



Celebrating June

Flag Day

June 14

Juneteenth

June 19

Father's Day

June 21

Summer Solstice

June 21



Clem T.

June 8

Marti F.

June 12

Duane S.

June 14

Norm B.

June 27

Gary E.

June 29

Welcome June

June invites us to welcome the official start of summer and enjoy the beauty of longer, sunnier days together at Praha Village. As we celebrate Father's Day, we honor the fathers, grandfathers, and special role models who have made a lasting impact in our lives. With the season in full bloom, it's a perfect time to get outside, soak up some sunshine, and connect with friends and neighbors. We look forward to spending this vibrant and joyful month with you!

Marlyn Anderson, Activities Director

Summer Solstice



The Summer Solstice occurs in Minnesota on June 20 between 9:22-9:25 p.m. this year and marks the moment when the Northern Hemisphere is tilted most directly toward the sun. Summer

Solstice is celebrated on calendars globally on June 21. It is the longest day and shortest night of the year. In Minnesota, this means nearly 16 hours of daylight, significantly more than the roughly 8–9 hours experienced during winter. The sun also reaches its highest point in the sky for the year, which results in stronger sunlight and warmer temperatures. While the solstice marks the official start of summer, it's also the point after which daylight hours gradually begin to decrease. Because Minnesota is farther north, the change in daylight is more noticeable here than in many parts of the country, including earlier sunrises and late sunsets that stretch well into the evening.

NEW TIME: Effective June 1, L2BH classes will start at 10:35 a.m. on Monday, Wednesday, and Friday in the Fitness Center.

You've Got Time on Your Hands

Have you ever heard this expression, "**Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present.**" I don't think this expression is telling us to disregard those people, places, and spaces that are important to us from our past. I don't think that it is telling us to deny the promises that we have been ensured of by words of promise and faith. It reminds us that the only day that we can fully live in right now is the present, so let's live a little. I am not saying that we should turn back and place the yoke of bondage to our self-focused lives that turn us in upon ourselves, but instead understand what being set free really means.

For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery. Galatians 5:1 NRSV

Being able to reflect on life and express emotions are for our lives here and now. Our generational go to for life challenges is usually to **completely forget about it, act like nothing has happened, toughen up and move on, never let them see you cry,...** Do any of these strike a chord? Do they bring to the present unresolved issues?

Then why not be creative and live a little:
Meditate, Pray, Read Your Bible, Join a Bible Study, Journal, Talk with a Friend, Join a Support Group, Color, Draw, Paint, Sculpt, Weave, Knit, Work with Wood, Tend a Garden.

All of these activities and many more others are great ways to reflect on your life and express your emotions. The avoidance of life issues or the burying of emotions tend to create space where anxiety and depression grow and keep on growing. Be creative! Live a little. Keep asking yourself, What do I want to do before I grow up?

You've got the present right here in front of you. Look at the time you have left within your hands.

Peace of Christ,
Chaplain Jason

Needles at Large

In 2005, knitter Danielle Landes wanted to shake up the world of knitting. Her idea was to move solitary knitters out of their easy chairs and into public spaces. Her idea grew so popular that soon knitting clubs all over the world began celebrating World Wide Knit in Public Day on the second Saturday in June. Even if you've never picked up a pair of knitting needles, chances are that on June 13 you'll be able to join a friendly group of knitters happy to share their expertise.

The benefits of knitting go beyond booties, blankets, and even friendship. Knitting exercises many different parts of the brain. It keeps brains working quickly and efficiently. The deep focus and satisfaction knitters feel when they work provides a natural antidepressant.

May Moments



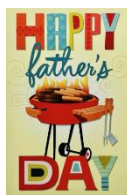
Residents enjoying strawberry trifle & trivia

