



From the desk of Regina Cole, Shores Program Director



June brings us Father's Day, Flag Day and the first day of summer. Summer is a special time of the year, with warmer weather, no school and family vacations. Recall the summers of your youth by discussing memories of the past with family and friends. Enjoy the local fair, go for a walk along beach, eat your favorite summer fruits and snacks, walk in the grass barefoot or attend a local summer concert.

At the Shores, we will have our monthly dance party on Thursday, June 25th. The theme is "Seas the Day" and it will be a beach themed party. Dance can boost brainpower. "It targets the hippocampus which controls learning and memory, as well as the frontal cortex, which gives you the capacity to focus and to multi-task, improving the structure and molecular composition of the brain," claims Carl Cotman, a professor of neurology at the University of California, Irvine, who adds that dance-party-like workouts could be the "magic formula" of workouts. "There isn't any pill that could even come close to the benefits of pairing exercise with socializing," he says.

On Father's Day June 21st, please join us for a fulfilled day of games and competition as we host the Shores Olympics. We will have a variety of games for residents and families to participate in and enjoy. We will also have a barbecue in the Melange Patio. RSVPs are encouraged.

*Welcome to
the Shores!*

Elinor Purcell
Ernie Bazinet

Resident Spotlight



Louise Okey was born and raised in Glendale, CA. She lived in the same house her whole life, until she married at 21. Louise is the youngest of three children and together with her siblings; she would put on neighborhood plays at the local park and created many memories swimming at the community pool. Louise once made a sandwich out of dog food to get her brother, Phil back for bossing her around all the time. He ate it with relish and he asked for another one. It was at that time, she told him it was dog food and he chased her down the street, but he couldn't catch her! She has a great sense of humor and is very physically active, an avid tennis player and runner. She also sang and participated in her schools' and church choirs.

Louise met her husband, Bill on a blind date at the of age 17. Her neighborhood friend organized the date to the movies. During the movie, Bill reached out and grabbed Louise's hand and at that moment, she stated, "her heart completely melted." Bill and Louise married 4 years later and moved to Huntington Beach, where Bill worked for various Aerospace Companies, to include McDonnell Douglas. Louise stayed at home and together they raised their 4 beautiful children, Mark, Jan, Lisa and Brian. Once her children were older, she went back to work as a Medical Assistant in an orthopedic office.

Louise is very active in her church, not only as a singer in the choir but she also taught and directed the children's choir for many years. She enjoyed her travels to England, France and Switzerland, but most especially Hawaii. She visited Hawaii a total of 15 times. Louise loves animals and has always had pets, even a giant tortoise. Here at the Shores, Louise loves visiting with the therapy dogs. She also enjoys all of our musical programs and shares her beautiful voice with everyone. She is a great helper, always there to lend a hand to the staff and other residents and strives to have a good day every day!

Memorable Moments...



Nurse's Corner

By: Matthew Hernandez
Shores Nurse

Superfood: Watermelon

Crisp, cool watermelon is a tasty and nutritious ending to a summer meal. This sweet relative of the cantaloupe, squash and cucumber is high in Vitamins A and C and lycopene. These antioxidants help prevent heart attacks, strokes and cancer. Choose watermelons that are heavy for their size and have a yellowish area on one side, where the fruit rested on the ground. This indicates that the watermelon vine-ripened and is more likely to be flavorful and juicy. At the Shores, residents enjoy afternoon snacks, and their favorite snack is cut fresh fruit, especially watermelon.




