

The Inn at Fairview Memory Care

203 Lowell Road • Hudson, NH 03051 • (603) 816-0070

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.



Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance. Lemony smells also made people feel better and more motivated and alert.



June 2025



Memorable Melody: 'Catch a Wave'

"Don't be afraid to try the greatest sport around," urge The Beach Boys in their 1963 ode to surfing, "Catch a Wave," written by bandmates Mike Love and Brian Wilson. The tune debuted on the 1963 album "Surfer Girl." The song didn't chart for The Beach Boys, but a re-written version—"Sidewalk Surfing"—hit No. 25 for Jan and Dean.



A Day for Dads

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.



June 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| <div>1</div> <div>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Fishing Game 6:00 Name That Tune</div> | <div>2</div> <div>“You’re a Grand Old Flag” Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Grand Old Flag puzzle 2:00 Crafts Corner - Flag 3:00 Words in a Word 6:00 Sing-Along</div> | <div>3</div> <div>10:00 Movin’ & Groovin’ 10:30 Current Events 1:00 Horoscopes 2:00 Let’s talk about the First Spacewalk 3:00 Space Trivia 6:00 Singers of Yesterday</div> | <div>4</div> <div>National Flip-Flop Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Ring toss 2:00 Country Music with Jackie Lee 3:00 Flip-flop craft 6:00 Manicures</div> | <div>5</div> <div>10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Reminiscing Group 3:00 Balloon Toss 6:00 Trivia</div> | <div>6</div> <div>Doughnut Day 10:00 Movin’ & Groovin’ 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Andy Ross 3:00 Snack corner - Doughnut 6:00 Friday Night Flick</div> | <div>7</div> <div>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Entertainment with Bob Rutherford 3:00 Trivia 6:00 Crafts</div> |
| <div>8</div> <div>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Balloon Volleyball 6:00 Name That Tune</div> | <div>9</div> <div>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Amazing baseball puzzles 2:00 Let’s play baseball 3:00 Words in a Word 6:00 Sing-Along</div> | <div>10</div> <div>Iced Tea Day 10:00 Movin’ & Groovin’ 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Horoscopes 2:00 Painting with Leister 3:00 Let’s share some iced tea 6:00 Singers of Yesterday</div> | <div>11</div> <div>Strawberry Moon Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Strawberry moon facts 2:00 Entertainment with The Rockoholics 3:00 Snack corner - Strawberries and cream 6:00 Manicures</div> | <div>12</div> <div>10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Entertainment with Peter Previte 3:00 Golf 6:00 Trivia</div> | <div>13</div> <div>10:00 Movin’ & Groovin’ 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Ice cream sundae bar 3:00 Armchair travel - Roller Coaster 6:00 Friday Night Flick</div> | <div>14</div> <div>Flag Day! 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Flag Day Poems & craft 6:00 The Lawrence Welk Show</div> |
| <div>15</div> <div>Father’s Day! 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Name that tool 2:00 Bacon, Brews and Blues Father’s Day Event! 3:00 Wood Crafting 6:00 Name That Tune</div> | <div>16</div> <div>A Cracker Jack of a Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Words in a Word 2:00 Honky Tonk Piano with Gary 3:00 Let’s have some Cracker Jack 6:00 Sing-Along</div> | <div>17</div> <div>Nursing Assistants Day 10:00 Movin’ & Groovin’ 10:30 Current Events 1:00 Horoscopes 2:00 Entertainment with Brian Henderson 3:00 Thank you craft 6:00 Singers of Yesterday</div> | <div>18</div> <div>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Pool Noodle fun 2:00 Entertainment with Chris Brunelle 3:00 Let’s make French fries 6:00 Manicures</div> | <div>19</div> <div>Juneteenth 10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Sing along with Bob Desmarais 3:00 Balloon Toss 6:00 Trivia</div> | <div>20</div> <div>First Day of Summer! 10:00 Movin’ & Groovin’ 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Country Music with Tim Barrett 3:00 Ice cream soda tasting party 6:00 Friday Night Flick</div> | <div>21</div> <div>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Did you know? 6:00 Crafts</div> |
| <div>22</div> <div>New Hampshire’s Day 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Then and Now 6:00 Name That Tune</div> | <div>23</div> <div>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Did you know? 1:30 Irish Music with Kevin Farley 3:00 Words in a Word 6:00 Sing-Along</div> | <div>24</div> <div>“O Canada” Day 10:00 Movin’ & Groovin’ 10:30 Current Events 1:00 Horoscopes 2:00 Entertainment with Lin Darcy 3:00 History of Canada 6:00 Singers of Yesterday</div> | <div>25</div> <div>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Balloon Toss 2:00 Rainbow Bingo 3:00 Jeopardy 6:00 Manicures</div> | <div>26</div> <div>10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Sing Along with Bob Baker 3:00 Jeopardy 6:00 Trivia</div> | <div>27</div> <div>10:00 Movin’ & Groovin’ 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Crafts Corner - tree 3:00 Parachute Fun 6:00 Friday Night Flick</div> | <div>28</div> <div>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Balloon Volleyball 6:00 The Lawrence Welk Show</div> |
| <div>29</div> <div>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Armchair travel - tropical getaway 6:00 Name That Tune</div> | <div>30</div> <div>Gone Fishin’ Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Freshwater Fishing Trivia 2:00 Sing along with Amy 3:00 Fishing Puzzles 6:00 Sing-Along</div> | <div></div> <div>Happy Birthday!<ul style="list-style-type: none">Joan F - 6/11Terry - 6/12Barbie - 6/16Linda - 6/21</div> | <div></div> <div></div> | | | |

Resident Spotlight: Barry Reeves



1. Where would you like to travel to?
"I'd like to travel back to Brussels, Belgium."
2. Where is your hometown?
"I am from Kirkwood, Missouri."
3. What do you like to do in your spare time?
"I like to go on walks outside when the weather is nice."
4. What is your greatest accomplishment?
"Staying alive all these years, I'm 90 years old."
5. What did you enjoy most about your career?
"I loved being creative while working as an Aerospace engineer."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Facts: I built my sailboat by hand.

"This Month In History"

JUNE

1789: James Madison proposes the Bill of Rights, leading to the Constitution's first 10 amendments.

1865: Union General Granger reaches Galveston, Texas, one of the last holdouts of slavery, and enforces the Emancipation Proclamation for enslaved people there.

1919: The Treaty of Versailles is signed in France, signaling the official end of World War I.

1947: Pilot Kenneth Arnold reports flashes of light and nine incredibly speedy "saucer-like" UFOs whizzing over Mount Rainier, Wash., leading to the common term "flying saucers."

1956: President Eisenhower signs a bill funding interstate highway building, making it the largest American public works program.

1960: Alfred Hitchcock's infamous "Psycho" hits movie theaters and makes moviegoers fear showers for generations to come.

1975: Broadway hit "Chicago" premieres, going on to earn 10 nominations at the 1976 Tony Awards. The 2002 film won six Academy Awards, including Best Picture.

1978: Garfield, Jim Davis' classic comic feline, makes his national debut.

1980: CNN, the first 24-hour news service, starts airing June 1.

1997: J.K. Rowling publishes the first book in her bestselling series "Harry Potter."

2002: "American Idol" premieres on Fox, featuring first winner Kelly Clarkson.