



THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

JUNE 2024

Celebrate Juneteenth

Although President Lincoln's Emancipation Proclamation took effect on Jan. 1, 1863, many slaves, especially in Texas, were not actually free until 2 1/2 years later. "Juneteenth" celebrates the actual ending of slavery when, on June 19, 1865, federal troops arrived in Galveston, Texas, with news that the war was over and slaves were now free. Why the delay?

Several theories exist:

- Some say the messenger assigned to bring word to Texas was killed en route.
- Others believe the news was withheld on purpose by enslavers who needed to maintain a labor force.
- Still others think the federal troops waited for one last cotton harvest.

Despite the questions, one thing is certain: Many rejoiced in jubilation. Today, the federal holiday celebrates African American freedom and encourages respect and self-development for all cultures.



TO ALL OUR AMAZING FATHERS

Thank you to all the men who devoted yourself to your families! All of us at the Courtyards would like to wish you a Happy Father's Day!!

Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our center's dads who've raised generations. We will have a feast fit for a king! We'll supply the meat for the grill; you just bring along the fixings to make the meal complete. Don't miss the fun and fellowship at this Father's Day feast.



COURTYARDS OF ODESSA

JUNE 2024

JUNE BIRTHDAYS

JOAN GIBSON
MARY GROUNDS

Famous People Born in June

- Morgan Freeman- June 1st, 1937
- Marilyn Monroe- June 1st, 1926
- Paul McCartney- June 18th, 1942

Wardrobe Rewind

Swimming pools of old originated one of today's popular warm-weather fashions, the tank top. The casual sleeveless shirts, worn by both women and men, got their design from the top portion of the one-piece bathing suits common during the 1920s. Because pools back then were often called tanks, the top took its name from the place where the suits were worn.

"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult."
—Wilma Rudolph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities Subject to Change						NATIONAL SAY SOMETHING NICE DAY 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Pick a Staff / Pick a Card/ Say Something Nice Welcome to do more than one (Bistro)
2 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	3 NATIONAL DOUGHNUT DAY 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Doughnuts in the Fifty's Room 1:30 Bingo 2:30 Skip- Bo Fun With Friends	4 9:00 Amenti Beauty Academy (Hair Style and Nails) 1:30 Walmart 3:00 Unusual Painting (Courtyard by Bistro)	5 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Dominoes (Bingo Hall) 2:30 Skip- Bo Fun With Friends	6 NATIONAL FISH AND CHIP DAY 9:30 Chair Walking (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	7 NATIONAL CHOCOLATE ICE CREAM DAY 9:30 Hustle for Muscle (exercise) (Bistro) 10:00 Chocolate Ice Cream In the Bistro with Staff 1:30 Nails by St Josephs 2:30 Skip- Bo Fun With Friends	8 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Crafts with Staff
9 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	10 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	11 9:30 Chair Walking (Bistro) 1:30 Trivia (Bingo Hall) 2:30 Skip- Bo Fun With Friends	12 RAGGEDY ANN AND ANDY DAY 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Hawaiian Luau Bingo Room Hosted by St. Joseph's Home Health Care 2:30 Skip- Bo Fun With Friends	13 9:30 Chair Walking (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	14 WORLD BLOOD DONOR DAY 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Craft with Staff	15 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Crafts with Staff
16 HAPPY FATHER'S DAY 9:30 Chair Walking (Bistro) 10:30 Fishing in the Courtyard 1:30 Father's Day Cookies and Dominoes	17 NATIONAL APPLE STRUDEL DAY 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	18 9:30 Chair Walking (Bistro) 10:00 Coffee Bar Hosted by Home Care Plus 11:00 Texas Burger for Lunch 1:30 Lemonade on the Patio 2:30 Skip- Bo Fun With Friends	19 Juneteenth 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Come Join Us for Some Delicious Watermelon Juneteenth Celebration	20 FIRST DAY OF SUMMER 9:30 Chair Walking (Bistro) 1:30 Bingo 1:30 Snow Cone Fun 2:30 Wheelchair Wash with Angels of Hospice	21 9:30 Hustle for Muscle (exercise) (Bistro) 1:30 Bingo with St Josephs 2:30 Skip- Bo Fun With Friends	22 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Crafts with Staff
23 9:30 Chair Walking (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	24 9:30 Hustle for Muscle (exercise) (Bistro) 12:00 Theatre Movie and Time to be determined 1:30 Bingo 2:30 Skip- Bo Fun With Friends	25 HAPPY BIRTHDAY JOAN G and MARY G 9:30 Chair Walking (Bistro) 1:30 Yahtzee (Bingo Hall) 2:30 Skip- Bo Fun With Friends 3:00 Market Street	26 9:30 Hustle for Muscle (exercise) (Bistro) 10:30 Church with Mark (Gentiva) 1:30 Kitchen Fun 2:30 Skip- Bo Fun With Friends	27 9:30 Chair Walking (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends	28 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Crafts with Staff	29 9:30 Hustle for Muscle (exercise) (Bistro) 2:30 Skip- Bo Fun With Friends 3:00 Crafts with Staff
30 9:30 Chair Walking (Bistro) 1:30 Bingo 2:30 Skip- Bo Fun With Friends						



Be Careful in Summer Heat

Sunlight is vital to our health, providing energy, vitamin D and serotonin, but it can also come with some damaging effects. Spending too much time or doing strenuous activities under the sun can lead to heat-related illness.

Dehydration. Heat causes the body to lose fluids quickly, and if you lose too much, you're at risk of dehydration. You may start feeling dizzy or tired or have a headache. Before you feel thirsty, make sure to drink water or an electrolyte-rich sports drink to stay hydrated.

Hyponatremia. Also known as water intoxication, this condition can occur when you rehydrate with only water and forgo the sodium lost while sweating. Hyponatremia has similar symptoms to dehydration, as well as loss of appetite, cramps and irritability. Drink electrolytes, or seek medical attention if confusion presents.

Heat exhaustion. Dehydration plus prolonged heat exposure can equal heat exhaustion. Some symptoms include a body temperature between 98.6 and 104 degrees Fahrenheit, headache, dizziness, sweating, nausea and weakness. Immediately move to a cool place, use cold compresses and hydrate. If symptoms don't improve within 15 minutes, seek medical attention.

Heatstroke. Heatstroke can follow heat exhaustion or it may come on suddenly. It can cause damage to major organs—such as the heart, kidneys and brain—if left untreated. If your body temp is above 104 degrees Fahrenheit, you feel hot but aren't sweaty, are struggling to breathe or are experiencing confusion after being in the heat, seek medical attention immediately. Move to a cooler place and obtain a cold compress in the meantime.

Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe. "What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?!"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

Q: Why did the teacher dive into the lake?

A: She wanted to test the water.

Q: What did the tide pool say to the other tide pool?

A: Show me your mussels.

Q: What keeps a dock floating above water?

A: Pier pressure.

Q: Why is the ocean always on time?

A: It likes to stay current.