

June Birthdays

In astrology, those born between June 1–21 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Jerry Mathers (actor) – June 2,
 Frank Lloyd Wright (architect) – June 8, 1867
 Judy Garland (actress) – June 10, 1922
 Jim Nabors (actor) – June 12, 1930
 Alois Alzheimer (doctor) – June 14, 1864

Name: _____ Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

GARDEN Word Search



ANNUALS	T	A	P	H	I	D	H	O	S	E	V	F	H	R	B	M	M
ANTHER	M	X	S	Q	H	T	N	A	C	G	N	I	R	E	T	A	W
APHID	T	K	E	W	H	S	R	S	L	A	I	N	N	E	R	E	P
EVERGREEN	B	R	E	E	B	L	W	O	R	R	A	B	L	E	E	H	W
FLOWERS	T	P	D	E	W	A	Q	L	O	E	P	R	U	N	E	R	S
FORK	E	R	S	D	M	U	T	T	L	T	L	L	H	X	Y	T	R
GREENHOUSE	K	V	P	S	F	N	R	O	K	B	K	T	S	J	O	E	C
GROW	L	Y	E	L	L	N	H	K	C	Y	L	H	N	P	H	X	E
HARDY	A	D	D	R	I	A	W	H	Z	I	E	B	G	T	X	M	D
HOLE	W	R	X	F	G	O	D	O	T	A	K	K	N	F	R	S	A
HOSE	N	A	Z	Y	F	R	S	Y	R	P	R	A	P	L	P	T	P
LADYBUG	M	H	V	O	B	C	E	S	B	G	D	P	K	O	H	N	S
LAWN MOWER	O	K	R	L	M	C	X	E	L	U	Q	H	R	W	D	A	Q
MULCH	W	K	C	U	M	K	Z	G	N	K	G	T	C	E	K	L	Q
PERENNIALS	E	K	L	I	R	E	S	U	O	H	N	E	E	R	G	P	L
PICK	R	C	J	C	P	G	N	M	L	K	N	G	K	S	C	C	W
PLANTS	H	B	T	R	O	W	E	L	G	N	I	L	D	E	E	S	R
POT	ROOT	SEEDS	SOIL	TILTH	WATERING CAN												
PRUNERS	SEEDLING	SHEARS	SPADE	TROWEL	WEEDS												
	WHEELBARROW																



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ABERDONIAN

Aberdeen Gardens Retirement Residence | 330 Dundurn St. S | (905) 529-3163



Celebrating June

Happy Hour Tuesdays at 2:30pm

June 2 – John & Russ
 June 9 – Tristian Alexander
 June 16 – Escapade
 June 23 – Kim Atkins
 June 30th – Paula French

Seniors Month

Pride Month

Brant Arts Walker Clinic

June 8

Father’s Day

June 21

Hear Right Clinic

June 24

Strawberry Social

June 24

Karaoke Pub Night

June 26

Foot Clinic with Dr. Barbara

June 28

Town Hall Meeting

June 29



A Message from the Recreation Department

As we welcome the warmth and beauty of June, we are excited to enjoy all that this bright and vibrant month has to offer. With longer days, fresh air, and blooming gardens, it’s the perfect

Moe Howard (comedian) – June 19, 1897
 Meryl Streep (actress) – June 22, 1949
 Pearl S. Buck (novelist) – June 26, 1892
 Mel Brooks (actor) – June 28, 1926
 Lena Horne (singer) – June 30, 1917



Diane C.....June 2
 John T.....June 3
 George N.....June 7
 Elizabeth M..... June 19
 Martha R.....June 23
 Vivian A.....June 24
 Bob C.....June 25
 Farquhar Doug.....June 30

time to get involved, stay active, and enjoy meaningful moments together.

This month, our recreation calendar is filled with a variety of engaging programs for everyone to enjoy. Residents can look forward to outdoor walks, patio socials, games, music, and creative activities that celebrate the joy of the season.

