



Bird of the Month – Dove



Picture a pigeon and a dove. It's likely that the pigeon you're visualizing is a ratty urban scavenger, while the dove is a beauty with a poignant song. Pigeons and doves are actually in the same bird family, and their names are often used interchangeably. The iconic image of a flock of white "doves" flying toward a clear, blue sky is a symbol of peace and love. The birds being released are rock pigeons, but they are sometimes referred to as rock doves. The birds are close relatives of carrier and homing pigeons. They can find their way home using Earth's magnetic poles and the position of the sun. Besides their navigation skills, rock pigeons have other unique characteristics. Both males and females produce "crop," a milk like fluid for nursing their young. Rock pigeons or doves have been cultivated by humans for over 5,000 years. They originated in Europe but are now common throughout North America.

Outings

Sign up in the book located at the front desk for meals out, shopping, and these exciting outings!

Let's go to the movies! Godzilla-King of the monsters Monday, June 3 at 9:15 am

Heart and soul music stroll Saturday, June 8 at 3:00 pm

Baseball game: Salt Lake Bees vs Round Rock Monday, June 10 at 6:00 pm

Fishing trip and picnic at Wasatch Reservoir Friday, June 14 at 9:15 am

Shooting at the Armory shooting range Saturday, June 15 at 1:30 pm

Lagoon amusement park trip Monday, June 17 at 10:30 am

Cedar City scenic drive Friday, June 21 at 2:00 pm

- June Headlines**
- Edward, Duke of Windsor, wed Wallis Warfield Simpson (June 3, 1937)
 - Five Burglars Arrested at the Watergate Complex (June 17, 1972)
 - Napoleon Defeated at Waterloo (June 18, 1815)



Chateau Brickyard

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Lunch Bunch
June 10 Olive Garden
June 21 Chic Fil A

Special Days
Shavuot
(Begins at sundown)
June 8

Flag Day (U.S.)
June 14

Father's Day
June 16

Full Moon
(Strawberry Moon)
June 17

Summer begins in the Northern Hemisphere
June 21
11:54 a.m. EDT

Management Staff

- Executive Director**
Willow Greer
- Activities Director**
Gigi Gazani
- Dining services manager**
Hector Flores
- Building Services Director**
Eric Nielsen
- Business Office Manager** Sandra Applegate
- Community Outreach Director**
Jennifer Swaffer

June Events

National Cheese Day Wine Down

Tuesday, June 4

3:30 pm

Father's Day Luncheon

Sunday, June 16

11:30 am - 1:00 pm

***Check your activities calendar for awesome Father's Day activities and outings!**

Welcome Summer Beach Party

Monday, June 24

11:30 am -1:00 pm



June Zodiacs
Gemini (The Twins)
June 1-20
Cancer (The Crab)
June 21-30

What's Lucky in June?

- Lucky Color: Teal
- Lucky Day: Friday
- Lucky Number: 3
- Lucky Letter: J
- Lucky Bird: Dove



The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21.

In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.



As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging.

In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.

Musical Performances

06/03 Betsy Yeates

06/05 Sue Talmage

06/07 Mixed nuts

06/10 Kevin Scott

06/19 Bob Shorten

06/27 Heart and Soul: Savory

****All performances are held in the living room****



Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri. Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri.

June Activities

Every Friday at 2:00 pm

Nintendo bowling

Every Tuesday at 1:00 pm

Manicures with Vicki

Every Tuesday at 2:30 pm

Bingo prizes!

Every Wednesday (except 1st Wednesday)

at 3:00 pm

Craft class

Come and make beautiful and easy projects!

Every Saturday at 11:00 am

Nintendo Wii golf

Monday-Saturday (times vary)

Group exercise, sit and stretch, strenght training, moving to music, chair volleyball, theraband exercises

Check your Activities calendar for details!

Every Wednesday (No specific time)

N.P. Kurtis Hinderman Visits Check at the front desk for more information. Ask Vicki from Creekside when does Dr. Lewis and other health providers come in!

Every first Friday at 1:00 pm

Ballroom class with Don!

Every Saturday at 2:15 pm

New-release movie at our Theater Room.

Monday, June 3, at 3:30 pm

Ladies Club! (Living Room)

Wednesday, June 5, at 3:30 pm

Man Cave! (Activity Room)

Tuesday, June 4, at 1:30 pm

Town Hall meeting

Wednesday, June 12, 2:00 pm

Daughters of Utah pioneer meeting

Tuesday, June 11, at 1:30 pm

Tai-chi class w/Gwen

Tuesday, June 18, at 1:15 pm

Yoga class w/ Lauren

Tuesday, June 25, at 1:30 pm

Dining services meeting

Friday, June 28, at 1:30 pm

Resident council

June Birthdays

June 6 Stan K.

June 10 Phillip C.

June 16 Gwen M.

June 23 Irma H.

June 25 Robert L.



We Appreciate Referrals

The highest honor you can bestow on us is referring someone you care about. We are committed to providing service that is worthy of referral. Your referrals are the heart of our business. Please direct all referrals to our Community Outreach Director.



"Like" Our Facebook Page at Chateau Brickyard Senior Living and stay updated of all the fun our residents have!

If you would like your family to receive our newsletter and be informed of our upcoming events, activities and more, please fill out our new contact information form! Get your forms at the front desk!