

Shavings

The Magazine
of

The  Estates
A T C A R P E N T E R S

June 2021



Happy
FATHER'S
day

“He will turn the hearts of the fathers to their children, and the hearts of the children to their fathers.”

Malachi 4:6

From The Executive Director



For over a year, our attention has been focused on keeping the virus off our campus. It has been exhausting and frustrating trying to stay compliant with the ever-changing guidance and our staff has felt a heavy burden of responsibility to each of our residents. The great news is that light at the end of the tunnel is shining brighter.

The approved vaccines and high resident vaccination rate were “game changers.” They have allowed us to shift our thinking to “what’s next?”

This shift is refreshing and energizing. It is refreshing to imagine a post-pandemic world and energizing to begin to imagine the possibilities for the future of our community. Finally, we can resume our journey that was halted by the pandemic and move forward with Phase 1 of the “Grand Plan” that was announced two years ago. We can incorporate the lessons learned over the last 14+ months into the final design plans for these spaces and position The Estates for the next 35 years of serving our residents.

As announced during the Town Hall meeting in May, Phase 1 will include the remodeling of the Dining Room and the addition of a Chapel and boardwalk area. As we move into the schematic design phase for these projects, we remain excited for the future of The Estates. Throughout the pandemic we have shown our resilience. As we emerge, our passion to maintain and improve every aspect of working and living at The Estates has been reignited. Just imagine the possibilities if we can redirect our efforts from the pandemic to the future.

Over two years ago I ended one of these articles with this ... “if we work together to accomplish our goals we can prayerfully move The Estates in a direction we couldn’t even imagine ten years ago.”

It is as true now as it was then.

- *Brian Robare, CEO & Executive Director*

MEET YOUR NEW NEIGHBORS

David & Carol Adams, K-108, Phone: (863)644-4759

David and Carole Adams moved here from south Lakeland. David originally lived in Pensacola for twenty-one years while Carole originally lived in Massachusetts also for twenty-one years. They met at Vanderbilt Divinity School. David worked as both a U.M. Missionary for fifteen years and a U.M. Pastor for twenty-five years, while Carole worked as a U.M. Missionary for fifteen years. David spent nine years working in Bolivia, Carol is a Baptist preacher's daughter, a Methodist pastor's wife, and a grandmother to an Episcopal priest. They decided to move to the Estates because, "It looked like the best long-term care in the Lakeland area." David enjoys reading and has spent twenty years with Habitat for Humanity. Carol enjoys reading, knitting, writing, poetry, and dramatic worship services. We are excited to welcome them into the Estates family.



Joanne Roth, H-104, Phone: (863)337-4801

Joanne Roth just moved to Lakeland from Colorado where she has lived all her life. She worked as a Human Resources manager for a medical device company for over twenty years. Joanne decided to move here to be near her son and family. She enjoys reading, bible studies, embroidery, board and card games, discussion groups, and taking walks. We are excited for everyone to get to know Joanne and welcome her to the Estates.



Ronald Wheeler, F-214, Phone: (440)228-9171

Ronald Wheeler is originally from North Kingsville, Ohio. He moved to the Estates from Cypress Lakes about two months ago. Ronald worked as an optometrist for thirty-two years. He was really big into bowling in college, so much so that he even had the high series in a Ten State Conference one year. He enjoys traveling, computers, and listening to books on tape. We are looking forward to everyone meeting Ronald and welcoming him to our family!



MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of April 2021: Brian Robare, Matthew Thompson and John Thompson



Keeping Your Brain Healthy

We always hear about how to keep our body healthy but what about our brain? There really are ways to keep our brain healthy and maybe even slow any decline in memory.

Do you exercise? Exercise does not always have to be a total work out in the fitness center. Marco offers some excellent classes. There is something for everyone. To top it off, it is FUN! Research shows that regular physical activity benefits the brain. Benefits may be a result of increased blood flow to the brain during exercise. You should exercise several times a week. This can also include things like walking, swimming, or water exercise.

This next way is probably the hardest to accomplish. It is to get plenty of sleep. We do not always get the eight hours of uninterrupted sleep that those experts say we should have. Sometimes it is difficult to even get a few hours in a row. Some theories conclude that sleep helps clear abnormal proteins in your brain and consolidates memories, which boosts your overall memory and brain health. In that case, I better try getting a lot more sleep!

Because diet is extremely important, you should eat a lot more plant-based foods, whole grains, fish, and healthy fats like olive oil. Go easy on the red meats and salt. Combined, these can help decrease your risk of coronary artery disease, increase mental focus and slow cognitive decline!

