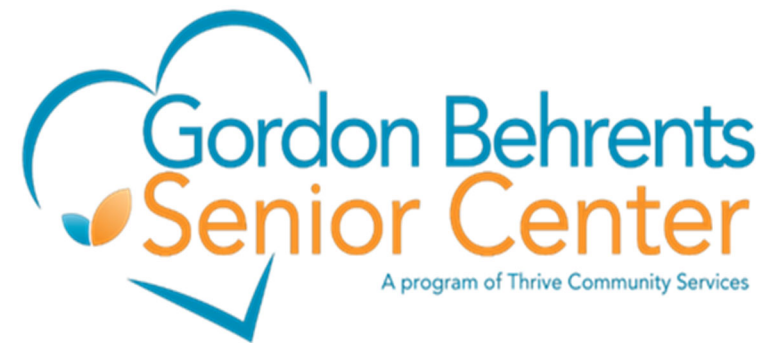
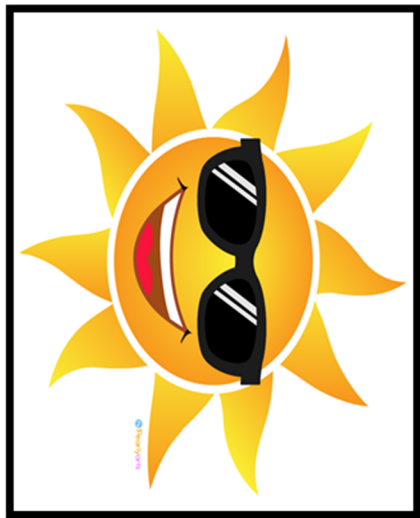


2024



Gordon Behrents Senior Center
2015 Windish Dr.
Galesburg, IL 61401



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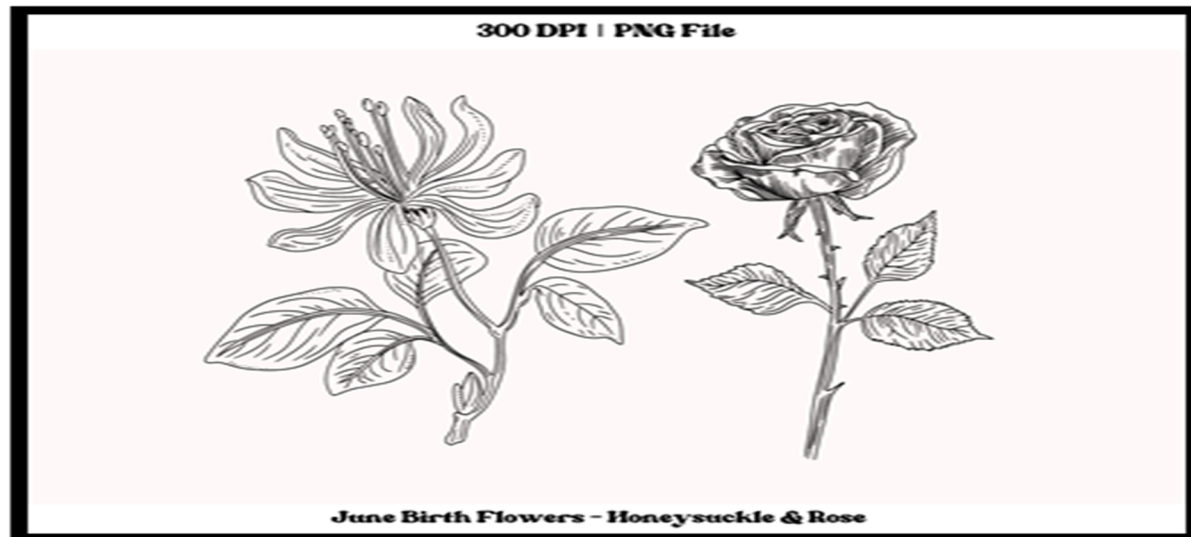


