gist
9. Distributed
10. Tiny amounts
11. In the past
12. Ruin the surface of
13. Prefix for shrunk or suppose
21. Launderer's concern
22. Rub away
25. Adaptable
26. Brilliant one
27. Those who help: abbr.
28. Sewer
29. Gardeners' machines
30. Cheese variety
31. Blisters
33. Pleadings
34. Theater necessities
36. Explosive peak
39. Gave a hoot
43. Educator Horace ___
45. Forefathers
47. Musical instruments
50. Projecting brim
52. Square footage
53. Far: pref.
54. Fictional villain
55. Merry prank
56. 57
57. Slangy responses
58. Band of electrical sparks
59. Court
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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	<p>1</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 10:00 ● Morning Break, DR 11:30 ● Lucky Dice, AR 1:45 ● Walk & Talk, AR 2:00 ● Movie Matinee, AR 4:00 ● Happy Hour, LR 6:30 ● The Number One Answer, AR 	<p>2</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:00 ● Creation Station, AR 11:30 ● Shake Loose a Memory, AR 1:45 ● Walk & Talk, AR 3:00 ● Afternoon Break, DR 4:00 ● Happy Hour, LR 6:30 ● Music of the Heart, AR 	<p>3</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Conversation Starters, AR 1:45 ● Walk & Talk, AR 4:00 ● Happy Hour, LR 6:00 ● Manicure Time, AR 	<p>4</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Describe This ..., LR 11:00 ● Artistic Expressions, AR 11:30 ● Shake Loose a Memory, AR 1:45 ● Walk & Talk, AR 2:00 ● In the Garden, AR 4:00 ● Happy Hour, LR 	<p>5</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Conversation Starters, AR 1:45 ● Walk & Talk, AR 2:15 ● Opalescence, AR 3:00 ● Laundry Laughs, AR 4:00 ● Happy Hour, LR 6:00 ● Twenty Questions, AR 7:15 ● Sing with Me, AR 	<p>6</p> <ul style="list-style-type: none"> 10:15 ● PrimeFit, LR 10:45 ● The Music of Our Hearts, AR 11:00 ● Designer Drawings, AR 11:30 ● My Favorite ..., AR 1:45 ● Walk & Talk, AR 2:15 ● Good News in the News, AR 3:00 ● Afternoon Break, DR 7:00 ● Lawrence Welk, LR 		
<p>7</p> <ul style="list-style-type: none"> 10:15 ● PrimeFit, LR 11:00 ● Flower Arranging, AR 11:30 ● A Look Back: All About Spring, AR 1:15 ● iN2L Games, AR 1:45 ● Walk & Talk, AR 2:15 ● Hand Massages & Manicures, AR 2:45 ● Current Events, AR 7:00 ● Evening Social, DR 	<p>8</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Opalescence, LR 10:00 ● Morning Cup of Coffee, DR 10:15 ● Name That Tune, LR 11:30 ● Lucky Dice, AR 1:45 ● Walk & Talk, AR 2:00 ● Movie Matinee, AR 4:00 ● Happy Hour, LR 	<p>9</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● The Answer is in the Box, LR 11:30 ● Conversation Ball, AR 1:45 ● Walk & Talk, AR 3:00 ● Midday Snack, DR 4:00 ● Happy Hour, LR 	<p>10</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Start Your Day with a Chuckle, LR 11:00 ● Spectrum of Shading, AR 11:30 ● Remember When ... 1:45 ● Walk & Talk, AR 4:00 ● Happy Hour, LR 6:00 ● Manicure Time, AR 7:15 ● Get to Know Your Neighbor, AR 	<p>11</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:00 ● Artistic Expressions, AR 11:30 ● Conversation Ball, AR 1:45 ● Walk & Talk, AR 4:00 ● Happy Hour, LR 6:00 ● List Them: A to Z, AR 6:30 ● Which Came First?, AR 7:15 ● Let's Play Cards, AR 	<p>12</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Twenty Questions, LR 11:30 ● Remember When ... 1:45 ● Walk & Talk, AR 2:15 ● Opalescence, AR 3:00 ● Laundry Laughs, AR 4:00 ● Happy Hour, LR 6:00 ● Express Yourself, AR 6:30 ● When I Think of ..., AR 7:15 ● How Much Did It Cost?, AR 	<p>13</p> <ul style="list-style-type: none"> 10:15 ● PrimeFit, LR 10:45 ● Green Thumbs, AR 11:00 ● Express Yourself, AR 11:30 ● Let's Talk, AR 1:15 ● Bingo, AR 1:45 ● Walk & Talk, AR 2:15 ● On This Day, AR 3:00 ● Snack Social, DR 7:00 ● Lawrence Welk, LR 		
