

## Activities in June

Summer is nearly here, and with that come activities that turn our minds toward outdoor fun in the sun!

'Goin Out Mondays' continue in June with a Scenic Drive to start out the month. Our outing for June is to a local Valley ice cream shop, Pete & Belle's. Tons of flavors to choose from as well as other treats. The ride is on us! Come out for a sweet afternoon treat! And lastly, a trip to a popular shopping destination, Hobby Lobby, is on the June calendar to close out the month. Sign up sheets are already posted on the 1<sup>st</sup> floor Tower board. Grab your spot/s before they are gone.

Our Anniversary Celebration is right around the corner. Let your friends and families know they can join us on July 11th for our Anniversary Carnival. Lots of outdoor fun in the sun to be had by all. More information to come soon!

June is Father's Day month, and we will honor all the Dads on campus with a Continental Breakfast Social in the Tower Dining Room on June 22<sup>nd</sup>. Come on down for a bite and stay for a visit.

If gardening is on your mind this time of year, you're not alone. Maybe you'd like to grow a little greenery on a smaller scale? Sign up for our Make and Take Terrarium class taught by a local business on June 27th. All residents are welcome to attend this class. Sign-up by June 17th is required to participate. This is a paid class, all residents that choose to participate will pay the instructor \$25 for the class. All items will be provided.

A Resident led Sing-Along Concert with Barb N. is on the calendar for June 23<sup>rd</sup>. Join us and sing along to the hits of your past. There's sure to be a few songs that make you smile.

There's something for everyone in June! As always, please reference your activity calendars for dates, times and locations of all activities. Let's come together in June for some community fun!

## Maintenance & Housekeeping Messages

Good news! The Grounds team has 2 new employees, Ethan who you may remember from last summer, and Caleb. If you have questions about grounds or maintenance, please direct those to Adam or Mike. Do not ask your questions our 2 new grounds guys. We are still currently looking to hire one more maintenance guy or gal to help. If you have anyone you believe would be a good fit, please let Adam know. Thank you for your patience while we are working on staffing.

If you are interested in adding housekeeping services, we still have some more slots available. Please call Adam or talk to Shelly. Summer is around the corner looking forward to more things getting ready for the season around the property.

## Sales and Marketing Updates

We wanted to share a quick update regarding our Marketing position. At this time, the position is currently **open**, and we are actively working to fill it. Once the position has been filled, we will be sure to send out an update and introduce the new team member to our community.

In the meantime, we ask for your help in making our community shine! When you see visitors or potential new residents touring our community, please take a moment to say hello and help create a warm, welcoming environment. A friendly smile, kind greeting, and positive attitude go a long way in helping others see what makes our community so special.

We also want to remind everyone about our **Resident Referral Program!** If you refer someone who moves into our community, **you will receive \$1,000 off**, and the new resident moving in will also receive **\$1,000 off**. If you know someone who may be interested in joining our community, please reach out to the office for more information.

Thank you for helping us create a positive and welcoming place for everyone!

# Olympus Living of Spokane Valley

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## Celebrating June Birthdays

**Nellie M.**

*June 2*

**Janet D.**

*June 5*

**Janet E.**

*June 8*

**Kathy B.**

*June 8*

**Sheila L.**

*June 9*

**Ken L.**

*June 13*

**John S.**

*June 13*

**Elaine K.**

*June 19*

**Richard N.**

*June 25*

**Jan Z.**

*June 25*

## Message from Shelby

Hello Everyone,  
First, I want to thank everyone who attended our recent Town Hall meeting. Your participation, questions, and feedback are important and help us continue building a stronger, more connected community together.

As we move into June, I also want to wish all of our fathers, grandfathers, and father figures a very **Happy Father's Day!** We appreciate all that you do and hope you feel celebrated this month.

As a community, we are looking forward to more positive attitudes, stronger connections, and better outcomes for everyone. By working together, supporting one another, and focusing on kindness and respect, we can continue making our community a place we are all proud to call home.

With the warmer weather arriving, please remember to stay cool, drink plenty of water, and take precautions during hot days. Summer is a great time to enjoy the sunshine safely! Lastly, I encourage everyone to participate in the fun activities we have planned. These events are a great opportunity to connect with neighbors, make memories, and enjoy all our community has to offer. We look forward to seeing you there! Thank you for being part of our community.

Warm regards,  
**Shelby Strider**  
CEO

## Recess Reclaimed

There is a saying that "All we really need to know, we learned in kindergarten." The founders of Recess at Work day on June 18 seem to have taken this advice literally. Studies repeatedly show how recess in elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. "Perseverance and joy in work is lessened and... life is much more laborious," Brown says. Perhaps more companies need to add recess to their list of employee benefits.