June 16th



Bettie T.- 6/7

Mildred K. 6/23



Your Staff
Jackie Jennings, RN
Director
Amber Senner, LPN
Assistant Director
Sherrell Wallace
Program Aide/Driver
Teresa Parrish
Program Aide/Driver
Ellen Gass
Program Aide/Driver
Leslie Collopy
Program Aide/Driver



What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...
- Unknown -*



FATHER'S DAY

WORD SEARCH PUZZLE

BEST	T	Y	N	F	R	E	T	A	R	B	E	L	E	C	V
BRAVE	V	D	T	O	E	R	U	T	R	U	N	Y	H	O	P
BREAKFAST	G	N	I	R	A	C	L	O	P	U	O	I	Q	A	S
CARD	T	T	I	O	L	S	N	O	L	J	L	V	P	C	T
CARING	T	F	Y	I	R	O	V	B	V	D	O	A	L	L	R
CELEBRATE	G	C	I	L	H	E	H	R	R	E	F	K	K	Y	O
CHILDREN	E	E	E	G	I	O	H	E	V	A	L	U	E	S	N
DADDY	V	G	B	P	L	M	N	A	V	S	W	P	N	S	G
FAMILY	A	S	I	I	S	I	A	K	F	B	R	G	B	Y	L
FATHER	R	T	D	H	C	E	H	F	R	L	E	R	C	G	A
FRIEND	B	A	N	A	P	A	R	A	I	E	H	A	O	S	I
FUN	Y	R	R	E	P	R	E	S	E	N	T	N	L	L	C
GIFT	T	D	T	P	R	V	O	T	N	D	A	D	D	Y	E
GRANDPA	D	L	Y	B	U	A	K	U	D	H	F	P	B	O	P
HAPPY	E	B	B	E	S	T	P	E	D	G	R	A	P	C	S
HERO															
HOLIDAY															
HONOR															
JOKES															
LOVE															
NURTURE															
PAPA															
PARENT															
PRESENT															
PROUD															
RESPECT															
SPECIAL															
STRONG															
VALUES															

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Participant of the Month



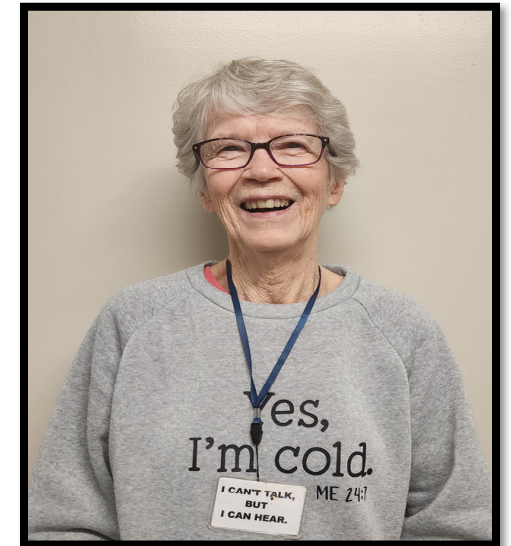
Linda was born in Fairfield, IA. and raised in Southeastern Iowa.

She is the youngest of 10 children.

Linda married the love of her life Chuck in 1962. They are going to celebrate their 62nd anniversary in July. They have 2 daughters, 7 grandchildren and 11 great grandchildren.

Linda and her husband ran a screen printing business for 20 years before she went to school at 62 years old to become a respiratory therapist.

Linda enjoys reading, sewing and gardening in her free time. Her favorite meal is shrimp, fries and beer.



Linda stated that she loves coming to GBSC for the socialization. She says everyone here is friendly and helpful. Also the exercises and trivia are very fun.



