

JUNE 2024



Hillside Terrace

SENIOR LIVING

Happy Father's Day to all of you dads in the Hillside Family, hope your day is memorable and as special as each of you are! Last month we celebrated our Nurses for Nurse's Day and this month we will honor and thank our Resident Care Aides for the amazing loving care they give each day!

Summertime is here and our concern for you during this hot season is being sure you know the signs and symptoms of dehydration. Our bodies require a certain amount of fluids on a daily basis to function. The minimal amount is about four 8-ounce glasses. Requirements vary with activity and age, but most active people need two to three times this basic need. If we take in less or lose more fluid than is needed, the end result is "dehydration". The signs and symptoms include increased thirst, dry mouth, weakness or lightheadedness (especially upon standing), darkened urine and decreased urination. If you have any questions regarding dehydration or feel symptomatic of this, please contact your physician or notify our Wellness Nurses so we can assist you.

Enjoy the beautiful sunshine and warmth but be cautious!

Nanya and Vic Litz
Chief Operating Owners



Happy Birthday Residents!

Gertrude White 6/8

Debbie Foster 6/9

John Simpson 6/9

Robert Hayosh 6/10

George Lowrie 6/11

Donna Kuchapsky 6/17

Marilyn Stafford 6/19

Helga Schacht 6/21

Margaret Delevie 6/21

Gary Kleinhenn 6/30

Happy Birthday Team Members!

Sylvia Thompson 6/26



SUNDAY	MONDAY	TUESDAY
2 1:30 Sing-a-long 3:00 Movie & Popcorn	3 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	4 9:30 Exercise 10:30 Arts & Crafts 1:00 Piano with Elodie 1:30 Verna's Exercise 3:00 Music: Paul
9 3:00 Chapel	10 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Music: Rob	11 9:30 Exercise 10:30 Arts & Crafts 1:00 Piano with Elodie 1:30 Verna's Exercise 3:00 Manicures 4:00 Catholic Mass
16 <i>Happy Father's Day!</i> 2:00 Movie & Popcorn	17 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	18 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Resident Council Meeting
23 3:00 Chapel	24 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	25 9:30 Exercise 10:30 Arts & Crafts 1:00 Piano with Elodie 1:30 Verna's Exercise 3:00 Movie & Popcorn
30 3:00 Chapel		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Exercise 10:30 News & Views 2:00 Arts & Crafts 3:30 Covenant Player's Theater Production
5 Wellness Day 9:30 Exercise 10:30 Cards 2:00 Bingo 3:30 Sweet Treats 4:15 Garden Walk	6 9:30 Exercise 10:30 Dojo in the Morning 1:30 Communion 2:00 Meijer 4:15 Manicures	7 9:30 Exercise 10:30 Cards 2:00 Shopping Outing to Walmart 3:30 Piano with Ed	8 9:30 Exercise 10:30 News & Views 2:00 Arts & Crafts 3:30 Hangman
12 9:30 Exercise 10:30 Cards 1:00 Outing to Emagine Movie Theater	13 9:30 Exercise 10:30 AA Library Trip 2:00 Meijer 4:15 Manicures	14 9:30 Exercise 10:30 Cards 12:00 Lunch at Metzger's German Restaurant 3:00 Sweet Treats 3:30 Word Games	15 9:30 Exercise 10:30 News & Views 2:00 Arts & Crafts 3:30 Hangman
19 Happy Juneteenth! 9:30 Exercise 10:30 Cards 2:00 Bingo 3:30 Music: Angela & June Birthday Party	20 First Day of Summer! 9:30 Exercise 10:30 Dojo in the Morning 1:30 Communion 2:00 Meijer 4:15 Manicures	21 9:30 Exercise 10:30 Cards 2:00 Bingo 3:30 Word Games 3:30 Piano with Ed	22 9:30 Exercise 10:30 News & Views 2:00 Arts & Crafts 3:30 River Drive
26 9:30 Exercise 10:30 Cards 2:00 Bingo for Bucks 3:30 Music: Billy	27 9:30 Exercise 10:30 AA Library Trip 1:30 Communion 2:00 Meijer 4:15 Manicures	28 9:30 Exercise 10:30 Cards 12:00 Picnic Lunch at the Park 3:00 Sweet Treats 3:30 Word Games	29 9:30 Exercise 10:30 News & Views 2:00 Arts & Crafts 3:30 Hangman

Special Outings & Activities

Covenant Players Theater Play –
Saturday, June 1st at 3:30pm

Shopping Outing to Walmart –
Friday, June 7th at 2:00pm

Outing to Emagine Movie Theater –
Wednesday, June 12th at 1:00pm

Lunch at Metzger's German Restaurant –
Friday, June 14th at 12:00pm

River Drive –
Saturday, June 22nd at 3:30pm

Picnic Lunch at the Park –
Friday, June 28th at 12:00pm



NEWS FROM ACTIVITIES

Hello everyone and welcome summer! As always, this season is a busy one so be sure to check your calendars for all special outings and events, in addition to our usual fun-filled schedule!

We kick off the month by welcoming back the Covenant Players, a traveling theater group, to our recreation room. They always put on an incredible production, so be sure not to miss it! We will also head back to the Emagine Movie Theater for their dementia friendly showing – this month the movie is *Field of Dreams*. For only \$5 you get a ticket to the movies in the most comfortable seats in town, popcorn, pop and even more delicious snacks! We finish out the month with a lunch at one of Ann Arbor's beautiful parks. Join us for a picnic in the sunshine!

*Everyone is Welcome,
Erin Klein & Eryn Springstead*

Reminder from your **Hillside Resident's Council:**

Our great staff cares for us all year round, month after month. Please consider recognizing them by donating to the year-end bonus fund with a check to "Hillside Resident's Council" or at hillside terrace.net under the "Contact" tab