June is Seniors Month! On June 4th, we will begin celebrating Seniors Month with a special Photo Booth—a fun opportunity to capture smiles and memories. We will also feature a Seniors Month photo display, showcasing the taken photos that celebrate our wonderful residents and the community we share.

June is also a special time to celebrate Father's Day, as we recognize and honor the fathers, grandfathers, and father figures.

Don't miss our sweet Strawberry Social on June 24th, a perfect chance to enjoy a classic summer treat and socialize with friends.

We encourage all residents to participate, try something new, and continue building friendships within our wonderful community. Wishing everyone a happy, active, and sunshine-filled June!

June Outing Schedule

**Spaces are limited
Please sign-up at front desk**

June 2nd 10am –
Westcliff Mall

June 4th 10am –
Spenser Smith Park

June 9th 10am –
Scenic Drive

June 11th 10am –
University Plaza/Shoppers Drug Mart

June 12th 10am –
Bank Trip

June 16th 10am –
Walmart

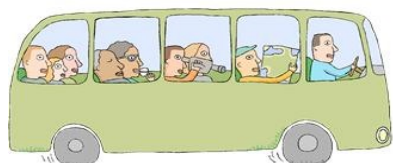
June 18th 11am –
Lunch at the Watering Can

June 23rd 10am –
Shopping at Salvation Army

June 25th 10am –
Grandads Doughnuts & Peir 4

June 26th 1pm –
Flamborough Downs Casino

June 30th 10am –
Scenic Drive



Knitting for Wellwood

Aberdeen Gardens have joined the Wellwood Afghan Program – Knitting squares to show you care! The squares will be sewn together to make afghans to comfort individuals living with cancer. Our goal is to complete 35 squares to make a full afghan. If you would like to participate, please see Sarah – Recreation Manager. Our next gathering is June 11th at 12:30pm in the main lobby. Needles and wool are provided.

The benefits of knitting go beyond booties, blankets, and even friendship. A 2012 Mayo Clinic study found that knitting helps stave off cognitive decline in seniors, and newer research shows it strengthens memory, attention, and motor connections in the brain. Knitting engages multiple neural systems, keeping minds active and efficient. Studies also link it to mindfulness, showing that focused stitching reduces stress and boosts mood.

The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning “ship or head,” to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar’s head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn’t get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous “Portland Penny” remains on display at the Oregon Historical Society Museum.



HAPPY FATHER'S DAY

Fathers Day with Love

Father’s Day in June is a little more subdued than Mother’s Day

Dad’s, although they might seem reserved, still like a kiss with “I love you, Dad” on Father’s Day or any day for that matter. Any time Dad says thank you for anything, say “Thank you, Dad” with a kiss. Just seeing the family makes Dad and Mom happy.

A lot of years have passed since my father passed away, I don’t remember saying “Happy Fathers Day” told him, maybe the odd time. This Father’s Day will be different. I know you are up there among the twinkling stares in the heavens. Happy Father’s Day.
Dad, I love you.

To all the Fathers of Aberdeen, Love to you all.

It’s never too late for love.

- Ken D



Comic Corner by TNT

“my parents decided to save me as an only child, which really upset my other siblings.”

“I was wondering why the frisbee kept getting bigger and bigger, then it hit my face.”

“I was wondering where the sun was. Then it dawned on me.”

What did the broom say to the vacuum?
“I’m getting tired of their pushing us around.”

A women phoned the airline and asked – “How long does it take to fly from Toronto to New York?”
The operator said “just a minute”
The woman said, “Thank you,” and hung up.

Recess Reclaimed



There is a saying that “All we really need to know, we learned in kindergarten.” The founders of Recess at Work Day on June 18 seem to have taken this advice literally. Studies repeatedly show how

recess in elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. “Perseverance and joy in work is lessened and... life is much more laborious,” Brown says. Perhaps more companies need to add recess to their list of employee benefits.