You should also stay mentally active. Keep your brain in shape by doing puzzles, reading, playing cards or things like crosswords. Stimulating your brain is just the workout it needs.

Finally, stay socially active. You live in the perfect place to stay social. Connect with friends and loved ones, attend an activity, have a meal in the dining room. Staying socially active may even strengthen the health of your brain.

- *Cheri Shrader, Director of Nursing*

A Personal Gift

Nothing says June like a collection of random neckties and an assortment of fishing lures. These are some of the classic gifts that I tend to associate with Father's Day. However, over the years, I quickly noticed that my dad never wore a suit unless he had to and he never went fishing. Being the loving father that he was, he always had a big smile on his face when Father's Day came around, which made me realize that it was never about the gifts, but the thought of his children showing their heartfelt appreciation for him.

Good fathers are synonymous with words like provider, hardworking and sacrificial. Many of us are blessed with fathers that demonstrate these qualities. I had a wonderful childhood growing up, but my parents were very young when I was born and we did not have much, though we always had enough. The sacrifices that my parents made to support my siblings and I were not apparent to me until I got much older. I know that my story is not uncommon – the world is full of fathers who carried this same burden of love and sacrificed their own wellbeing for their children.

June is Men's Health Month and I would encourage all the wonderful fathers and father figures to use this time as a reminder to take care of yourself. I need to heed this advice myself, even though I do not have children... it took me twenty-nine years to schedule my own doctor appointment! Take time each day to reflect on your personal needs and make sure your needs are met. We tend to do a wonderful job of caring for others, but sometimes we push our own needs aside. This month, be intentional about caring for your personal wellness. This could be anything from making necessary appointments, joining a men's group or a class you have been putting off, pulling out the old fishing rod and just taking time in your day to reflect and breathe. Whatever it may be, you deserve it.

- *Marco Silvera, Wellness Coordinator*

Father's Day

On June 20th, 2021 we celebrate the wonderful fathers around the world. After going through the history of Mother's Day last month, it is only fair that I would entice you with some interesting history about Father's Day.

The first Father's Day was celebrated on June 19, 1910. In 1909, a woman named Sonora Smart Dodd, one of six children raised by a widowed father, wanted to establish a day equivalent to Mother's Day for fathers. However, it was not until 1972 that this day became a national holiday. This was fifty-eight years after President Wilson made Mother's Day a national holiday.

Some men refused to celebrate this holiday because they believed that it was just another holiday that companies try to make big bucks from...that were often paid for by the money that the men made. During the 1920s and 1930s, there was even a movement to get rid of Mother's Day and Father's Day altogether and combine each day to create a collective Parent's Day. As Parent's Day activist and radio performer, Robert Spere said, "both parents should be loved and respected together." The argument between both parties (the Parent's Day activists and Father's/Mother's Day activists) lasted until 1972, when the Father's/Mother's Day activists got their way and in the middle of presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday.

Although, I do agree that both of my parents deserve to be "loved and respected together," I also believe that celebrating my parents on separate occasions, makes it even more special. My mother is my everyday hero, and I do not know what I would do without her. And I feel that my father deserves the same recognition as well in his own way. All my life I have always been a daddy's girl! People always say that I look and act just like my dad...I guess you could say I am the spitting image of him. My dad is one of the most supportive, faithful, and compassionate people in the world! The bond we have is so incredibly special and I cannot wait to celebrate him this month. So, from my family to yours, Happy Father's Day!

- Kira Morisako, Resident Lifestyles Assistant

Source: www.history.com



WE'RE BACK! AND BETTER THAN EVER!



