



Antebellum Grove

SENIOR LIVING

1010 Kathryn Ryals Rd • Warner Robins, GA 31088 • (478) 953-0706

June 2014



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Margaret Osgood

Wellness Director

Pat Cutter

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Christa Stone

Dietary Manager

Linda Roberson

Activity Director

Ronelle Erhardt

Director of Maintenance

Bob Clark



The History of Father's Day

Father's Day was initiated by Sonora Smart Dodd of Spokane, Wash., whose father, a Civil War veteran, raised six children on his own after his wife died in childbirth. Dodd suggested honoring men like her father in 1909 after listening to a sermon about Mother's Day.

The first Father's Day took place the next year on June 19, her father's birthday. In the years following, many congressional resolutions proclaimed a national Father's Day. The holiday only became official, however, in 1972 when President Richard Nixon signed a presidential resolution declaring Father's Day as the third Sunday in June.

While Mother's Day is the biggest holiday for phone calls, Father's Day is the busiest for collect calls.



Saying 'I Do'

June remains the most popular month for weddings. Here's what Benjamin Franklin had to say about matrimony: "Keep your eyes wide open before marriage, and half shut afterwards."

Busy Brain

Did you know that about 20 percent of the blood flowing from your heart is pumped to your brain? The brain needs constant blood flow to keep up with the metabolic demands of its more than 85 billion neurons.

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Happy Birthday

| | |
|----------------------|------|
| Velma Marcinko | 6/1 |
| Lucille Hirtle | 6/2 |
| Mary Burleson | 6/9 |
| Mary Hill | 6/9 |
| Luther Cribb | 6/13 |
| John Stone | 6/20 |
| Doreen Worm | 6/12 |
| Shekera Farrow | 6/13 |
| Mary Davis | 6/14 |

| | |
|----------------------|------|
| Talita Johnson | 6/22 |
| Gabrielle Mays | 6/23 |



Positive Thought

"Happiness often sneaks in through a door you didn't know you left open." —John Barrymore



Remember Me?

Esther Williams helped popularize synchronized swimming through a series of films in the 1940s and '50s. Now you can learn more about her life and career.

- As a teen, Williams competed with the Los Angeles Athletic Club swim team and earned national championships in the breaststroke and freestyle.
- She hoped to compete at the 1940 Olympic Games, but they were canceled due to the onset of World War II.
- Williams and Johnny Weissmuller performed in the San Francisco Aquacade, described as a Broadway musical in water, with hundreds of swimmers and special effects.

Memorable Marques

Since the debut of the first "horseless carriage," a variety of passenger car brands have come and gone. From the economical and utilitarian, to the luxurious and stylish, here are a few you may remember:

Packard. This luxury car was produced from 1899 to 1958 and was known for innovations such as air-conditioning and the modern steering wheel.

Hudson. Produced from 1909 to 1957, Hudson hired the country's first female automotive designer in 1939; her contributions included exterior trim features and an interior instrument panel on the car.

Nash. Among the first automobiles to offer seat belts, Nash, produced from 1916 to 1954, also introduced the concept of "compact" cars to the U.S. market.

Studebaker. Originally a producer of horse-drawn carriages and wagons,

Studebaker began producing automobiles in 1902 and continued until 1966.

In recent years, Pontiac, Oldsmobile, Plymouth and Mercury have joined the list of American cars no longer produced.



Senior Camp & Red Hat Social





Our Favorite Tour Guide



Laugh Lines

Things you don't hear fathers say:

- Can you turn up that music?
- Go ahead and take my truck, and here's \$50 for gas.
- Why do you want to get a job? I make plenty of money for you to spend!
- Your mother and I are going away for the weekend. You might want to consider throwing a party.
- Here, you take the remote.
- I think we're lost. I better stop and ask for directions.
- No hurry; do your chores whenever you feel like it.

Michael: How do you like the drum set you got for your birthday?

Ted: I love it!

Michael: Why?

Ted: Whenever I don't play it, my dad gives me \$10!



We Fed the Animals, Now Time for Us to Eat



June 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| 1 11 a.m. Southside Youth Group 1 p.m. Church Service | 2 8:30 a.m. Exercise 11 a.m. Nail Care 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 3 8:30 a.m. Exercise 9 a.m. Senior Center Bingo 10 a.m. Bible Study 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 4 8:30 a.m. Exercise 10:30 a.m. Lunch Out Fried Green Tomato 6:15 p.m. Worship Service | 5 7 a.m. Hair Care 8:30 a.m. Exercise 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 6 8 a.m. Dr Williams Podiatrist 8:30 a.m. Exercise 9:30 a.m. Pet Therapy 6 p.m. After Dinner Coffee | 7 1:30 p.m. Bingo 3 p.m. Card Games |
| 8 11 a.m. Southside Youth Group 1 p.m. Church Service | 9 8:30 a.m. Exercise 11 a.m. Nail Care 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 10 8:30 a.m. Exercise 10 a.m. Bible Study 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 11 8:30 a.m. Exercise 10 a.m. Resident Council Meeting 1 p.m. Walmart Trip 6:15 p.m. Worship Service | 12 7 a.m. Hair Care 8:30 a.m. Exercise 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 13 8:30 a.m. Exercise 10 a.m. Perry Senior Center/Fashion Show/Music 9:30 a.m. Pet Therapy | 14 1:30 p.m. Bingo 3 p.m. Father's Day Social |
| 15 Happy Father's Day 11 a.m. Southside Youth Group 1 p.m. Church Service | 16 8:30 a.m. Exercise 11 a.m. Nail Care 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 17 8:30 a.m. Exercise 10 a.m. Bible Study 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 18 8:30 a.m. Exercise 11 a.m. Lunch Out/Brown Farms 6:15 p.m. Worship Service | 19 7 a.m. Hair Care 8:30 a.m. Exercise 1:30 p.m. Bingo 6 p.m. The Retreat Family Night | 20 8:30 a.m. Exercise 9:30 a.m. Pet Therapy 6 p.m. After Dinner Coffee | 21 1:30 p.m. Bingo 3 p.m. Card Games |
| 22 11 a.m. Southside Youth Group 1 p.m. Church Service | 23 8:30 a.m. Exercise 11 a.m. Nail Care 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 24 8:30 a.m. Exercise 9 a.m. Senior Center Bingo 10 a.m. Bible Study 1:30 p.m. Bingo 6 p.m. Beach Party With Laverne | 25 8:30 a.m. Exercise 1 p.m. Walmart Trip 6:15 p.m. Worship Service | 26 7 a.m. Hair Care 8:30 a.m. Exercise 1:30 p.m. Bingo 6 p.m. After Dinner Coffee | 27 8:30 a.m. Exercise 9:30 a.m. Pet Therapy 2 p.m. Resident Birthday Party 6 p.m. After Dinner Coffee | 28 1:30 p.m. Bingo 3 p.m. Puzzle Time |
| 29 11 a.m. Southside Youth Group 1 p.m. Church Service | 30 8:30 a.m. Exercise 11 a.m. Nail Care 1:30 p.m. Bingo 6 p.m. After Dinner Coffee |  JUNE | | | | |


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