



June



WATERSTONE[®]
on Augusta

NEWSLETTER 2019

What's New In June

- 6/4 Snack Crate
- 6/5 Painting with Kayla
- 6/6 Lunch at Tommy's Ham House
- 6/11 Cleveland Park trip
- 6/12 Piano w/ Benny Gandy
- 6/13 A Reel Good Fathers Day Party
- 6/13 Chili Cook off
- 6/16 Fathers Day
- 6/18 Chautauqua Talks— Andrew Jackson
- 6/19 Ice Cream Social
- 6/20 Lunch Bunch— TGI Fridays
- 6/25 Tales of History
- 6/26 Fireside Chat
- 6/26 June Birthday Party



Just don't give up
trying to do what
you really want to do.
Where there is love
and inspiration, I don't
think you can go wrong.

ELLA FITZGERALD



House Keeping Schedule

House keeping would like you to know that Monday through Thursday all rooms will be cleaned and sanitized. On Friday House keeping focuses on the carpets and minor detailing in your rooms. Saturday and Sunday will be a "Pick up" day. Any incident that needs immediate attention Jackie, Anita or Denise will tend to that day. Thank you again for your kindness.



CHILI COOK OFF

Father's Day
Thursday, June 13 from 4:00 PM to 6:00 PM
Waterstone On Augusta
864-605-7236
Waterstone on Augusta-Bistro
1004 Augusta St
Greenville, SC 29605



This Months Spotlight shines on Katie Jennings

Katie started working at Waterstone September 14th, 2018. She is currently In school for nursing. Its so refreshing to have Katie apart of our team. She works 3rd shift and absolutely adores our seniors. Katie is married and has three beautiful children. She loves family time and watching her kids enjoy life. Thank you so much for all you do Katie. You bring such a positive energy and its so contagious!

Employee Spotlight



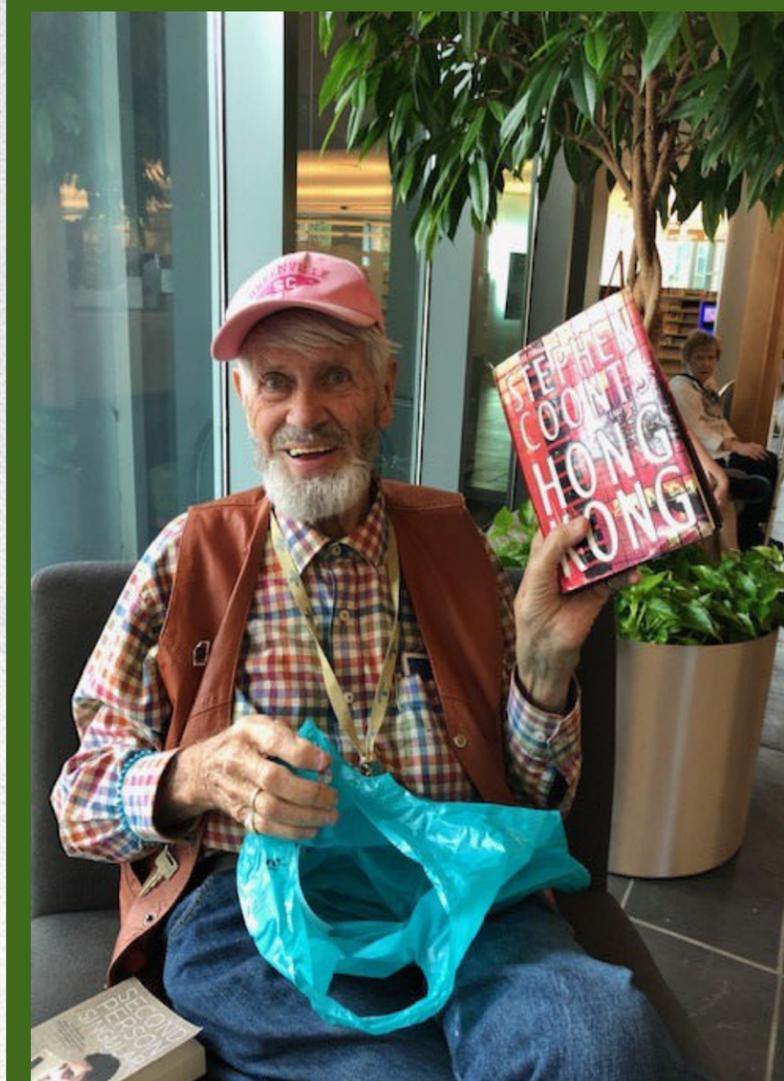
Resident Spotlight



This months Spotlight shines on Mr. Larry Weas!