Coke Float Popsicles

lovethispic.com

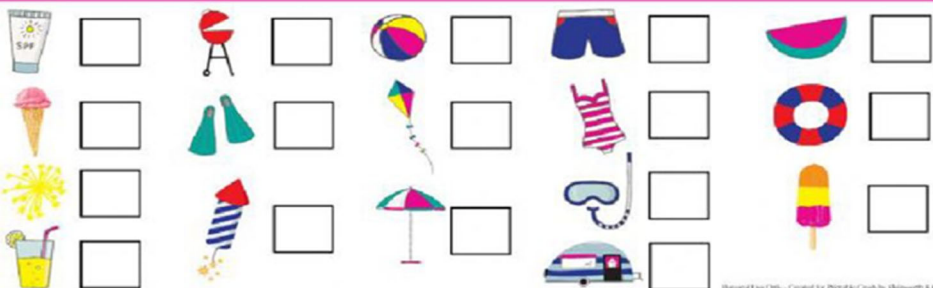
Ingredients

- 1 can coke (you'll want to pour this out of the can first to get rid of some of the fizz)
- ½ cup milk
- 1 tbsp maple syrup
- ¼ tsp vanilla extract
- 1 dash salt

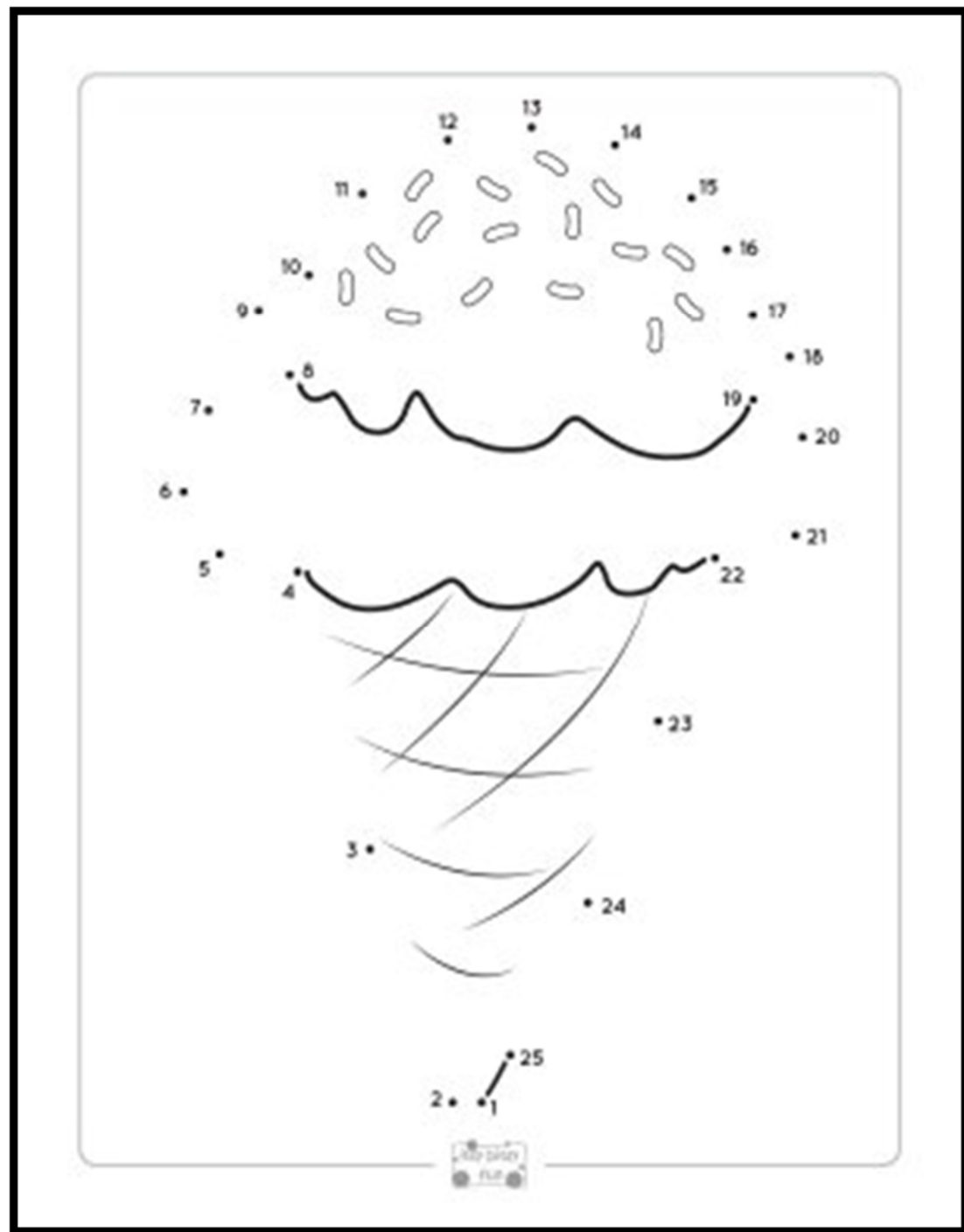
Instructions

- Fill your popsicle mold a third of the way with coke and freeze until the coke is mostly solid.
- In a small bowl, combine milk, maple syrup, vanilla extract and dash of salt.
- Pour the milk mixture another third of the way into the popsicle mold and also freeze until it is mostly solid.
- Fill the rest of the popsicle mold with coke and freeze until completely frozen and enjoy!

lovethispic.com



Printed for Kids - Created by PopsicleCandy by @lovethispic.com



Name: _____ Date: _____

Summer Scramble

Unscramble the letters to make a word about Summer.



- ecabh _____
- nsu _____
- clpinc _____
- oopl _____
- slwmingn _____
- sucsnren _____
- aticarno _____
- unbrnu _____
- on shcolo _____
- artmwenloe _____
- t4h fo yul3 _____
- nu3e _____




Senior Health Benefits Of Gardening

THE HEALTH BENEFITS OF GARDENING

Stress Relief



Gardening can help reduce the level of stress hormone Cortisol

Immunity Booster



Direct exposure to dirt and plants can help boost your immune system

Work Out



3 hours of moderate gardening could equal a 1 hour gym session

Bacteria Friends



Soil contains a natural antidepressant that can make us happier

Green Diet



Those who grow veggies are more conscious about having a healthy diet

Brain Health



One study revealed that daily gardening can reduce risk of dementia by 30%

