The joys of summer surround us with golden rays of sunshine. Mother Nature’s gift of warmth brings vibrant blooms, flavorful fruits, and lush vegetables. The buzzing bees and chirping birds have come to life, so close your eyes, take a deep breath and embrace the season.

Wake up early and catch a sunrise. Stroll off the beaten path and explore the beauty of the WindsorMeade campus. The blue skies are smiling, so don a hat and kick back in the shade. Catch a spectacular sunset and follow the fireflies as they light up the night sky. Gaze up to the stars, let your worries drift away and dream of the heavens.

The summer wind is blowing in to mark the sunshine season. Sail into summer, soak up the sun and awaken your soul.

Happy Summer!

~Mark Twain


Marilyn Gray
A Beautiful Question

1. What gift would you give the next generation?

• “Tolerance for people of all ages, gender, races and religions. Also, awareness of, and care for our environment, and finally, hope, kindness and a sense of being worthy & loved.” ~ Shirley Mitchell
• “Speak the truth, do the right thing with spirit and honesty. Teach with kindness and example.” ~ Tommy Mitchell
• “Value our freedom and preserve our Constitution. A clean ocean free of plastics and toxic waste.”
• “1. Knowledge: Learn from history so you don’t repeat the mistakes of the past. 2. Kindness: Pay it forward. 3. Compassion: Celebrate differences and learn to coexist.”
• “Love, friendship, patience.”
• “For the next generation I would give the gift of understanding. Understanding that despite our differences we share a common humanity. Reach out to the differences and learn to understand.”

2. What is the most beautiful sound in the world?

• An open window with a steady rain.
• Children laughing.
• An unexpected phone call and the sound of a family member’s voice.
• The ocean.
• As my husband lay dying in his bed in our apartment, he woke up from his nap and said to me, “Hi, Beautiful.” ~ Hanni Sherman
• The laughter of young children.
• My husband’s snoring! (Because he is still here with me!).” ~ Ann Abel
• I love you!
• The sounds of the voices from my wife and children when returning home from a long sea voyage.
• Hallelujah” – song by Pentatonix
• Birds singing.
• The first cry of a newborn baby. There is new hope for the world.
• Children’s laughter.
• Music – it stirs my soul!
• Your turn.

3. If you could fly anywhere right now, where would it be?

• I would love to fly to my favorite place – Key West. I totally embrace the laid-back attitude and the sense of timelessness. We could all use a little ‘Key West’ in our life right now.” ~ LuAnne
• Heaven
• New Orleans
• To Denver for my grandson’s graduation from high school.
• I would fly to New Zealand where I always felt safe in a crowd.
• To Heaven, to see my wife again.” ~ Karl Goller
• To my children, grandchildren, great-grandchildren’s homes for a visit.” ~ Ann Vitale
• “I would fly to Heaven to see the face of God.”
• To the Hawaiian Islands, especially Maui & Kauai – lush, lovely relaxing & peaceful.”
• Samarkand, Uzbek, on the silk road. Goes back to 8-9th century BC. A place we’ve never visited.”
• “I don’t want to fly anywhere. My flying days are over – thank goodness!”
• “I would fly to Arizona to see my friend who just received notice that she is cancer-free.”

4. What makes you laugh?

• A monkey hanging upside down by his tail eating a banana.
• “Watching my grandbaby do funny things – like put fist in mouth & lick toes.” (15 mos. old)
• “I laugh when I talk to old school friends, old neighbors & family. We talk about old times.”
• “Me.” “When my errant finger on the computer keyboard adds an extra ‘J’ or ‘R’ to a word I’m typing! Or when I try to pull on a pair of slacks and my little toe always gets caught in the seam of the cuff. Go figure!” ~ D.B.
• “Our children.”
• “Some really good jokes. 2. Watching a toddler learning to walk. 3. Many of my ‘faux pas.’” ~ Laurie Krebs
• “Seeing the antics of our great-grandchildren.”
• “Not sure what makes me laugh, but seeing the same question for you…what is the most beautiful sound in the world?”
• “To Heaven to see the face of God.”
• To the Hawaiian Islands, especially Maui & Kauai – lush, lovely relaxing & peaceful.”
• Samarkand, Uzbek, on the silk road. Goes back to 8-9th century BC. A place we’ve never visited.”
• “I don’t want to fly anywhere. My flying days are over – thank goodness!”
• “I would fly to Arizona to see my friend who just received notice that she is cancer-free.”