What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail..
- Unknown*

ACTIVITIES CALENDAR - June 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND BE Brainpower Enhancement SI Spirituality/Inspiration CE Creative Expression SE Social/Entertainment PW Physical Wellness FF Family & Friends IA Civic Contribution/Intergenerational Activities	1 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:45 Music with Kim SE 1:00 Table Games FF 3:15 A Short Story & Discussion: "Fall From Grace" SI 4:00 Match-Up Mayhem Game FF 7:00 Musical Monday Movie Night SE	2 9:00 News and Views BE 9:30 Walking Club PW 10:00-2:00 Outing SE 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 1:00 Table Games FF 2:30 Cranium Crunches with Berna BE 3:30 Double Exposure "Finding the Difference" FF 7:00 Tickler Tuesday Movie Night SE	3 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 "I Spy, You Spy, We All Spy" FF 1:00 Table Games FF 2:30 Active Game with LeeAnna PW 3:30 Cooking Show with Rosie FF 4:00 Pastime Game FF 7:00 Western Wednesday Movie Night SE	4 9:00 News and Views BE 9:30 Walking Club PW 10:00 Zumba with Michelle PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Musical Bingo BE 2:30 Live Entertainment/Shores SE 4:00 Discussion from "A Book of Miracles" FF 7:00 Theatrical Thursday Movie Night SE	5 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 June Art SI 1:00 Table Games FF 1:45 Grandma's Kitchen IA 3:30 Bubble Talk BE 7:00 Movie and Popcorn: Funny Friday Night SE	6 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise PW 10:30 Crazy Daze/Reminiscing SE 11:00 Outing/Scenic Drive SI 1:00 Group Games BE 3:00 High Tea SE 4:00 Music Participation FF 7:00 Movie and Popcorn: Slap-Stick Saturday SE
7 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 11:00 A Nondenominational Service with Laura SI 1:00 Table Games FF 3:00 Alphabet Minute Game BE 4:00 Can You Picture This? "Mom in the Kitchen" CE 7:00 Sing-a-Long Sunday SE	8 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:45 Music with Kim SE 1:00 Table Games FF 1:30 Music for the Soul with Marce SI 3:30 "Double Trouble Card Game" BE 4:00 Movie Star Wheel of Fortune SE 7:00 Musical Monday Movie Night SE	9 9:00 News and Views BE 9:30 Walking Club PW 10:00-2:00 Outing SE 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 1:00 Table Games FF 2:30 Cranium Crunches with Berna BE 3:30 Art-Pen to Paper CE 4:00 Sing-a-Long FF 7:00 Tickler Tuesday Movie Night SE	10 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Let's Be Detectives "Summer Vacation Detective" BE 11:30 Category Word Game BE 1:00 Table Games FF 2:30 Active Game with LeeAnna PW 2:30 Chris & Lacey: A Pet Visit FF 4:00 Batter-Up Game FF 7:00 Western Wednesday Movie Night SE	11 9:00 News and Views BE 9:30 Walking Club PW 10:00 Zumba with Michelle PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Sound Bingo BE 1:00 Table Games FF 2:30 Live Entertainment/Shores SE 4:00 Discussion - "How Did It Begin?" FF 7:00 Theatrical Thursday Movie Night SE	12 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 11:00 Lounge Activities BE 11:30 "Summer Days" Word Games BE 1:00 Table Games FF 1:45 Grandma's Kitchen IA 3:45 Art with Sally: CE 7:00 Movie and Popcorn: Funny Friday Night SE	13 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise PW 10:30 Crazy Daze/Reminiscing SE 11:00 Outing/Scenic Drive SI 1:00 Group Games BE 3:00 High Tea SE 4:00 Music Participation FF 7:00 Movie and Popcorn: Slap-Stick Saturday SE