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ORGANICLESSON.COM The Savvy Age

ndk.dns.nh.gov/pubmed/20522908
ncln.nh.gov/pubmed/16071827
colorado.com
horizon.com

BEAT THE HEAT

TIPS FOR STAYING COOL, AND SAFE, ALL SUMMER

AT HOME



Make sure your house is properly insulated, or else cool air will escape.



If no A/C, use a ceiling fan and apply reflective films to your windows. They greatly reduce the infrared energy coming in.



Purchase white drapes, which reflect heat away from the home.



Try cooking outdoors when possible. Cooking indoors quickly heats the home.

IN THE CAR



Under the hood, periodically flush your cooling system and replace coolant.



DO NOT leave children or pets unattended.



If you're unsure if your A/C is in top shape, you may need to get your refrigerant level checked



Keep an emergency kit in your vehicle, with water included.

ON THE GO



Wear light materials like linen and light cotton. Don't wear black because it absorbs heat.



Even if you don't feel thirsty, drink water.



Apply sunscreen before going outdoors.



Run early in the morning when the sun is at its weakest. Or exercise indoors instead.



Wear wide brimmed hats. What they lack in fashion, they make up for in protection.

GENERAL TIPS



Heat stroke most commonly occurs when your body temperature is 103 degrees or higher. If a heat stroke does occur, call 911 immediately.



If you have a sunburn, stay out of the sun until it heals. Or else you risk a worse burn and blisters.



Recognize the signs of heat exhaustion, dehydration and heat stroke in yourself and others. If you are unsure whether or not someone is in need, do not hesitate to seek medical help.