**FLEA MARKET - A-421
FURNITURE ROOM SALE - C-217**

**EVERY FRIDAY
1:00-3:00 P.M.**



LADIES BOUTIQUE - D-304

**EVERY THURSDAY
10:30-1:30 P.M.**

Sunday	Monday	Tuesday	Wednesday
<p>Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. Salon OPEN For more details, please check the posters by the C/D, F/G, and M elevators.</p>	<p>Abbreviations Key AUD - Auditorium CR - Community Room MDR - Main Dining Room PDR - Private Dining Room GR - Game Room AS - Art Studio, D-406 FC - Fitness Center C - Chapel, K-106 19TH HOLE - Outside C/D PHONE - Phone Call</p>	<p>01 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Group Exercise 9:30 Walmart Run 11:00 Marketing AUD 1:00 Wii Bowling 6:00 Bridge - AUD 6:15 Mexican Train</p>
<p>11:00 CHERA Worship: 06 Rev. Ron Doolittle - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>07 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor</p>	<p>08 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Group Exercise 9:30 Walmart Run 10:00 Journey Through CR 10:00 Tai Chi - AUD 11:00 Bean Bag Basketball 1:00 Wii Bowling 2:30-3:30 Piano 6:00 Bridge - AUD 6:15 Mexican Train</p>
<p>11:00 CHERA Worship: 13 Rev. Robert Houlihan - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><i>Flag Day</i> 14 9:00 Group Exercise - AUD 9:00 Veterans Club - MDR  10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor</p>	<p>15 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Group Exercise 9:30 Walmart Run 10:00 Tai Chi - AUD 11:00 Bean Bag Basketball 1:00 Wii Bowling 2:30-3:30 Jazz 6:00 Bridge - AUD 6:15 Mexican Train</p>
<p><i>Father's Day</i> 20 11:00 CHERA Worship: Rev. Courtney Harding - AUD 12:00-4:00 Father's Day Lunch - MDR 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN </p>	<p>21 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor</p>	<p>22 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 1:00 Bible Study with Jim Moore - AUD 1:00-3:00 Pool Tournament - GR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Group Exercise 9:30 Walmart Run 10:00 Tai Chi - AUD 11:00 Bean Bag Basketball 11:00-12:00 National POOL 1:00 Wii Bowling League 6:00 Bridge - AUD 6:15 Mexican Train</p>
<p>27 11:00 CHERA Worship: Rev. Norman Bradney - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>28 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:00 Catholic Service - MDR 10:30 Target Run - BUS 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor</p>	<p>29 9:00 Gentle Yoga - AUD 9:00 Clergy Fellowship - MDR 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 2:00 Reflections - CR</p>	<p>9:00 Group Exercise 9:30 Walmart Run 10:00 Tai Chi - AUD 11:00 Bean Bag Basketball 1:00 Wii Bowling 2:00 Birthday Party 6:00 Bridge - AUD 6:15 Mexican Train</p>

Wednesday	Thursday	Friday	Saturday
<p>02</p> <p>Exercise - AUD Run - BUS g Luncheon - g League - GR JD Train - CR</p>	<p>03</p> <p>Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 12:00 Park Walk & Picnic - BUS 1:00 Scrabble - C/D 3rd Floor 6:30 Chapel: Cannon John & Joanne Birtch - AUD</p>	<p>04</p> <p>8:00 Coffee & Donuts - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p>	<p>05</p> <p>Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "RV"</p>
<p>09</p> <p>ise - AUD n - BUS through Grief - UD Baseball - AUD League - GR Live - AUD D in - CR</p>	<p>10</p> <p>Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 12:00 Lunch at Keel Farms - BUS 1:00 Scrabble - C/D 3rd Floor 6:30 Chapel: Pastor Glen Procopio - AUD</p>	<p>11</p> <p>8:00 Coffee Hour - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p>	<p>12</p> <p>Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Pursuit of Happyness"</p>
<p>16</p> <p>Exercise - AUD Run - BUS AUD Baseball - AUD g League - GR Live - AUD UD Train - CR</p>	<p>17</p> <p>Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:00 Religious Resources - CR 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 11:00 CHERA Chorus - AUD 1:00 Scrabble - C/D 3rd Floor 1:00 Polk Museum of Art - BUS 6:30 Chapel: Pastor David McEntire - AUD</p>	<p>18</p> <p>8:00 Coffee Hour - CR 8:30-10:30 Fishing Tournament - FRONT POND 10:30 Target Run - BUS 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p>	<p>19</p> <p>Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Gifted"</p>
<p>23</p> <p>- AUD BUS D eball - AUD al Hydration Day - eague - GR - CR</p>	<p>24</p> <p>Ping Pong ALL DAY 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Putting Tournament - 19TH HOLE 10:00 Strength Training - FC 11:00 Marketing Luncheon - AUD 12:00 Lunch at The Joinery - BUS 1:00 Scrabble - C/D 3rd Floor 6:30 Chapel: Pastor Hiram Kemp - AUD</p>	<p>25</p> <p>8:00 Coffee Hour - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD</p>	<p>26</p> <p>Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Mamma Mia"</p>
<p>30</p> <p>Exercise - AUD Run - BUS AUD Baseball - AUD g League - GR ash - AUD JD Train - CR</p>			

June Events

Entertainment

Information

Trip

03 | Park Walk & Picnic
12:00 p.m. - BUS

After over a year of waiting, we are ECSTATIC to finally have the opportunity to go out on our first trip! We will be heading to Lake Parker Park to enjoy a nice walk outdoors and a delicious packed lunch. Space is limited, so please reserve your spot in the event binder located at C-118.

