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Sierra View Homes Retirement Community
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Sierra View Homes Retirement Community Where you are IN THE COMPANY OF FRIENDS



June 2024 Newsletter

Executive Director's Note...

As the warmth of summer permeates the air and the days grow longer, June emerges as a month full of joy and celebration. From honoring fathers to celebrating graduates and newlyweds, commemorating World Environment day, and more.

June brings a time of contemplation with World Environment Day. The United Nations established June 5 as a day of global observation. The United Nations wants us to think of the factors affecting the environment, encouraging the countries around the world to take collective steps toward sustainability and conservation.

Another important day in June is the Summer Solstice. This is the day we have the most daylight hours thus the term "the longest day of the year". On this day we officially enter the summer season. It is a powerful reminder to focus on the positive and bring light into our lives.

Father's day, a uniquely American holiday, is celebrated on the third Sunday of June. It is a day to express gratitude for our fathers for their love, guidance and sacrifices. Whether it's a heartfelt card, a thoughtful gift, or simply spending quality time together, Father's day serves as a reminder to appreciate the influential role fathers play in shaping our lives.

Here on the Sierra View Homes Retirement campus we are once again planning to take interested folks to the Kingsburg Summer Band Concerts. The first one is June 13. These concerts take place in Kingsburg and the evening is filled with venders selling food (my favorite is the Kettle Corn) and wonderful big band music. Sierra View Homes provides the transportation and brings chairs and water to help make it a pleasant evening in the park.

June is a month of celebration, and promise of new beginnings. Graduations and weddings gives promise of wonderful adventures. Remembering the environment and our fathers help us appreciate where we live and how we live. Throughout the month may your days grow lighter as you enjoy the daylight hours and the warmth and joy that comes with summer activities.

Happy Father's Day

Ro Linscheid

GET MOVING PROGRAM

Sierra View Homes continues to receive a Sierra Kings Health Care District grant for this free well being and energetic exercise class. Independent Living and Assisted Living residents may sign up in the Administration Office. Classes usually meet on Monday, Wednesday, and Friday at 9:00 a.m. for eight weeks. Be sure to sign-up; the next class will begin in July.





New June Administration Office Hours

 SUNDAY
 CLOSED

 MONDAY
 8:00 a.m. to 5:00 p.m.

 TUESDAY
 8:00 a.m. to 5:00 p.m.

 WEDNESDAY
 8:00 a.m. to 5:00 p.m.

 THURSDAY
 8:00 a.m. to 5:00 p.m.

 FRIDAY
 8:00 a.m. to 5:00 p.m.

 SATURDAY
 CLOSED



SIERRA VIEW'S MOVIE MATINEE

IT'S A MAD, MAD, MAD, MAD WORLD MONDAY, JUNE 17, 2024 AT 1:00 P.M. IN THE KINGS CANYON

ROOM

MOSQUITOS ARE BACK IN SEASON

We recently had Mosquito Abatement on campus to check areas of potential mosquito larvae. He didn't find any currently on campus, but he wanted us to be aware of areas of concern. Around the outside of your apartment, be sure there are no fountains, cans, plant bases, etc. that have standing water. If possible turn any watering cans or object that could collect sprinkler or rain water upside-down. Inside your living quarters, make sure there is nothing that has standing water in it (potted plants, flowers, or anything that could be holding water) around your apartment.

Please join us for our Father's Day Lunch on June 16, 2024 at 12:00 p.m. please sign up in the Administration Office by

June 15, 2024

Join us for the <u>Concerts Under the Stars Farmers</u>

<u>Market in Kingsburg!</u> Enjoy live music, fresh produce, and local crafts on June 13, 20, and 27.

Visit the Administration Office to secure your spot. Spaces are limited, so sign up soon!

Don't miss out on this fun evening of music, food,

and community!



In our weekly Bible Study we have recently started a journey through the book of Amos. The prophet Amos is one of the earliest in a long line of prophets that was sent to Israel and Judah. It is interesting to discover that Amos prophesied during a time of relative peace and prosperity. Why would God send a prophet when everything seemed to be going right?