Sources:
www.cdc.gov/disasters/extremeheat/warning.html
exchange.aaa.com/car-care/repair-maintenance/seasonal-car-maintenance/summer-tips-to-help-your-car/#.WVTSndPyTY

State Farm

The Weather Channel

Flag Day!!!

June 14th

Meaning of the Flag

50 stars stand for 50 states in the United States of America.

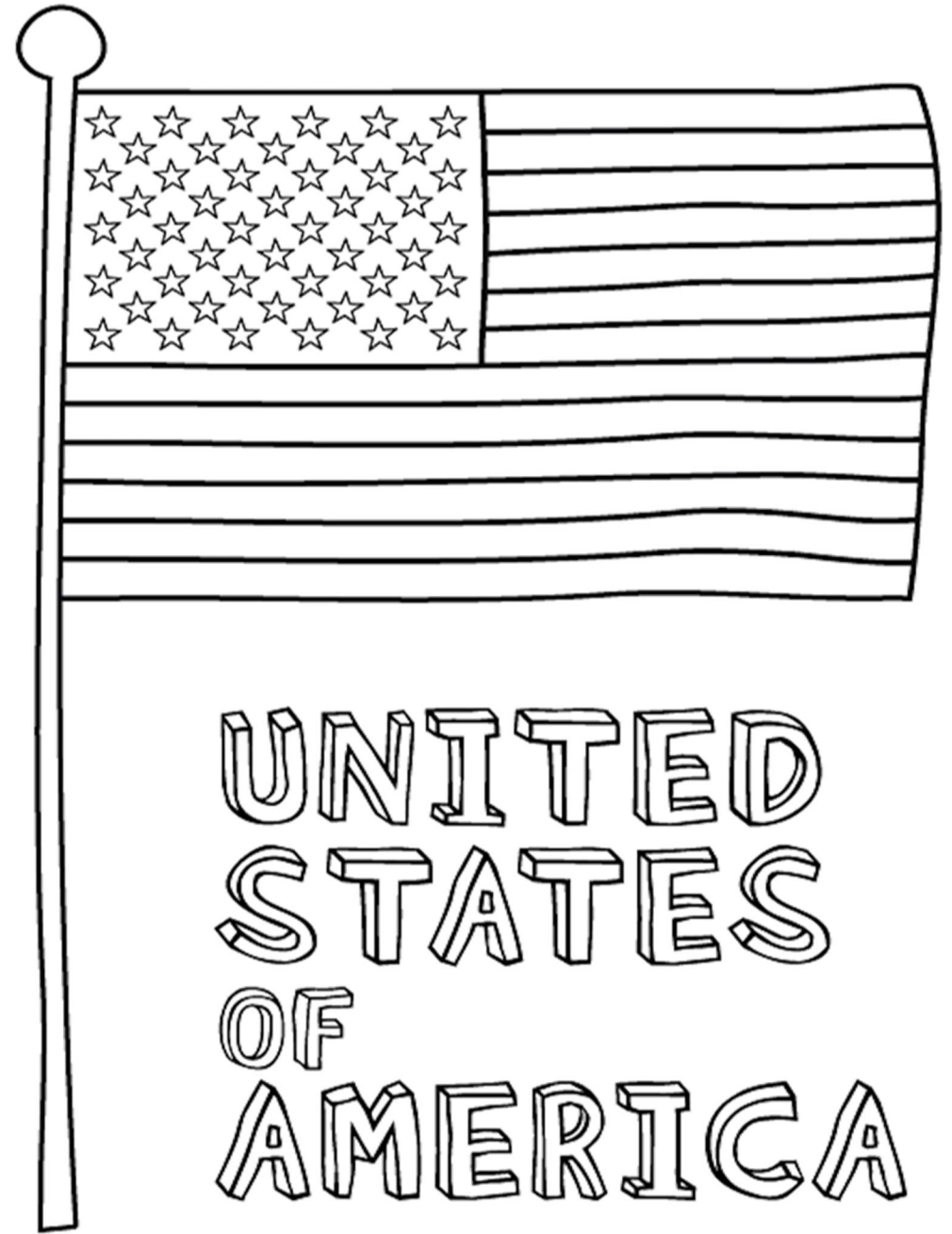
13 stripes stand for the 13 original colonies.