09 | Piano Hour
2:30 p.m. - Auditorium

David Smith returns with a one hour concert in the **AUDITORIUM**. You won't want to miss this fun and entertaining event!

10 | Lunch at Keel Farms
12:00 p.m. - BUS

Enjoy the beautiful outdoors while eating a delicious lunch provided by Keel Farms. Space is limited, so please reserve your spot in the event binder located at C-118.

16 | Jazz Hour
2:30 p.m. - Auditorium

After hearing all the positive feedback from Mardi Gras, we are inviting local jazz band The House Cats back once again for a one hour concert in the **AUDITORIUM** from 2:30-3:30 p.m.

17 | Polk Museum of Art
1:00 p.m. - BUS

Join us as we head to the Polk Museum of Art for a tour and to see a special exhibition. Space is limited, so please reserve your spot in the event binder located at C-118.

18 | Fishing Tournament
8:30 a.m. - 10:00 a.m. - FRONT POND

Come on out to our **FRONT POND** by the front gate and join our fishing tournament. Refreshments and treats will be provided!

20 | Father's Day Lunch
12:00 p.m. - MAIN DINING ROOM

In honor of our amazing fathers, Dining Services will be providing a BBQ themed menu in the **MAIN DINING ROOM**. This meal will be counted as one of your regular meals.

23 | National Hydration Day
11:00 a.m. - 12:00 p.m. - POOL

Get ready for a cool down this summer! Grab your swimsuits and join us at the **POOL** for some refreshing fruit infused water and some water volleyball in the pool!

24 | Lunch at The Joinery
12:00 p.m. - BUS

The Joinery is a modern day food hall with various types of cuisine such as: pizza, ramen, tacos, sushi, and burgers. We will be enjoying the sights of Lake Mirror on the outdoor patio seating. Space is limited, so please reserve your spot in the event binder located at C-118.

29 | Clergy Fellowship
9:00 a.m. - MAIN DINING ROOM

Calling all former clergymen and spouses. You are invited to have fellowship in the **MAIN DINING ROOM** led by our very own Bill Brisbin.

Health Center Update

It is hard to believe June is already here! In May, we celebrated Mother's Day and National Skilled Nursing Care Week and had a blast!

We started out celebrating all our mothers for Mother's Day by passing out flowers and cupcakes. The weather was beautiful, so the residents participated in a Magic Show outside, sang along to wonderful songs sung by our performers and had different kinds of snacks in the afternoon. They enjoyed blueberry pies, ice cream, cookies, banana splits, chips, dip, and a special multicolored cake made by our own dietary department. I want to thank the staff that took time out of their busy days to help get residents to the activities, help pass out snacks, reminisce, dance, and sing with the residents through out the week! You were all amazing, and the Recreation Department thanks you!

June is here with Father's Day just around the corner. We will honor our Fathers with a gift and yummy desserts! We all know that the way to a man's heart is through his stomach! The staff in the Manor and Villa want to wish all our dads a Happy Father's Day in the month of June. The Recreation Department will continue to provide activities and fun for our residents here in the Manor and Villa. We are also looking forward to the day when each of you can visit again but until then, please continue to send air hugs and prayers.

Have a great June!

- *Jamie Backensto, Director of Recreation, Health Center*

Men's Health

Men's Health Week honors the importance of the health and wellness of boys and men and is celebrated annually during the week of Father's Day. The purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of the disease. Men have an average life expectancy that is five years less than females and are expected to have more years of bad health.

Some health issues, such as prostate problems, lung cancer, coronary heart disease, and Parkinson's disease are more common in men than women. Men that develop Diabetes, can develop more complications and at a higher rate than females, which means men are more likely to have to have amputations and have a higher likelihood of death. Men between the ages of 40 to 64 with a diagnosis of Diabetes, heart disease, or kidney problems should have their blood pressure checked more often. Men between the ages of 50 to 75 should be screened for colorectal cancer and Diabetes after the age of 44. Prostate screening is recommended for men between 55 and 69 years.

You should see your provider for regular checkups, even if you feel fine, as these visits can help to prevent. Awareness is the most important thing; the more people are aware of men's health risks, the more likely they are to make healthy changes.

