



31 Executive Park Drive
Hendersonville, TN 37075
(615) 822-6002
Fax: (615) 822-3765

A Place To Call Home

Find us on 

Your Friendly Team

General Manager

Frances Trupiano

Office Manager

Tanisha Harris

Resident Care Director

Kay Holmes, LPN

Maintenance Director

Chip McKenney

Sales Director

OPEN

Dining Services Director

Rinesa Harrison

Activities Director

OPEN

Wellness Coordinator

Cheri Strachan



Father's Day Is June 21

The third Sunday in June is Father's Day. Show your gratitude for the dads in your life with a card, gift, visit or phone call.

The Science Behind Mosquito Bites

Do you often get eaten alive by mosquitoes, while your friends remain bite-free? Blame your family tree: Scientists estimate that genetics influence a person's susceptibility to mosquito bites, almost as much as our genes influence our height! Research has also shown that these pesky insects may prefer people with type O blood.

Fifty Years of Fever

In 1976, journalist Nik Cohn published an article about the teenage New Yorkers who ditched their blue-collar daily worries for weekly disco dance-offs. Cohn's piece was a hit, and it inspired the classic film "Saturday Night Fever" (1977) just a year later, which Cohn helped write. In the 1990s, Cohn admitted that he made up much of the article, in no small part because magazine journalism of the day blurred the lines between fact and fiction.



Stop and Smell the ...

June is National Rose Month.

The Hug of Life

In a June 1974 "Annals of Emergency Medicine" article, Dr. Henry Heimlich published his emergency technique to treat choking victims whose airway is obstructed, a method now called the Heimlich Maneuver.

Summer Solstice






Sunday, June 21, is the summer solstice, the longest day of the year.

Pucker Up and Protect

When applying sunscreen, don't forget lip balm with a sun protection factor of 30 or higher. Reapply often, since the thin skin on lips can burn easily.

Freedom for All

On Friday, June 19, we honor Juneteenth, commemorating the full enforcement of the Emancipation Proclamation on June 19, 1865, freeing all enslaved people. In the words of activist Fannie Lou Hamer, "Nobody's free until everybody's free."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO (AL-1) 6:30 HAND & FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>2</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BRIDGE (4) 1:00 BOCCE BALL (IL-2) 2:00 BALANCE CLASS (A) 2:30 TOTAL WELLNESS FAIR 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)</p>	<p>3</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 DOMINOES 1:30 BOCCE BALL (IL-2) 2:30 LIFE & LEGACY SEMINAR (A) 3:00 CORN HOLE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 ROOK (4)</p>	<p>4</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BIBLE STUDY (A) 1:00 WALMART SHOPPING 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 6:30 HAND AND FOOT (4)</p>	<p>5</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 2:30 JUNE JEOPARDY 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>6</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)</p>
<p>7</p> <p>10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)</p>	<p>8</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO (AL-1) 3:00 EXERCISE WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2) 3:15 IPHONE CLASS (A) 6:30 HAND & FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>9</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BRIDGE (4) 1:00 BOCCE BALL (IL-2) 2:00 MEET & GREET (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)</p>	<p>10</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 DOMINOES 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 ROOK (4)</p>	<p>11</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BIBLE STUDY (A) 11:30 JUNE BIRTHDAY STEAK & CAKE 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 6:30 HAND AND FOOT (4)</p>	<p>12</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>13</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 MUSICAL MEMORIES with RAY 6:30 SKYJO (4)</p>
<p>FLAG DAY</p> <p>14</p> <p>10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)</p>	<p>15</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO (AL-1) 6:30 HAND & FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>16</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BRIDGE (4) 1:00 BOCCE BALL (IL-2) 2:00 BALANCE CLASS (A) 2:30 MUSICAL GUEST 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)</p>	<p>17</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 DOMINOES 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 ROOK (4)</p>	<p>18</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BIBLE STUDY (A) 1:00 KROGER SHOPPING 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 6:30 HAND AND FOOT (4)</p>	<p>Juneteenth</p> <p>19</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 2:30 FATHER'S DAY HAPPY HR (4) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>20</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)</p>
<p>FATHER'S DAY</p> <p>21</p> <p>10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)</p>	<p>22</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO (AL-1) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT(AL-2) 3:15 IPHONE CLASS (A) 6:30 HAND & FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>23</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BRIDGE (4) 1:00 BOCCE BALL (IL-2) 2:00 LINE DANCING (DR) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)</p>	<p>24</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 DOMINOES 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 ROOK (4)</p>	<p>25</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BIBLE STUDY (A) 11:30 LUNCH BUNCH 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 2:30 JAMMIN' DOWN with RAY 6:30 HAND AND FOOT (4)</p>	<p>26</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 MUSIC WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>27</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 SKYJO (4)</p>
<p>28</p> <p>10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A)</p>	<p>29</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO (AL-1) 6:30 HAND & FOOT (4) 6:30 RUMMIKUB (A)</p>	<p>30</p> <p>9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 POPCORN 10:30 BRIDGE (4) 10:30 RESIDENT COUNCIL (AL-2) 1:00 BOCCE BALL (IL-2) 2:30 TOWN HALL (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)</p>				



A Figure of Speech

Phrase: Par for the course

Meaning: What is expected; normal

Origin: In golf, “par” is a word that refers to a set number of strokes a skilled golfer is expected to take in order to finish an entire course or play a specific hole. For example, a par-three hole would normally take three shots to get the golf ball in the cup. The first known use of this term as a metaphor for other behaviors is said to be found in a 1932 issue of Princeton University’s alumni magazine.

An Un-fore-tunate Incident

Q. Why did the golfer wear two pairs of pants?

A. In case he got a hole in one.

Tasty Treat

What’s pastel, fluffy and a favorite treat at carnivals and fairs? Cotton candy, of course! Thousands got their first taste of the spun sugar snack when it was introduced at the 1904 World’s Fair in St. Louis.



Health & Wellness



Take a Meditation Break

You can’t take years off your age, but you may be able to take years off your brain age. What’s the secret? Some say it’s practicing meditation. One research study showed that the physical appearance of meditators’ brains appeared to be about seven years younger than those who didn’t meditate. Scientists have observed that small bouts of consistent meditation, 10-15 minutes a day, can improve cognitive abilities.



Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.

Protect Your Hands

The skin on the backs of your hands is thin and prone to sun damage that can later appear as wrinkles and dark spots. When applying sunscreen, don’t forget to protect these areas, too.

Soothe Bug Bites

If you have itchy mosquito bites, put a cold, used tea bag on the stinging spot for about five minutes.



Remember When: Station Wagons

Before SUVs and minivans, the station wagon was the vehicle of choice for many families. Originally used as commercial vehicles to taxi people to and from train depots, wagons cruised into their heyday as the family car between the 1950s and 1970s. Even TV’s “The Brady Bunch” had one. With a roomy interior that included fold-down third-row seats, station wagons could hold up to nine people, as well as luggage or groceries, making them ideal for road trips, carpools and store outings.

Car Crazy for Cinema

By mounting a movie projector on the hood of his car and using a sheet for a screen, Richard Hollingshead opened the first drive-in theater on June 6, 1933, in Camden, N.J.

Ike’s Interstates

President Eisenhower created the U.S. Interstate System by signing the Federal-Aid Highway Act of 1956 on June 29.