Blue stands for justice and freedom.



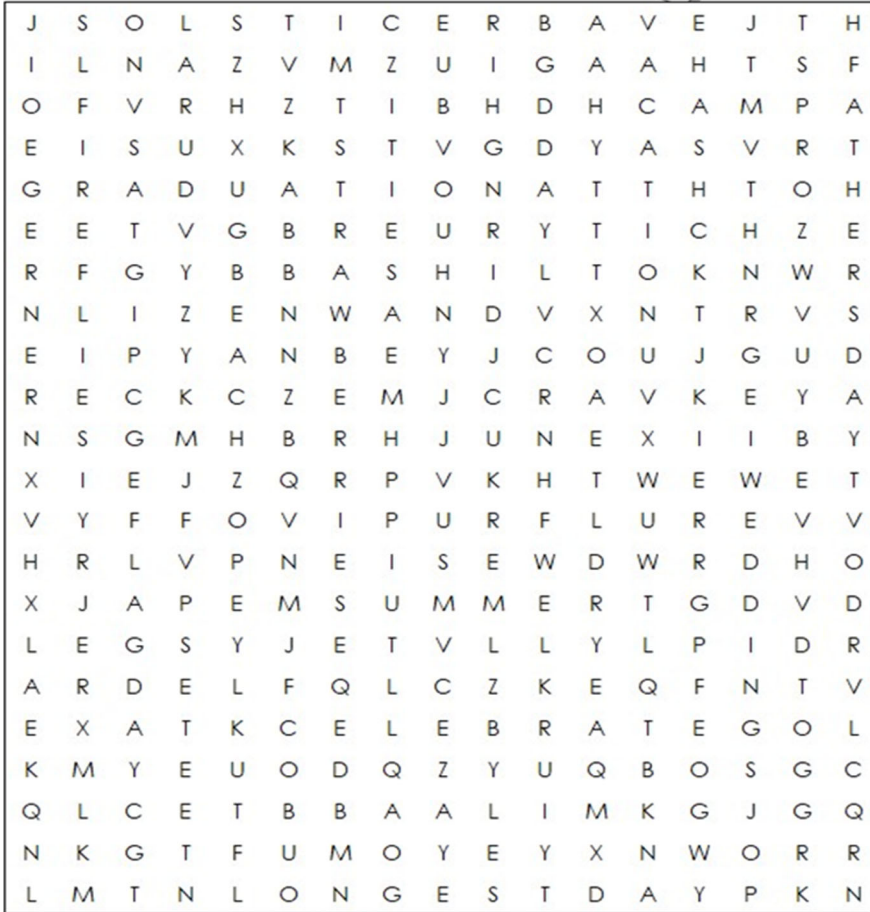
Red stands for courage and bloodshed.

White stands for courage and purity.



Name: _____

June Word Search



JUNE	STRAWBERRIES	SOLSTICE
FATHERS DAY	SUMMER	WEDDINGS
CELEBRATE	VACATION	LONGEST DAY
FIREFLIES	FLAG DAY	BEACH
GRADUATION	CAMP	D DAY



© Monsterwordsearch.com

Cool Off with Banana "Ice Cream"



INGREDIENTS

Four large, overripe bananas

DIRECTIONS

1. Peel bananas, then cut them into small pieces.
2. Place bananas on plate and freeze for two hours.
3. Once frozen, place in blender. Blend until smooth.
4. Add fruit or other favorite toppings.