Larry is originally from Washington, Kentucky. He moved to Waterstone on Augusta from Blue Ridge Georgia. Larry also served in the United States Army for 5 years. He volunteered for Hospice Chaplin and use to foster dogs. Larry is an award winning photographer, so you might just see him walking around with his camera. Larry also likes to write and read tons of books, Specifically poetry.

Larry would like to teach a poetic photography class in the near future. Poetic photography is where you take a personal photo, and develop a poem relating to the photo. If anyone is interested please see Santino and we can get this schedule a class. Thank you so much for bring constant positivity to our community!



In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Ina Ridgeway - June 4th

June Smith - June 6th

Jane Reyner - June 7th

Helen Jennings - June 20th

Dorothy Sorenson - June 23rd

Ruth Faulkner - June 25th

Joyce Diks - June 26th

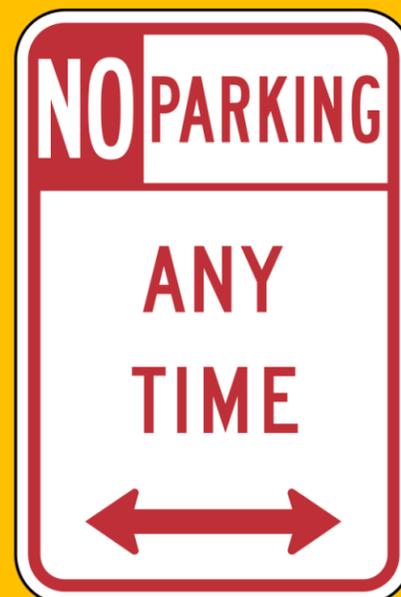


Operation Overlord

Operation Overlord, the invasion most familiarly known as D-Day, commenced on the morning of June 6, 1944. Forces of Nazi Germany held the beaches of France's Normandy coastline. Allied forces numbering 156,000 American, British, and Canadian troops landed en masse to retake the beaches. D-Day has been called the largest amphibious assault in history, and its success was largely due to both the heroism of the Allied soldiers and months of planning. General Dwight D. Eisenhower enacted a masterful plan of deception that left the Germans unaware of where the Allies would strike. Fake radio transmissions detailed the movement of a phantom army. Even fake supplies and equipment were routed to misleading locations. Within a week, despite heavy losses, the beaches were within Allied control. It was the beginning of the end of the war in Europe.

Parking at Waterstone on Augusta

This a Friendly Reminder for Everyone. The Portico Is for drop off only. We have noticed double parking still happening. This can impede the EMS if there was a emergency and that's something very important to point out. The portico is NOT a parking spot. Please pass on to family members. Thank you!



The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit. As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise. Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul. Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina. Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.

A Bunch of Hot Air



Hot Air Balloon Day, on June 5, celebrates the incredible achievement of the Montgolfier brothers. On this day in 1783, the brothers demonstrated the first unmanned flight of a hot air balloon in the skies above their hometown of Annonay, France. The balloon itself was constructed of taffeta, fabric, and paper. It may seem amazing that it lifted off the ground at all considering that it weighed in at over 500 pounds. But fly it did, reaching a tremendous height of 6,000 feet. The Montgolfier brothers knew their invention was a wonder, and they decided to take it to Paris for a demonstration in front of King Louis XVI and Marie Antoinette. The balloon was still unmanned, but no less marvelous for its historic flying of a rooster, duck, and sheep before a crowd of 130,000 Parisians. The miracle of flight had, at last, moved from imagination to reality.

Make your life a masterpiece; imagine no limitations on what you can be, have or do.