*Thank you for taking the time to participate! ~ Holly

Residents’ Beautiful Questions

• How has my life impacted the lives of those generations to follow?
• Who or what has been the most supportive person or group to give you hope?
• What smell reminds you of home?
• What is your favorite piece of classical music?
• What is the most beautiful taste?
• What is the most beautiful thing that ever happened to you in your life?
• The same question for you…what is the most beautiful sound in the world?
• How do beautiful flowers make us appreciate, feel so hopeful that “this too shall pass”?
• What is the most beautiful time of day?
• What is or has been the most important thing in your life?
• What makes you feel relaxed and calm?
• What is your favorite quote?
• Am I ever really going to see my wife again?
• What is one of your fondest childhood memories?
• Where do you find peace & relaxation without travel involved?
• What is the most beautiful place you have visited?
• What keeps you in a positive frame of mind?
• What is a favorite childhood memory?
• What makes you hungry?
• What is your favorite color and why?
• What makes you happy, besides family?
• What one thing have you learned during the pandemic?
• What makes you happy?
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- Compliment three people every day.
- "Don't count the days, make the days count."
- Be the first to say, "Hello."
- Live beneath your means.
- Treat everyone like you want to be treated.
- Never give up on anybody. Miracles happen.

- "For we walk by faith, not by sight."
- "Gracious words are like honey, sweet to the soul and healthy for the body."
- Be kinder than necessary.
- Don't forget, a person's greatest emotional need is to feel appreciated.
- Be tough-minded but kindhearted.
- "There is no shame in fear, my father told me, what matters is how we face it."
- Never deprive someone of hope. It may be all he has.

| 7      | 8      | 9       | 10       | 11       | 12      | 13       |

- "In the middle of every difficulty lies opportunity."
- "Life is a succession of lessons which must be lived to be understood."
- Keep your promises.
- Learn to show cheerfulness, even when you don't feel like it.
- Remember that overnight success usually takes about 15 years.
- Leave everything better than you found it.
- Remember that winners do what losers don't want to do.
- Never deprive someone of hope. It may be all he has.

| 14     | 15     | 16      | 17       | 18       | 19      | 20       |

- "Life is a succession of lessons which must be lived to be understood."
- "Life is a succession of lessons which must be lived to be understood."
- Never waste an opportunity to tell someone you love them.
- Watch a sunrise at least once a year.
- "Don't count the days, make the days count."
- "There is no shame in fear, my father told me, what matters is how we face it."
- Never deprive someone of hope. It may be all he has.

| 21     | 22     | 23      | 24       | 25       | 26      | 27       |

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| 28     | 29     | 30      | 31       | 32       | 33      | 34       |

- "For we walk by faith, not by sight."
- "Do what you can, when you can, with what you have."
- Take what you have and use it to create what you want.
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<td>Touchtown can be viewed on Channel 1960.</td>
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<td>Health Pro Services #941-4639</td>
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Hawaiian Hullabaloo • June 1-6
Aloha! You may not be able to visit Hawaii, but that doesn’t mean the spirit of the islands can’t find its way to you. The first week of June will be full of festive summer fun delivered right to your doorstep! Our WindsorMeade residents are TIKI-RIFFIC so we want to say MAHALO for all that you do.