When money and prosperity abound, it is rarely for everyone. Those positioned to receive it often fall to the temptation of hoarding it and using the power they gain from it to control and take advantage of the most vulnerable. It is a cycle that repeats itself. It turns out we have never been good at being responsible with power. God did not only send prophets when disaster had already struck, he sent prophets when the problem could still be fixed, if the people with power would only turn back to the ways God had instructed them in.

Jesus quoted the prophets often in his ministry. He refused to identify with the political labels and factions of his day, but he did care about power and the effect it had on those who suffered the most from it. Chris Rice writes: "Jesus' life shows us that power matters, that power can cause suffering, and that power can be redeemed." The prophets suffered much for speaking truth to power. Jesus followed in this path as well, a road that would lead to a Roman cross.

We must have the courage and determination of the prophets. And we must also cling to our faith in the resurrected Christ, which not only reminds us to stand up to power, but recognizes that power, like all things, is capable of being redeemed.



ACTIVITY CALENDAR June 2024

(MK)=Mineral King Room (KC/FR)=Kings Canyon Room or Founder's Room (SW)= Sequoia Welcoming Room

Daily activities are posted on the white boards in the Residential Care Facility
TURN YOUR TELEVISION TO CHANNEL 2 FOR A LIST OF

DAILY ACTIVITIES.

9	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Sun	H-ò-			1 10:15am- Sittercise (MK) 1:30pm-Movie & Popcorn (MK)
2	9:00am-Church Service (KC) 2:00pm-Nails (MK)	3 10:15am- Sittercise(MK 2:00pm-Arm Chair Trave (MK	9:30am-Men's Coffee 10:15am-	5 10:15am- Sittercise (MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)	6 10:15am- Sittercise (MK) 2:00pm-Bistro & Board Games (SW)	10:15am- Sittercise (MK)	8 10:15am- Sittercise (MK) 2:00pm-Nails (MK)
9	9:00am-Church Service (KC) 2:00pm-Nails (MK)	10 10:15am- Sittercise(MK) 2:00pm- Residential Care Birthday Celebration (MK)	9:30am- Men's Coffee 10:15am- Sittercise (MK) 2:00pm- Bingo (MK)	12 10:15am- Sittercise (MK) 10:30am- Current Events Coffee Social 2:00pm- Bible Study (KC)	13 10:00am- Food Committee Meeting (KC) 10:15am- Sittercise (MK) 2:00pm-Bistro & Board Games (SW)	9:00am- Chats with Chaplain 10:15am- Sittercise (MK) 2:00pm- Bingo	15 10:15am- Sittercise (MK) 1:30pm-Movie & Popcorn (MK)
	9:00am-Church Service (KC) 12:00pm-Father's Day Lunch (KC) ::00pm-Rootbeer RS Floats (MK)	10:15am Sittercise(MH 10:30am Memory Jogge 1:00pm-Movie Matine Featuring:"It's a Mad Mad, Mad, Mad World	Men's Coffee 10:15am- Sittercise (MK) 10:30am-Men's Nails 2:00pm-Bingo (MK)	10:15am- Sittercise (MK) 10:30am- Arts & Crafts 11:45am- Ron Surabian (KC) 2:00pm- Bible Study (KC)	20 10:15am- Sittercise (MK) 2:00pm- Bistro & Board Games (SW)	9:00am- Chats with Chaplain 10:15am- Sittercise (MK) 2:00pm- Bingo (MK)	22 10:15am- Sittercise (MK) 2:00pm- Nails (MK)
9:00a Service	9:00am-Church Service (KC) 2:00pm-Nails (MK) •••••••••••••••••••••••••••••••••••	10:15am Sittercise(MK 2:00pm Diversity Day (SW)	Men's Coffee 10:15am-	26 10:15am- Sittercise (MK) 10:30am-Coffee Time 2:00pm- Bible Study (KC) 2:00pm-Watermelon Social (Patio)	Dr Mc Lean Podiatrist (MK) 3:00pm- Communion Service (KC)	9:00am- Chats with Chaplain 10:15am- Sittercise (MK) 2:00pm- Bingo (MK)	10:15am- Sittercise (MK) 1:30pm-Movie & Popcorn (MK)