- *Rana Khan, Director of Nursing, Health Center*

Source: <https://medlineplus.gov>



ESTATES

Greg Spencer.	01
J.C. Powell.	01
Lois Lincoln.	03
Sandra Stinespring.	04
Alliene Toth.	05
Ann Scimone.	06
Anne Helzer.	06
Pat Mannen.	07
Joanne Roth.	07
Pat Hartley.	10
John Birtch.	12
Natalie Thiele.	13
Judy Godwin.	14
Jina Vehnekamp.	14
Dorothy Greenlee.	16
Marilyn Meder.	17
Ann Holloway.	18
Ernest Vehnekamp.	19
Julie Ball.	20
Robert Kossell.	21
Beverly Sterling.	24
Luella Wheeling.	24
John Callahan.	27
Ethel Brown.	29
Manfred Yost.	29
Wayne Lewis.	30

HEALTH CENTER

Faye Henry.	09
Richard Chaplain.	21
Nina Nailling.	23
Clifford Heffron.	27
Helen Wilson.	28



Those born in June are invited to celebrate their birthday with a celebration in the Auditorium on June 30th from 2:00-4:00 p.m. There will be live music, delicious desserts and punch provided by our Dining Service department. Everyone will be allowed to invite one guest of their choosing to attend. Find your invitation in your in-house mailbox. RSVP to Kira Morisako in C-118.



June 5th – “RV”

Starring Robin Williams, Cheryl Hines, Josh Hutcherson and Jojo. Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado Rockies, where they ultimately have to contend with a bizarre community of campers. (PG - 99 minutes)

June 12th – “The Pursuit of Happyness”

Starring Will Smith, Jaden Smith and Thandiwe Newton. A struggling salesman takes custody of his son as he’s poised to begin a life-changing professional career. (PG-13 - 117 minutes)

June 19th – “Gifted”

Starring Chris Evans, Mckenna Grace, and Octavia Spencer. Frank Adler is a single man raising a child prodigy - his spirited young niece Mary in a coastal town in Florida. Frank’s plans for a normal school life for Mary are foiled when the seven-year-old’s mathematical abilities come to the attention of Frank’s formidable mother Evelyn whose plans for her granddaughter threaten to separate Frank and Mary. (PG-13 - 101 minutes)

June 26th - “Mamma Mia”

Starring Amanda Seyfried, Meryl Streep and Pierce Brosnan. The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. (PG-13 - 108 minutes)

Dad's Hat

Amid the celebration, there was tragedy. It was the opening ceremonies of the 1992 Summer Olympic Games. One by one, the teams entered the stadium and paraded around the track to the cheers of 65,000 people. But in one section of the stadium, shock and sadness fell as Peter Karnaugh, father of United States swimmer Ron Karnaugh, was stricken with a fatal heart attack.

Five days later, Ron showed up for his race wearing his Dad's hat. Ron carefully set it aside before his race began. Why the hat? It was the swimmer's tribute to his Dad, whom he described as, "my best friend." The hat was one his Dad had worn when they went fishing and did other things together. Wearing the hat was Ron's way of honoring his Dad for standing beside him, encouraging him, and guiding him.

When Ron dove into the water, he did so without his dad's presence but inspired by his memory. There are many ways to honor our fathers. One way, even if they are no longer with us, is to show respect for the good values they taught us. Ephesians 6:2, "Honor your father and mother, which is the first commandment with a promise." The best fathers not only give us life, they teach us how to live. Thank God for the examples that good fathers leave.

God Bless!

- *Chaplain Randy Horn*

Sunday Morning Speakers

June 6th	Rev. Ron Doolittle
June 13th	Rev. Robert Houlihan
June 20th	Rev. Courtney Harding
June 27th	Rev. Norman Bradney

THURSDAY CHAPEL

June 3rd	Canon John & Joanne Birtch Concert Piano Music and Message
June 10th	Pastor Glen Procopio Seniors Pastor, Victory Church
June 17th	Pastor David McEntire First United Methodist Church
June 24th	Pastor Hiram Kemp Church of Christ

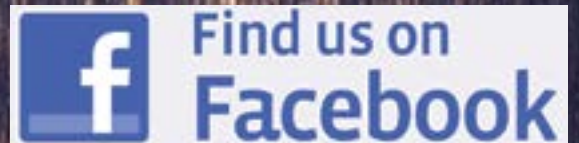


The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$389,106.47. As of April 30, 2021, \$65,598.58 has been used to help residents. Monies are taken from the interest earned.

The Estates

A T C A R P E N T E R S



Visit us on the web at : www.EstatesatCarpenters.com