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June 2020

Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, two to 10 minutes a day, can improve cognitive abilities.

A Figure of Speech

Phrase: Tie the knot

Meaning: Get married

Origin: This phrase has been associated with marriage since at least the 13th century. Since a knot symbolizes a strong, lasting bond, the literal act of tying a knot is a custom in some wedding ceremonies.

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

Remember the Three L's

The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L's when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.

Hall of Fame Fisherman

Mention the name Ted Williams, and the MLB legend is often remembered as the sport's greatest hitter. But Williams was as skilled with a fishing pole as he was with a bat. An expert fly and deep-sea fisherman, he was inducted into the International Game Fish Association Fishing Hall of Fame in 1999. Williams is one of only a few athletes to be a Hall of Famer in more than one professional sport.

Silver Spur Resident Board Members

PRESIDENTS:

Debbie Jaqua,
Marty Murphy,
Mike Finn,
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Silver Spur Village Staff

Community Manager

Mary Sorace

Sales Rep/Admin Assist

Maria DelleGrazie

Maintenance

Jacques Joubert

PROPERTY UPDATES

It's not true! There are no plans to remove the library or the bingo board.

It's not true! There are no plans to remove the resident cubbies. We will be painting them soon!

Sorry that misinformation may have been spread!



Office Hours

Mon-Fri 9:00 AM- 12:00 PM

Mon-Fri 1:00 PM - 4:00 PM

Sat & Sun Closed

Gate Hours

Mon-Fri 7:30-5:00



Trivia

'Jaws' Turns 45

Considered to be the first summer blockbuster, the thriller "Jaws" opened in theaters on June 20, 1975.

"Jaws" was based on the novel of the same name by Peter Benchley. He originally titled the book "Silence in the Deep."

Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.

To add suspense, the shark isn't seen until nearly an hour and a half into the film.

The memorable line "You're going to need a bigger boat" was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.

The first movie to make over \$100 million at the box office, "Jaws" was the highest-grossing film of all time until 1977's "Star Wars."

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork. At the 1876 world's fair in Philadelphia, many Americans got their first taste of the delicacy, which came wrapped in foil and sold for a hefty 10 cents each, about \$2 today.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure.

In the U.S., bananas are grown in Hawaii and Florida.



A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

In the early days, the ankle bones of sheep served as the game pieces, and

the activity came to be known as "knucklebones." Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called "onesies," meaning the player scoops up one jack, then "twosies," trying for two, and so on. Game variations alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime.



JUNE ANNIVERSARIES

JUNE 03, 1994 Todd & Karin Vossler

JUNE 06, 1987 Jerry & Rose Harris

JUNE 09, 1979 George & Barb

Peyla

JUNE 11, 1960 Bill & Judy Atkinson

JUNE 12, 1983 Owen & Elsie

Williams

JUNE 20th Greg & Wendy Knight



SAVE THE DATE!

June 14, 2020

Flag Day Barbecue

July 4, 2020

Independence Day

September 7, 2020

Labor Day

October 31, 2020

Halloween Party

November 11, 2020

Veteran's Coffee &

Doughnuts

November 26, 2020

Thanksgiving Dinner

December 19, 2020

X-Mas Party Cal-Am

December 25, 2020

X-Mas Dinner

January 1, 2021

New Year's Day Brunch

February 3, 2021

Golf Pancake Supper

February 7, 2021

Super Bowl Party

February 14, 2021

Valentine's Dinner and Dance

February 27, 2021

Community Patio Sale

March 6, 2021

All Park Picnic

March 17, 2021

St. Paddy's Day Dinner & Dance

April 16, 2021

Easter Dinner

May 9, 2021 Mother's Day

May 31, 2021 Memorial Day



Wit & Wisdom

"There shall be eternal summer in the grateful heart."
—Celia Thaxter

"And so with the sunshine and the great bursts of leaves growing on the trees ... I had that familiar conviction that life was beginning over again with the summer."
—F. Scott Fitzgerald




"If summer had one defining scent, it'd definitely be the smell of barbecue."
—Katie Lee

"Summer is singing with joy, and the beaches are inviting you with dancing waves."
—Debasish Mridha

"Oh sun! Fervid sun! You welcome me with summer. Drench me in your rays."
—Richelle E. Goodrich

"Summer's lease hath all too short a date."
—William Shakespeare

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ice Cream Social at 2:00 PM	2 Dominos at 1:00 PM Body Groove Exercise Class 6:00 PM	3 Watermelon Party! 1:00 PM	4 Canasta at 1:00 PM Body Groove Exercise Class 6:30 PM	5 Dominos at 1:00 PM	6 Body Groove Exercise Class 10:30 AM Saturday Night Out! 5:00 PM
7	8 Pet Parade! Bring Your Pet to Celebrate Summer! Refreshments for Humans and Pets! 2:00 PM	9 Dominos at 1:00 PM Body Groove Exercise Class 6:00 PM	10 Iced Tea and Fruit Salad 1:00 PM	11 Canasta at 1:00 PM Social Hour at 5:00 PM Body Groove Exercise Class 6:30 PM	12 National Peanut Butter Cookie Day! Cookies and Milk 2:00 PM	13 Body Groove Exercise Class 10:30 AM
14 Flag Day Bar-B-Que	15 	16 Dominos at 1:00 PM Body Groove Exercise Class 6:00 PM	17 Lemonade & Cookies 1:00 PM	18 Canasta at 1:00 PM Body Groove Exercise Class 6:30 PM	19 Dominos at 1:00 PM	20 Body Groove Exercise Class 10:30 AM Saturday Night Out! 5:00 PM
21 Father's Day Brunch 11:00 AM	22	23 Dominos at 1:00 PM Body Groove Exercise Class 6:00 PM	24 Ice Cream Social 1:00 PM	25 Canasta at 1:00 PM Social Hour at 5:00 PM Body Groove Exercise Class 6:30 PM	26 Dominos at 1:00 PM	27 Body Groove Exercise Class 10:30 AM
28 	29 National Waffle Iron Day! Waffle Breakfast 10:00 AM	30 Dominos at 1:00 PM Body Groove Exercise Class 6:00 PM	<i>June</i>			

Covid-19 And Staying Healthy



COVID-19, along with Federal and State guidelines on social distancing, has forced a temporary suspension of all our planned activities for the time being. Along with you, we are closely monitoring all government announcements, and we will resume our activities as soon as we are advised it is safe to do so. We appreciate your patience and cooperation as we implement these changes in order to minimize exposure for our residents and employees.