

## Father's Day

A special thanks to all fathers for the countless sacrifices you make and the unwavering support you provide. Your strength, guidance, and love shape the lives of your children in profound ways, creating memories that last a lifetime. From the small, everyday moments to the significant milestones, your presence is a cornerstone of the family, offering wisdom and comfort. We celebrate your dedication, patience, and the joy you bring into our lives. Thank you for being the heroes we look up to and the anchors that keep us grounded.

**Join us Friday, June 14th for a Father's Day Barbecue!**

## Radio Enthusiast of Puget Sound

During the Golden Age of Radio, listeners were entertained by legendary radio comedians, spine tingling thrillers, mysteries and adventures! The Hollywood motion picture stars made guest appearances on top weekly radio programs often to re-create their popular movie for the American radio listener. Radio was hot and millions of listeners tuned in daily to their favorite programs. Radio presented fascinating audio stories by appealing to the listener's imagination. Entire sound effects departments were developed by radio broadcasters. These sound effects men and women were then tasked to create the sounds of footsteps, horse's hooves, doors being slammed, rain, thunder, car engines, dogs barking, babies crying, fire cackling, running water, gun shots or whatever the situation required.

Arbor Village is thrilled to have the Radio Enthusiasts of Puget Sound to preform a one-hour program, presented live, that focuses on a series of recorded cuts from some of the best remembered programming from the Golden Age of Radio. The recorded cuts are interspersed with lively banter, historical notes about the programming, radio trivia, and the opportunity for questions and comments from the audience.

**Join us Monday, June 24th for a Live Performance!**

## Wednesday 6/5 Special Dinner: Chamorro Food from Guam

Please join for a special Chamorro dinner! This meal has been thoughtfully prepared by our incredible chef, Glenda! From savory beef tinaktak to the iconic red rice, each dish is crafted with love and authenticity. Whether you're a longtime fan of Chamorro food or a curious newcomer, our menu promises to take your taste buds on a delightful journey through the Pacific islands.

### Fun Facts About Guam!

Rich Cultural Heritage: Guam, an island territory of the United States in Micronesia, boasts a vibrant and diverse cultural heritage. The native Chamorro culture, which dates back over 4,000 years, still influences the island's traditions, language, and lifestyle today.

Unique Wildlife: Guam is home to several unique species of flora and fauna. The Guam rail, a flightless bird, was once extinct in the wild but has been successfully reintroduced through conservation efforts.



## Live Music

Our talented performers will take you on a musical journey filled with soulful melodies and powerful emotions. Come and experience the magic of live music as it fills the air with joy and harmony. Whether you're a music enthusiast or simply looking for a delightful experience, this singing performance is sure to leave you mesmerized and inspired. Don't miss out on this extraordinary opportunity to be swept away by the beauty of song. Mark your calendars and prepare to be enchanted by an unforgettable musical experience.

**Friday, June 7th at 2:30 pm**  
**Friday, June 21st at 2:30 pm**

## Transportation

We provide door-to-door transportation to medical appointments on **Wednesdays**. We travel to appointments in the Kent, Renton, and Auburn area. Please note, there is an hourly fee for residents who need escorts beyond the front doors of the destination and should arrange it ahead of time. 2 weeks' notice is requested, but more than that will increase the likelihood of availability.



*Please contact Allie Jones to schedule rides. AllieJ@CascadeLiving.com*

## Outings

To sign up for outings, please use the "Outing" binder located at the front desk. Please note that outings are subject to change based on resident interests, requests, and weather.

- Fred Meyer- Every Friday at 10:00 am**
- Walmart- Monday 6/3 at 10:00 am**
- St. James Thrift- Wednesday 6/5 at 10:00 am**
- Bowling- Thursday 6/6 at 2:00 pm**
- Starbucks- Saturday 6/8 at 9:30 am**
- Dollar Tree- Monday 6/10 at 10:00 am**
- Post Office or Bank- Tuesday 6/11- Sign Up**
- Marshalls- Monday 6/17 at 10:00 am**
- Thrift Store- Tuesday 6/18 at 10:00 am**
- Lunch at Paolos- Thursday 6/20 at 11:45 am**
- Library- Thursday 6/20 at 3:30 pm**
- Kohls- Monday 6/24 at 10:00 am**
- Bowling- Tuesday 6/25 at 1:00 pm**
- Post Office or Bank- Tuesday 6/11- Sign Up**
- Kelly Lattes - Saturday 6/29 at 9:30 am**

