

# NEWSLETTER

## WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

**Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres.** World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

**Live Performances:** Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

**Music-themed Movies:** Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

**Music Trivia Night:** Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

**Group Playlist:** Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

**Intergenerational Music Activities:** Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



# Activity Photo Highlights!



## HAPPY BIRTHDAY

### RESIDENTS

Richard S.	06/12
Esperanza B.	06/17
Patricia M.	06/18
Mildred C.	06/19
Marta M.	06/24
Catherine V	06/26
Olivia M	06/30

### STAFF

Maria Ramirez	06/06
Tony Zamora-Kershaw	06/08
Mary Segura	06/25
Anita Buenrostro	06/28



*Cimarron Place Celebrates Nurses Week 3*



*Residents Celebrate Cinco de Mayo with Mariachi*

## Activity Highlights

Taco Tuesday

Tuesdays 9:30



Movie & Popcorn

Wednesdays @ 2PM



Ice Cream Social

Thursdays @ 2 PM



Pretty Nails

June 2, @10:30



Father's Day Celebration

June 13, @ 2PM



Martin Luther King Discussion

June 19, @10:30 AM



National Pink Day, June 21,

Birthday Bash, June 27, 2PM



*Tejano Singer Albert Zamora Sings to our Residents for Mother's Day*





## DID YOU KNOW THERE ARE TWO DOUGHNUT HOLIDAYS EACH YEAR?

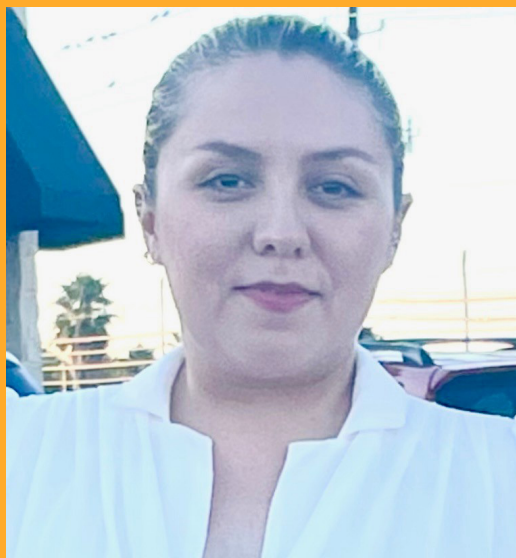
**That's right— twice the excuse to indulge!** The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave "doughnut lassies"—women who fried up doughnuts in service helmets and served them to soldiers during World War I.** Years later, a new generation of morale-boosting women, known as the American Red Cross "Doughnut Dollies," continued the tradition by supporting troops during Vietnam.

Over time, "doughnut" has often been shortened to "donut," thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin'. And let's be honest—whether you're calling it a doughnut or a donut, we can all agree they're delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouthwatering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there's a donut out there for you.**

## Welcome Lyric Zamora our New Activity Director



## HAPPY FATHER'S DAY: JUNE 15

Be sure to take a moment on Sunday, June 15 to honor dads, foster fathers, grandfathers, uncles and the other important male role models in your life. Let him know how much he means to you by calling, texting, or visiting. Take him to dinner, nine holes of golf, fishing, or to a movie and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day.





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Anita Buenrostro

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Blanca Esquivel

WOUND CARE NURSE

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ACTIVITY DIRECTOR

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MEDICAL RECORDS

Treva Edwards

CENTRAL SUPPLY

Anna Ortiz

HOUSEKEEPING SUPERVISOR

Tony Zamora-Kershaw

TALENT AND LEARNING DIRECTOR



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



### WORD LIST

DONUT  
FATHER  
FREEDOM  
GRANDPA  
HEALTH  
HYDRATION  
MEN  
MUSIC  
NICE  
NOTES  
SELFIE  
SONGS  
SURVIVOR  
WATER  
YOGA