



### Notable Quotable

"You know when you're young you think you will always be. As you become more fragile, you reflect and you realize how much comfort can come from the past."

~ Andy Griffith, born June 1, 1926



What's up, Doc?

## June Horoscopes and Birthdays

In astrology, those born between June 1–21 are Gemini's Twins. Geminis love conversation, and they're good at it, too! Witty, intellectual, curious, charming, and imaginative, they're the life of the party. If you were born between June 22–30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy traditions.

### Residents Birthdays:

**Margie Cooley- 06/06**  
**Jeanne Richards- 06/12**  
**Tom Franklin- 06/14**  
**Donna Kattchee- 06/27**



## Sierra Place Walking Club

**We are starting a walking group here at Sierra Place. Come and join us each Monday at 10:00.** Walking offers numerous health benefits, including improved cardiovascular health, weight management, and mental well-being. It's a low-impact activity suitable for people of all ages and fitness levels and can be done at any time and pace. Regular walking can reduce the risk of heart disease, stroke, diabetes, and some cancers.

Walking strengthens the heart, improves blood circulation, and can lower blood pressure and cholesterol levels. Walking can improve mood, reduce stress, and boost cognitive function. Walking strengthens bones and can help prevent osteoporosis. Walking can improve balance and coordination, reducing the risk of falls. Walking can help increase energy levels and reduce fatigue.

## Wellness Wins for Men

June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.

The leading threat to men's health is cardiovascular disease. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat fruits and vegetables, get your cholesterol checked, and stop smoking.

Throughout the month of June, people will be wearing blue in

support of men's health issues. For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, weightlifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body. Activities that exercise the body also reduce stress and provide a social outlet. So while June 15 is Father's Day, it also may be a great day to schedule an appointment with a doctor.

June 2025

# Sierra Place Senior Living

### Celebrating June

**Executive Director**  
*Patrick Ward*

**Business Office Manager**  
*Jennifer Ireland*

**Dining Services**  
*Cody Strain*

**Community Relations Director**  
*Chemane Fine*

**Wellness Director**  
*Larry Kaminski*

**Life Enrichment Director**  
*Kelly Goss*

**Plant Operations Director**  
*Christian Vella*

**Shuttle Driver**  
*Sylvia Haro*

**Concierges**  
*Jennifer Hill*  
*Susanne Treadway*

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## Harley's Car Show



**We just had our 6<sup>th</sup> annual Car Show! Thank you to everyone that came out to the event. We're thrilled to see you all here again, celebrating six years of passion for cars. Residents were excited to take a ride in the different models of antique cars.**

**Great food! Great fun! Great people! Hope to see everyone next year!**



Crafting is a wonderful way to express yourself, relieve stress, and create something beautiful. It's about using your hands to bring ideas to life. Crafting can be relaxing and fulfilling activity that connects you to your creativity and helps you appreciate the beauty around you.