## June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

- Pat Boone (singer) – June 1, 1934
- Prince William (British royal) – June 21, 1982
- Meryl Streep (actress) – June 22, 1949
- Larry Blyden (TV host) – June 23, 1925
- Slim Pickens (actor) – June 29, 1919

## Good Friends

### Make Good Neighbors

We take great pride in knowing how much you are enjoying the many benefits of sharing life here at Arbor Village, and we're glad you have chosen this as your home. Now you can benefit by helping us spread the word about life at Cascade! ***That's right: refer a friend or family member to us and get credit toward your rent.***

**Here's how it works:** When an Arbor Village resident or family member refers a potential new resident to one of our communities and that person moves in, the referring resident will receive a \$4,000 credit on their base rent. In order



to qualify, the names of the person making the referral and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour. After the new resident has resided at one of our communities for 90 days, the credit is given.



## June Word Search

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

V E T R E G A P N E Y S S P T  
 Y B H S H W E N R A W T T Y S  
 S A M C H U Y M D Y O R R W Y  
 Y A D G A L F T I F E A I O T  
 W H P L B E S C A N S W P E O  
 Q G T U E E B T T T I B N L U  
 H Y G N G M H W R M I E N C V  
 Z S T N E E O O D K I R C I A  
 U E O V R E H N I O B R A S H  
 P L W S M S T N A H J Y N P S  
 W E D D I N G E Z D Y M C O U  
 B A V L V M B O N L E O E P K  
 Y K I N X Q I Y C U D O R Q H  
 G R A D U A T I O N J N T U R  
 R E M M U S I N J T L Q E P O

BEACH  
 BIKING  
 BUGS  
 CANCER  
 FATHER'S DAY  
 FLAG DAY  
 GEMINI  
 GRADUATION  
 JUNETEETH  
 LEMONADE  
 LONGEST DAY  
 POPSICLE  
 SHORTS  
 STRAWBERRY  
 MOON  
 SUMMER  
 TRIP

## Arbor Village Leadership Team

**Jennifer Shegrud**  
 Executive Director  
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**Anthony Sheppard**  
 Plant Operations Director  
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**Carmen Curtusan**  
 Retirement Living Director  
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# Voice of the Village

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## Celebrating June

**Happy Birthday, Fred A!**  
 June 3

**Tallest Monuments Day**  
 June 3

**America's First Spacewalk**  
 June 3

**Automobile Innovation Day**  
 June 4

**Happy Birthday, Angie K!**  
 June 8

**Ghostbusters Turns 40**  
 June 8

**Michael J. Fox's Birthday**  
 June 9

**Judy Garlands Birthday**  
 June 10

**Happy Birthday, Greg N!**  
 June 12

**Happy Birthday, Patricia T!**  
 June 13

**Craft with Jamie**  
 June 18<sup>th</sup>

**Birthday Happy Hour**  
 June 19<sup>th</sup>

**Happy Birthday, Neva L!**  
 June 20<sup>th</sup>

**Amelia Earhart Crosses Atlantic**  
 June 20<sup>th</sup>

**First Day of Summer**  
 June 20<sup>th</sup>

**Jokes with Brendan**  
 June 27<sup>th</sup>

## Welcome Summer

We welcome summer where warmth and community come together to create an unforgettable experience. Our beautifully landscaped gardens burst into vibrant colors, offering a perfect backdrop for outdoor activities and relaxation. Residents can enjoy leisurely walks along the tree-lined paths, engage in fun-filled social events, and savor delicious, seasonal meals prepared by our talented culinary team. With a wide range of amenities, friendly staff, and a supportive, inclusive environment, Arbor Village Senior Living is the ideal place to celebrate the joys of summer and create cherished memories with friends old and new.

We will enjoy the longest day of the year, when the sun reaches its highest point in the sky, bathing the world in its warm, golden glow. Celebrations abound as people gather to honor this ancient celestial event, dancing in the sun, sharing stories, and reveling in the extended daylight. Nature too seems to be in a jubilant mood, with flowers in full bloom and animals frolicking in the meadows. It's a time of joy, renewal, and connection, a reminder of the cyclical beauty of life and the promise of new beginnings.

**Join us Thursday, June 20<sup>th</sup>  
 for a Summer Soiree!**

