

	<p>1 National Olive Day Vegetable Soup Memory &amp; Veg Rank Andy Griffith's Birthday (video)</p> <p>Baked Potato and Greek Salad</p>	<p>2 My Summer Plate (craft) Nat'l Rocky Rd Ice Cream Day (snack) Food Jingo</p> <p>Deli Sandwich, Potato Salad, Peaches</p>	<p>3 June Bugs A-Z Vegetables</p> <p>Vegetable Noodle Soup, Bread</p>	<p>4 National Cheese Day What Doesn't Belong National Donut Day (snack) Doughnut Road Trip (video)</p> <p>Pimento Cheese, Cheetos, Fruit Cup</p>
<p>7 Seeing Red Nat'l Chocolate Ice Cream Day (snack) Music with Kristen Name Three</p> <p>Ham Sandwich, Vegetable Salad, Pears</p>	<p>8 World Oceans Day Fish Art (craft) Let's Go Fishing</p> <p>Fish Filet, Broccoli Slaw, Baked Beans</p>	<p>9 Pasta Pineapple (craft) Roll and Cover</p> <p>Mac &amp; Cheese, Pintos, Tomato Salad</p>	<p>10 Summer Fan (craft) Name Three of the Same</p> <p>Turkey/Gravy, Potatoes, Lima Beans</p>	<p>11 Marshmallow Houses Summer Cinema</p> <p>Swedish Meatballs, Noodles, Veg Blend</p>
<p>14 Flag Day (craft) Nat'l Strawberry Shortcake Day (snack) Music with Kristen Frisbee Golf</p> <p>Chicken, Cucumbers, Corn Chips</p>	<p>15 Roaring 20's <i>World Elder Abuse Awareness Day</i> Courtyard Yatzee</p> <p>Baked Spaghetti, Salad, Bread</p>	<p>16 <b>Happy Birthday Nadine</b> Sand Painting Family Feud</p> <p>Grilled Cheese, Pea Salad, Applesauce</p>	<p>17 June Bride Wedding Cakes Royal Wedding (video)</p> <p>Black-eyed Peas, Cornbread, Greens</p>	<p>18 International Picnic Day National Flip Flop Day / Toss Game Sand Bucket Race Father of the Bride (video)</p> <p>Picnic Lunch</p>
<p>21 First Full Day of Summer Father's Day Tie it Up (craft) Music with Kristen Bow Tie Matching</p> <p>Quesadilla, Black Beans, Swt Potatoes</p>	<p>22 National Onion Rings Day National Choc. Éclair Day (snack) Fill in the Blanks</p> <p>Beans/Franks, Onion Rings, Slaw</p>	<p>23 <b>Happy Birthday Hilde</b> Pink Flamingo (craft) National Pink Day Pink Flamingo Ring Toss</p> <p>Ham Salad, Cabbage, Strawberry Yogurt</p>	<p>24 Roll a Garden National Bomb Pop Day (snack) Water Balloon Bombs</p> <p>Turkey Reuban, Chips, Carrot/Jello</p>	<p>25 Closed for Staff Training</p> <div data-bbox="2413 1052 2561 1179"></div> <p><b>CPR &amp; First Aid Training Class</b></p>
<p>28 Summer Jingo National Tapioca Day (snack) Music with Kristen Chicken Soup for the Soul</p> <p>Fish Filet, French Fries, Green Beans</p>	<p>29 Summertime S-Words Nat'l Camera Day/Courtyard Pictures</p> <p>Egg Salad Sandwich, Soup, Peaches</p>	<p>30 Popsicle People (craft) Knuckles Down</p> <p>Loaded Mashed Potato Bowl, Fruit</p>	<p><i>Please call if you will be absent or will arrive after 10:00 a.m. 665-1575</i></p>	<p><i>Menus and activities are subject to change. Toasted cheese or peanut butter on wheat are substitute options when planned meal is not desired. Milk is available upon request.</i></p>

## Change of Clothing

Please bring a full set of seasonal appropriate clothing for your loved one.

Supply should include pants, shirt, socks, and undergarments.



## Wish List

- Disinfecting Wipes
- Lysol Spray
- Disposable Gloves (Large)
- Decaf Tea & Coffee
- Paper Towels
- Dinner Napkins
- Crockpot Liners
- Individual Snacks

## Summer Daily Schedule

9:00 - 10:00 Coffee Hour  
10:00 - 11:00 News & Trivia  
11:00 - 12:00 Arts & Games  
12:00 - 12:45 Lunch  
12:45 - 1:30 Relax & Recline  
1:30 - 2:15 Afternoon Exercise  
2:15 - 2:30 Snack  
2:30 - 3:15 Group Activity  
3:15 - 4:00 Soak Up the Sunshine

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2021

**Fri., June 25...Closed for Staff Training**

## • • COVID UPDATE • •

DayStay requires all staff and participants to be fully vaccinated against Covid-19. We ask everyone to use hand sanitizing and disinfect walker/wheelchair before entering. At this time, all visitors must wear face cover no matter their vaccination status and caregivers are still not permitted past the foyer entrance.



Please consider sending sunglasses and sunhat for our afternoons in the courtyard. Be sure your loved one is dressed in lightweight, light-colored, loose-fitting clothes. Try to stick to natural fibers such as cotton.

We encourage you to read this heat/dementia article ...

[www.huffingtonpost.ca/alzlive/hot-temperatures-alzheimers-seniors\\_b\\_9616558.html](http://www.huffingtonpost.ca/alzlive/hot-temperatures-alzheimers-seniors_b_9616558.html)



Mother's Day through Father's Day our community will observe **World Elder Abuse Awareness Day (WEAAD)**. This important movement was launched on in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

If you suspect abuse, neglect, or exploitation in Buncombe County, you can talk to someone anytime by calling 250-5800.

# DAYSTAY FUN RUN

eat dessert first

**Life is short...eat dessert first!**

[www.daystayasheville.com/fun-run](http://www.daystayasheville.com/fun-run)

DayStay Adult Day Services is hosting a fun run where the prize are guaranteed, but the running is optional. Race participants will pick-up their decadent dessert and goody bags, then select their own location to work off the calories (and yes, a movie marathon counts).

**Race celebration and packet pick-up Sat., June 26. 10 a.m. - noon.**