Outings and Special Events



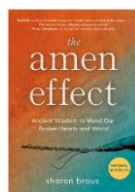
- **Veteran Cafe** All veterans are invited to join for coffee, treats, and conversation on June 2 at 9:30 a.m. in the Bistro. This new event is sponsored by Minnesota Hospice We Honor Veterans program and will occur on the first Tuesday of every month.
- **Grocery Shopping** Sign up to go shopping on Thursday, June 4 to Hy-Vee and Thursday, June 18 to Coborn's. The bus will leave Praha Village at 10:00 a.m.
- **Dairy Queen Treat Social & Live Music** Join us in the Bistro on June 5 at 2:00 p.m. to enjoy a Dilly Bar and listen to music by our very own, Billy Graves, along with The Gospel Boys. You must be signed up to get a Dilly Bar (sign-up ended on May 22). The Dilly Bars were generously donated by Ann Walstrom in loving memory of her parents, Harold and Angie Shimota.
- **Little Six Casino & Restaurant** Sign up to go to Little Six Casino & Restaurant on Wednesday, June 10. The restaurant has a breakfast combo for just \$7.77. The bus will leave Praha Village at 10:30 a.m.
- **Crafty Ladies** Sign up to make a framed button flag on Monday, June 15 at 1:00 p.m. in the Creative Arts Room. Class size is limited to 12 participants for this project.
- **First Class Club Open House** Sign up to attend this seminar presented by First Bank & Trust on Monday, June 22 at 1:00 p.m. in the Community Room. Learn about First Class Club travel and community event opportunities.
- **Baking Social** Sign up to attend on Tuesday, June 23 at 1:00 p.m. in the Community Room as we enjoy no-bake peanut butter pretzel bars.

Father's Day



Join us for a Father's Day Barbecue on June 17 at 11:00 a.m. on the North Patio as we gather to celebrate the men in our lives. Fathers and father figures play an important role in providing guidance, support, and love, and this day is a chance to honor those contributions. You don't have to be a father to join in the fun - this invitation is open to all men who would like to enjoy good food, great company, and a relaxing afternoon together. We hope to see you there!

Joyful Chapters Book Club



Join Pastor Jeanne to share wisdom, wit, and learning on June 30 at 1:15 p.m. in the Family Lounge for a discussion on the book *The Amen Effect: Ancient Wisdom to Mend Our Broken Hearts and Our World*, by Sharon Brous. Sign up at the Front Desk by June 2 to order a copy of the book. The cost is \$5.

June Bingo Update



Tuesday resident-led bingo has been cancelled for the month of June. We are looking for more residents who are willing to help call bingo. If you are interested, please contact Emmy Tikalsky.

RESIDENT-LED BINGO - not listed on your Activities Calendar

Mondays at 2:00 p.m. in the Dining Room
Thursdays at 2:00 p.m. in the Dining Room
Saturdays at 2:00 p.m. in the Dining Room

PRIZE BINGO – FREE to play

Friday, June 26 at 2:00 p.m. in the Dining Room

The Lucky Flip



Heads or tails? 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 celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. Romans would play *navia aut caput*, meaning “ship or head,” to decide matters small and large, even in criminal cases deciding guilt. If the coin 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.

Pub Entry Plan

Two guys were out walking their dogs on a hot day, when they pass by a pub. The first guy says, "Let's go in there for a pint." The second guy says, "They won't let us in with our dogs." The first guy replies, "Sure they will, just follow my lead."

He goes up to the pub, and sure enough the doorman says, "I can't let you in here with that dog." He replies, "Oh, I'm blind and this is my seeing-eye dog." The doorman says, "Ok then, come on in."

The second guy sees this and does the same thing. He goes up to the pub, and the doorman says, "You can't come in here with a dog." He replies, "I'm blind and this is my seeing-eye dog." The doorman responds, "You have a chihuahua for a seeing-eye dog?" The second guy stops for a second, and exclaims, "They gave me a chihuahua?"

Music at Memorial Summer Concert Series



New Prague’s free concert series, Music at Memorial, returns for its fifth season beginning June 17 from 6:30-8:00 p.m. (pre-show starts at 6:00 p.m.) at Memorial Park. Organized by the New Prague Arts Foundation, the series features eight Wednesday evening concerts showcasing a variety of musical styles for the community to enjoy throughout the summer.

If you are interested in attending a concert this summer, there will be a bus outing scheduled for a performance in July – more information to come.

- **June 17 – Eddie Shimota Band** This popular band plays polka and country music.
- **June 24 – Solid Gold.** This band plays popular classic rock songs.
- **July 1 – David K Tribute Shows** This is a new band this year. They do tribute covers of artists such as: Roy Orbison, Elton John, Buddy Holly, etc.
- **July 8 – Wreckless** This popular, local band plays rock, pop, and country music covers.
- **July 15 – Holy Rocka Rollaz** Yet another new band that plays classics exclusively from the 1950s – Elvis Presley, Buddy Holly, Chuck Berry, Johnny Cash, etc.
- **July 22 – Jazz on the Prairie** Eden Prairie’s community big band is returning and plays music from the big band era of the ‘40s.
- **July 29 – Smisek Brothers**
- **August 5 – Little Chicago** The summer concert series ends with local band Little Chicago playing rock and pop horn band songs from the ‘60s and ‘70s.