<p>14</p> <p>FLAG DAY</p> <ul style="list-style-type: none"> 10:00 ● AM Cup of Coffee, DR 10:15 ● PrimeFit, LR 11:00 ● A Time to Rhyme, AR 1:15 ● Laundry Laughs, AR 1:45 ● Walk & Talk, AR 2:15 ● These Three Things, AR 2:45 ● Current Events, AR 7:00 ● Evening Social, DR 	<p>15</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 10:00 ● Morning Break, DR 10:15 ● Time to Rhyme, LR 11:30 ● Lucky Dice, AR 1:45 ● Walk & Talk, AR 2:00 ● Movie Matinee, AR 3:00 ● Strawberry Social, AR 4:00 ● Happy Hour, LR 6:00 ● Laundry Laughs, AR 6:30 ● Brain Bender Trivia, AR 	<p>16</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Shake Loose a Memory, AR 1:45 ● Walk & Talk, AR 3:00 ● Afternoon Break, DR 4:00 ● Happy Hour, LR 6:00 ● Baking Club, AR 6:30 ● Making Our Music, AR 	<p>17</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Conversation Starters, AR 1:45 ● Walk & Talk, AR 4:00 ● Happy Hour, LR 6:00 ● Manicure Time, AR 6:30 ● In the Garden, AR 7:15 ● Word Games, AR 	<p>18</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:00 ● Artistic Expressions, AR 11:30 ● Shake Loose a Memory, AR 1:45 ● Walk & Talk, AR 2:00 ● In the Garden, AR 4:00 ● Happy Hour, LR 6:30 ● Answer Me This ..., AR 	<p>19</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Conversation Starters, AR 1:45 ● Walk & Talk, AR 2:15 ● Opalescence, AR 3:00 ● Laundry Laughs, AR 4:00 ● Happy Hour, LR 6:00 ● Name Five, AR 7:15 ● Sing with Me, AR 	<p>20</p> <p>SUMMER BEGINS</p> <ul style="list-style-type: none"> 10:15 ● PrimeFit, LR 10:45 ● The Music of Our Hearts, AR 11:00 ● Designer Drawings, AR 11:30 ● Conversation Cards, AR 1:45 ● Walk & Talk, AR 2:15 ● Good News in the News, AR 3:00 ● Afternoon Break, DR 7:00 ● Lawrence Welk, LR 		
<p>21</p> <p>FATHER'S DAY</p> <ul style="list-style-type: none"> 10:00 ● Morning Break, DR 10:15 ● PrimeFit, LR 10:45 ● In the Garden, AR 11:00 ● Time to Rhyme, AR 1:15 ● iN2L Games, AR 1:45 ● Walk & Talk, AR 2:45 ● Current Events, AR 7:00 ● Evening Social, DR 	<p>22</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Opalescence, LR 10:00 ● Morning Cup of Coffee, DR 10:15 ● Name That Tune, LR 11:30 ● Lucky Dice, AR 1:45 ● Walk & Talk, AR 2:00 ● Movie Matinee, AR 4:00 ● Happy Hour, LR 6:00 ● Creative Poetry Corner, AR 6:30 ● Seasonal Trivia, AR 7:15 ● Bean Bag Toss, AR 	<p>23</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:30 ● Conversation Ball, AR 1:45 ● Walk & Talk, AR 3:00 ● Midday Snack, DR 4:00 ● Happy Hour, LR 6:00 ● Whistle While We Work, AR 6:30 ● How Many Can You List?, AR 7:15 ● Songs of the 1940s, AR 	<p>24</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Start Your Day with a Chuckle, LR 11:30 ● Remember When ... 1:45 ● Walk & Talk, AR 4:00 ● Happy Hour, LR 6:00 ● Manicure Time, AR 7:15 ● Get to Know Your Neighbor, AR 	<p>25</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 11:00 ● Artistic Expressions, AR 11:30 ● Conversation Ball, AR 1:45 ● Walk & Talk, AR 2:15 ● Green Thumbs, AR 4:00 ● Happy Hour, LR 6:00 ● Bloopers in the News, AR 7:15 ● Let's Play Cards, AR 	<p>26</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 9:45 ● Twenty Questions, LR 11:00 ● Green Thumbs, AR 11:30 ● Remember When ... 1:45 ● Walk & Talk, AR 2:15 ● Opalescence, AR 3:00 ● Laundry Laughs, AR 4:00 ● Happy Hour, LR 6:00 ● Express Yourself, AR 6:30 ● When I Think of ..., AR 7:15 ● Qubosity, AR 	<p>27</p> <ul style="list-style-type: none"> 10:15 ● PrimeFit, LR 10:45 ● Green Thumbs, AR 11:00 ● Express Yourself, AR 11:30 ● My Favorite ..., AR 1:15 ● Bingo, AR 1:45 ● Walk & Talk, AR 2:15 ● On This Day, AR 3:00 ● Snack Social, DR 7:00 ● Lawrence Welk, LR 		
<p>28</p> <ul style="list-style-type: none"> 10:00 ● Morning Snack, DR 10:15 ● PrimeFit, LR 10:45 ● Music Therapy, AR 11:00 ● Dice Game, AR 11:30 ● A Look Back: Our Favorite Pets, AR 1:45 ● Walk & Talk, AR 2:15 ● Wonderful Watercolors, AR 2:45 ● Current Events, AR 7:00 ● Evening Social, DR 	<p>29</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 10:00 ● Morning Break, DR 11:30 ● Lucky Dice, AR 1:45 ● Walk & Talk, AR 2:00 ● Movie Matinee, AR 4:00 ● Happy Hour, LR 	<p>30</p> <ul style="list-style-type: none"> 9:15 ● PrimeFit, LR 1:45 ● Walk & Talk, AR 3:00 ● Afternoon Break, DR 4:00 ● Happy Hour, LR 	<p>Locations</p> <ul style="list-style-type: none"> Activity Room, AR Assisted Living Activity Room, AL Assisted Living Dining Room, AD Cafe, CA Cinema, CN Courtyard, CY Dining Room, DR Living Room, LR Outing, OT 			<p>Activities are subject to change.</p> <p>All programs are conducted by The Village at Mill Landing staff, unless otherwise noted (excluding religious services).</p> <p>See Tracy LaFountain, Program Supervisor, or a staff member for questions.</p>	<p>opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 	