National Donut Day • Friday, June 5, 2020
"Donut Day" was established in 1938. Each year, it falls on the first Friday of June. The origins of this sweet day are traced to The Salvation Army’s involvement in WWI. During this time, a group of volunteers were dispatched to the frontlines with the mission of providing comforting meals for the troops. They soon found out that donuts were an effective way to provide food while navigating the difficulties of cooking in very dire circumstances. These brave volunteers, later known as “donut lassies”, used war helmets as a utensil to fry up seven donuts at a time! In 1938 “Donut Day” was established. All WM residents will be treated to a Duck donut on June 5th.

Sports Week • June 7-13
Summer and sports go hand in hand! Whether it is watching baseball, football, golf, tennis, tv sports or playing a game of bocce or cornhole on the WM campus, sports can bring much joy. WindsorMeade will celebrate sports this week. Contribute to the fun by wearing your favorite team hat or jersey.

Patriotic Week • June 14-20
Celebrate America’s birth with Patriotic Week! Flag Day falls on Sunday, June 14 and sets the mood for this week’s theme. This week we say “thank you” to all of America’s veterans, to let them know that we appreciate them for their service and honor them for their sacrifices. Wear red, white and blue and celebrate WindsorMeade’s veterans for keeping this Nation “the land of the free and the home of the brave.” The WM community is fortunate to have so many veterans from the various branches of service. We also honor the many heroes who have worked tirelessly through this pandemic to help keep America strong.

Summer Week • June 21-27
Summer officially begins Saturday, June 20. Summer days are longer, warmer and are filled with Mother Nature’s beauty. To celebrate, WindsorMeade will kick off this summer season with a sizzling good time!

Western Days • June 28-30
The Wild Wild West rides into WindsorMeade the last week of June. Hold onto the reins, and get ready to enjoy some Western American fun. YEEHA!

"When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."
~ Mark Twain

A Father is
NEITHER AN ANCHOR TO HOLD US BACK NOR A SAIL TO TAKE US THERE BUT A GUIDING LIGHT WHOSE LOVE SHOWS US THE WAY
Newly Renovated Fitness Center

June is an exciting time for the recently renovated Fitness Center! Soon, our state-of-the-art machinery will arrive, finishing touches will be complete and the pool and spa will be available. As we anxiously await the opening of our new fitness center it’s important to set our expectations. Due to Covid-19, our opening will be more like a slow release than a big bang.

The Fitness Team (Meg & Kathy) will contact resident members and schedule onboarding appointments for the new machines in mid-June. The Fitness Center, pool and spa will be open during staffed hours to ensure safe cleaning standards. Safety measures will be in place, such as masks, taking temperatures, physical distancing, and detailed cleaning. Covid restrictions limit the fitness center to two residents at a time. Since we need to onboard all resident members, the 2-person limit will consist of onboarding/fitness assessment appointments.

The pool will be open during staffed hours and limited to three residents at a time. We hope to lift limitations, increase available hours, open the locker rooms, and continue group classes.

The Fitness Team is excited to usher in a new phase of health and fitness at WindsorMeade. We may be forced to start slowly, but we are going to experience great gains as we stay the course!

The Fitness Center staff hours will be M-F 8:00 am-3:00 pm.
*Please Note: All plans are subject to change.

10 Most Popular Father’s Day Sayings

1. By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong. ~ Charles Wadsworth
2. Any man can help create a child, but it takes a real man to love, cherish, and raise that child. ~ Author Unknown
3. A father is a son’s first hero and a daughter’s first love. ~ Author Unknown
4. A father doesn’t tell you that he loves you. He shows you. ~ Author Unknown
5. It is easier for a father to have children than for children to have a real father. ~ Pope John XXIII
6. A father is someone who wants to catch you once you fall. Instead, he picks you up, brushes you off and allows you to try again. ~ Author Unknown
7. Once a father overheard his son pray: Dear God, make me the kind of man my daddy is. Later that night the father prayed, Dear God, Make me the kind of man my son wants. ~ Author Unknown
8. A grandfather is someone with silver in his hair and gold in his heart. ~ Author Unknown
9. A father carries pictures where his money used to be. ~ Author Unknown
10. The best fathers get promoted to grandfathers. ~ Author Unknown