14 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Flag Day Trivia BE 11:00 A Nondenominational Service: "Theological Virtue of Hope" SI 1:00 Table Games FF 2:30 Let's Talk: "It's a Grand Old Flag!" SE 4:00 Family Feud BE 7:00 Sing-a-Long Sunday SE	15 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:15 Crazy Daze/Reminiscing SE 10:45 Music with Kim SE 1:00 Table Games FF 1:30 Music for the Soul with Marce SI 3:15 Discussion: "Can You Picture This?" FF 4:00 Balloon Volleyball PW 7:00 Musical Monday Movie Night SE	16 9:00 News and Views BE 9:30 Walking Club PW 10:00-2:00 Outing SE 10:30 Crazy Daze/Reminiscing SE 11:15 Lounge Activities BE 1:00 Table Games FF 2:30 Cranium Crunches with Berna BE 3:30 Sumer Categorizing BE 4:00 Sing-a-Long FF 7:00 Tickler Tuesday Movie Night SE	17 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 "At 40,000 Feet" - Story FF 11:30 Double Trouble Card Game BE 1:00 Table Games FF 2:30 Active Game with LeeAnna PW 3:30 Cooking Show with Rosie FF 4:00 Pastime Game FF 7:00 Western Wednesday Movie Night SE	18 9:00 News and Views BE 9:30 Walking Club PW 10:00 Zumba with Michelle PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Musical Bingo BE 1:00 Table Games FF 2:30 Live Entertainment/Shores SE 4:00 Discussion from "A Book of Miracles" FF 7:00 Theatrical Thursday Movie Night SE	19 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Word Games "Monarch Butterfly Mining" BE 1:00 Table Games FF 1:45 Grandma's Kitchen IA 3:45 Yahtzee BE 7:00 Movie and Popcorn: Funny Friday Night SE	20 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise PW 10:30 Crazy Daze/Reminiscing SE 11:00 Outing/Scenic Drive SI 1:00 Group Games BE 3:00 High Tea SE 4:00 Music Participation FF 7:00 Movie and Popcorn: Slap-Stick Saturday SE
21 9:00 News and Views BE 9:30 Walking Club PW 10:15 Crazy Daze/Reminiscing SE 10:30 Donuts & Dads Discussion SE 11:00 A Nondenominational Service with Laura SI 1:00 Table Games FF 2:30 Father's Day Olympics PW 4:00 "Batter Up! Little League for the Big Guys" BE 7:00 Sing-a-Long Sunday SE <i>Fathers Day</i>	22 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:45 Music with Kim SE 1:00 Table Games FF 1:30 Music for the Soul with Marce SI 3:15 Butterfly Net Game BE 4:00 Heads or Tails Game FF 7:00 Musical Monday Movie Night SE	23 9:00 News and Views BE 9:30 Walking Club PW 10:00-2:00 Outing SE 10:30 Crazy Daze/Reminiscing SE 11:15 Lounge Activities BE 1:00 Table Games FF 2:30 Cranium Crunches with Berna BE 3:30 Art-Pen to Paper CE 4:00 Sing-a-Long FF 7:00 Tickler Tuesday Movie Night SE	24 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 "Tie One On Necktie Card Game" FF 1:00 Table Games FF 2:30 Art with LeeAnna CE 2:30 Chris & Lacey: A Pet Visit FF 4:00 Color Wheel Game FF 7:00 Western Wednesday Movie Night SE	25 9:00 News and Views BE 9:30 Walking Club PW 10:00 Zumba with Michelle PW 10:30 Crazy Daze/Reminiscing SE 10:30 Lounge Activities BE 11:00 Bingo BE 1:15 Helping Hands for Party Set-Up IA 2:30 Monthly Party: 'Seas' the Day! SE 4:00 Discussion: "How Did It Begin?" FF 7:00 Theatrical Thursday Movie Night SE	26 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 11:00 Lounge Activities BE 11:30 Trivia & Discussion BE 1:00 Table Games FF 1:45 Grandma's Kitchen IA 3:45 Bananagrams BE 7:00 Movie and Popcorn: Funny Friday Night SE	27 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise PW 10:30 Crazy Daze/Reminiscing SE 11:00 Outing/Scenic Drive SI 1:00 Group Games BE 3:00 High Tea SE 4:00 Music Participation FF 7:00 Movie and Popcorn: Slap-Stick Saturday SE
28 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:30 Crazy Daze/Reminiscing SE 11:00 A Nondenominational Service: "Theological Virtue of Charity" SI 1:00 Table Games FF 2:30 Flower Power Game FF 3:30 It's All in the Words SE 7:00 Sing-a-Long Sunday SE	29 9:00 News and Views BE 9:30 Walking Club PW 10:00 Total Body Exercise/Dancing PW 10:15 Crazy Daze/Reminiscing SE 10:45 Music with Kim BE 1:00 Table Games FF 1:30 Music for the Soul with Marce SI 3:15 "Married with Humor" FF 4:00 A Group Discussion: "Would You Rather...?" SE 7:00 Musical Monday Movie Night SE	30 9:00 News and Views BE 9:30 Walking Club PW 10:00-2:00 Outing SE 10:30 Crazy Daze/Reminiscing SE 11:15 Lounge Activities BE 1:00 Table Games FF 2:30 Cranium Crunches with Berna BE 3:45 Travelogue: Where in the World Are the Front Porch Travelers? FF 4:30 Sing-a-Long FF 7:00 Tickler Tuesday Movie Night SE	 <p>Dancing for the Month: THE SWIM</p>			