NUTRITIONAL FACTS (PER SERVING)

Servings: 4
 Calories: 121
 Fat: 0.4g
 Cholesterol: 0mg
 Carbohydrates: 31g
 Sugar: 16.6g
 Fiber: 3.5g

Source: food.com

Approved by Helen Seagle, Clinical
Dietitian Supervisor at Children's Colorado.





June 2024 Activities

Daily Exercises



Mon	Tue	Wed	Thu	Fri
3 Summer hangman Washers	4 Safety meeting Bingo	5 Ellen's program Target practice	6 Pastoral services Ladder ball	7 Closed Staff Day
10 Leslie's program Ladder Ball	11 Yahtzee Fishing	12 Family feud Noodle ball	13 Pastoral Services Conversation Ball	14 5 sec rule Bingo
17 Picnic at the Park Bags	18 Open House Ring toss	19 Trivia Bingo	20 Teresa's program Pastoral Services Kehoe eye care	21 Flip Flop craft Hot potato
24 Fork Dandelions Ladder ball	25 Sherrell's program Target practice	26 People's Choice	27 Pastoral services National Bingo day!!	28 Headbands Golf

GBSC LUNCH MENU JUNE 2024

<p>3 Egg Salad Cold Plate 3oz egg salad Fixings: Lettuce, Tomato, Pickle Onion 1/2 c. Canned Peaches 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>4 Broccoli Chicken Divan 3oz Chicken Tomato Wedges 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>5 Meatloaf - 3oz Mashed Potatoes 1/2 c. & gravy Chef's Choice Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>6 Parmesan Crusted Tilapia - 3oz 5-Way Mixed Vegetables 1/2 c. Fresh Cut Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>7 STAFF DAY-CLOSED</p> 
<p>10 Roast Beef- 3oz Mashed Potatoes 1/2 c.& gravy Sliced Peaches 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>11 Ham Salad Cold Plate - 3oz Fixings: Lettuce, Tomato, Pickle Onion 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>12 Pancakes - 2oz x 2 Sausage Patty 1 oz x 2 Hash Brown Patty 4 oz. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>13 Chicken Nuggets 3-4 oz Broccoli & Cauliflower 1/2 c. w/ cheese sauce Chef's Choice Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>14 Baked Pork Chop 3-4 oz Sweet Potatoes 1/2 c. Applesauce 1/2 c. W/W Bread/Roll 2 oz Skim Milk - 8 oz</p>
<p>17 Hamburger/Cheeseburger 3 oz beef on a Bun 2oz Pickles & Onions Oven Baked Tater Tots 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>18 BBQ Pork Sliders- 3oz on Dinner rolls 2 oz (x2) Potato Salad 1/2 c. Sliced Peaches 1/2 c. Skim Milk - 8 oz</p>	<p>19 Sloppy Joe's - 3oz On a Bun 2 oz Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>20 Fish Sandwich- 3oz On a Bun 2 oz w/cheese, pickles and onions Coleslaw 1/2 c. Canned Pears 1/2 c. Skim Milk - 8 oz</p>	<p>21 Chicken (3 oz) Enchilada Casserole w/sour cream sauce Spanish Rice 1/2 c. Corn & Black Beans 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>
<p>24 Pancakes 2 oz (x 2) Sausage Patty 2 oz (x2) Hash Brown Patty 4 oz Banana Skim Milk - 8 oz</p>	<p>25 Chicken Nuggets - 3oz Potato Salad 1/2 c. Sliced Peaches 1/2 c. W?W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>26 Meatloaf - 3oz Mashed Potatoes 1/2 c. & gravy Chef's Choice Fruit 1/2 c. W/W Bread/Rolls 2 oz Skim Milk - 8 oz</p>	<p>27 Marinated Pork Loin- 3oz Mashed Potatoes 1/2 c. w/gravy Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>28 Lemon Baked Fish- 3oz Broccoli w/Cheese Sauce 1/2 c. Tropical Fruit Salad 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>