

PARK MANOR OF CONROE

WORLD DAY OF MUSIC: JUNE 21



World Day of Music, observed on June 21, celebrates the universal language of music. Originating in France in 1982 as *Fête de la Musique*, this day has grown into a worldwide sensation, embracing the diverse musical traditions of cultures around the globe.

Musicians come together from various backgrounds, generations, and cultures, and showcase their talents with numerous songs and musical genres. World Day of Music also encourages innovation, experimentation, and creativity in music-making. Need ideas on

how to celebrate? Here are a few to spark musical moments:

Live Performances: Attend a live performance from a volunteer musician, or at a local music event near you. Go see an artist you haven't seen or heard of before to broaden your musical horizons.

Music-themed Movies: Enjoy a musical movie every afternoon for a week! Include recent favorites, like *Sing* or *Chicago*, or classics like *Mary Poppins*, *Singing in the Rain*, or *The Wizard of Oz*. It might even turn into a fun sing-along!

Music Trivia Night: Organize a music trivia night featuring

questions about famous bands and musicians throughout history.

Group Playlist: Ask friends and family of all generations to each add one to two of their favorite songs to a playlist on your phone or tablet. Enjoy the variety of tunes and have fun discovering new songs and artists.

Intergenerational Music Activities: Did you play a musical instrument in your youth? Do you know how to read music? Share this talent with your grandchildren or local youth groups. Show them how to play scales, a simple song, or how to read sheet music.



Special Events

Fri/June 6th



2-3:30 pm
Friday Afternoon
Ice Cream Social
with our own music.

Thurs/June 12th



10-11 am
Special Musical
Entertainment by
The Second Baptist
Church Ukulele Band

Fri/June 13th



2:30-3:30 pm
Father's Day
Celebration
with musical
entertainment by
Mike Casey

Tues/June 17th



10-11 am –
Special Musical
Entertainment by
The By The Book
Gospel Quartet.

Thurs/June 19th



8 am-5 pm – Naskila
Gaming Casino
Trip – We have very
limited seating.
Please let the Activity
Department know as
soon as possible if you
wish to participate.

Fri/June 20th



2-3:30 pm – Happy
Hour with our own
music, margaritas,
beer, chips & salsa.

Thur/June 26th



6:30-7:30 pm
Wine & Music on
the Front Porch

Fri/June 27th



2:30-3:30 pm – Friday
Social with Special
Musical Entertainment
by Mike Faltin –
The Piano Man.
Refreshments to
be served.

National Men's Health Week June 9 – 15

National Men's Health Week is a great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits.** Here are some healthy tips for men:

- **Treat yourself to healthy, well-balanced portioned meals**
- **Visit the dermatologist to check your skin**
- **Prioritize setting a sleep schedule**
- **Schedule a check-up and cleaning with your dentist**
- **Visit a chiropractor to have your spine checked**
- **Enjoy leisure activities, such as fishing, bowling, watching sports or movies, reading, or gardening**
- **Quit smoking**
- **Laugh everyday**
- **Be kind to yourself by not comparing yourself to others**
- **Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests**
- **Visit an ENT to get your hearing checked**
- **Strive for 30 minutes of exercise daily**



NATIONAL CANCER SURVIVORS DAY

is a global celebration of life held each year on the first Sunday in June.





DID YOU KNOW THERE ARE TWO DOUGHNUT HOLIDAYS EACH YEAR?

That's right— twice the excuse to indulge! The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave "doughnut lassies"—women who fried up doughnuts in service helmets and served them to soldiers during World War I.** Years later, a new generation of morale-boosting women, known as the American Red Cross "Doughnut Dollies," continued the tradition by supporting troops during Vietnam.

Over time, "doughnut" has often been shortened to "donut," thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin'. And let's be honest—whether you're calling it a doughnut or a donut, we can all agree they're delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouthwatering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there's a donut out there for you.**



HAPPY BIRTHDAY

| | |
|-------------|------|
| Herbert N. | 6/01 |
| Betty A. | 6/07 |
| Peggy W. | 6/07 |
| Steven F. | 6/11 |
| Nancy S. | 6/13 |
| Mary S. | 6/15 |
| Joseph G. | 6/19 |
| Beverly F. | 6/22 |
| Kathleen C. | 6/25 |
| Betty G. | 6/28 |

HAPPY FATHER'S DAY: JUNE 15

Be sure to take a moment on Sunday, June 15 to honor dads, foster fathers, grandfathers, uncles and the other important male role models in your life. Let him know how much he means to you by calling, texting, or visiting. Take him to dinner, nine holes of golf, fishing, or to a movie and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day.





1600 GRAND LAKE DRIVE
CONROE, TX 77304

Admissions: 936.441.8266

info@parkmanor-conroe.com

parkmanor-conroe.com



PARK MANOR OF CONROE ADMINISTRATIVE STAFF

Crystal Quintero

ADMINISTRATOR

Charity Reece, RN

DIRECTOR OF NURSING

Beth Mayhew

ASSISTANT DIRECTOR OF NURSING

Ashley Colbert, LVN

ASSISTANT DIRECTOR OF NURSING

Kenlee Garcelon

BUSINESS OFFICE MANAGER

Michelle Beier

ASSISTANT BUSINESS OFFICE MANAGER

Melanie Williams

BUSINESS DEVELOPMENT DIRECTOR

Brandie Gilchrist

ADMISSIONS DIRECTOR

Melissa Blane, LBSW

SOCIAL SERVICES DIRECTOR

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PPS DIRECTOR

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UNIT MANAGER

Derk Grant, LVN

WOUNDS CARE NURSE &
INFECTION PREVENTIONIST

Kim Morgan

INTERIM NUTRITIONAL SERVICES DIR.

Mike Buhain

STAFFING COORDINATOR

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HOUSEKEEPING & LAUNDRY MANAGER

Nicole Elsevier

DIRECTOR OF TALENT & LEARNING

Allean Johnson

CONCIERGE



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



WORD LIST

DONUT
FATHER
FREEDOM
GRANDPA
HEALTH
HYDRATION
MEN
MUSIC
NICE
NOTES
SELFIE
SONGS
SURVIVOR
WATER
YOGA