BRIAN TRACY

Stars and Stripes Forever

Wave the flag proudly on June 14, which is Flag Day in the United States. In the midst of the American Revolutionary War, the colonists had no flag to unify them. Regiments flew their own unique flags to identify their colony or their group. In June of 1775, the Second Continental Congress met in Philadelphia to create a Continental Army. It was then that they created the first American flag of 13 alternating red and white stripes with a Union Jack in the corner. Unfortunately, this flag looked too similar to the British flag, and General George Washington was quick to ask for the design of a new symbol. So on June 14, 1777, the Continental Congress designed a new flag consisting of 13 alternating red and white stripes, with a circle of 13 white stars on a field of blue—the birth of the Stars and Stripes. It seems that the idea of a circle of stars on a field of blue was a popular one, for on June 29, 1985, the European Communities adopted a blue flag with a circle of 12 yellow stars as their banner for a unified Europe.

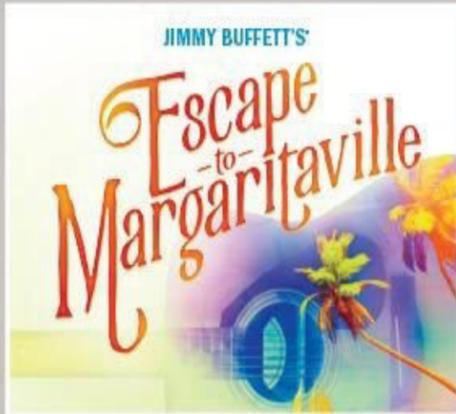
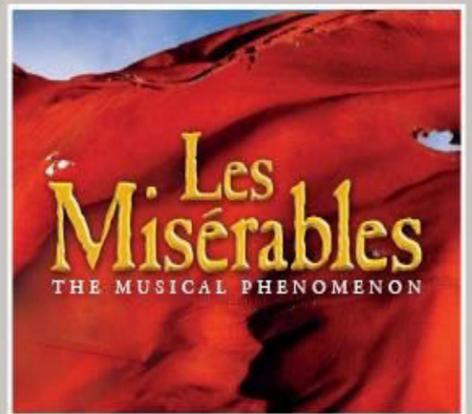
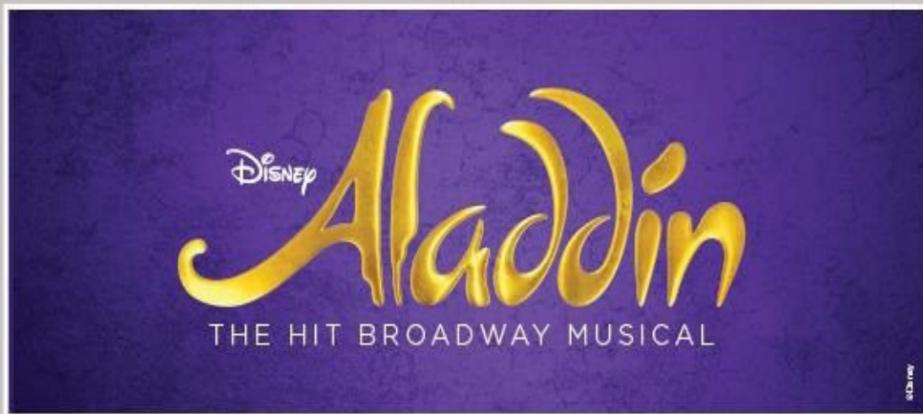
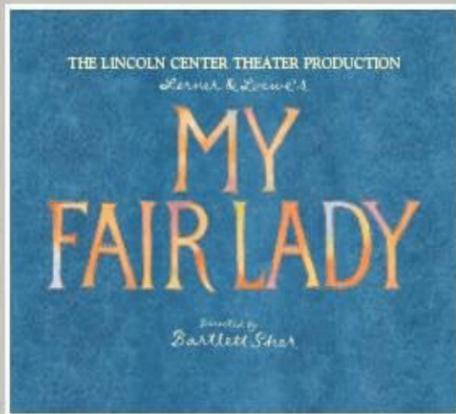
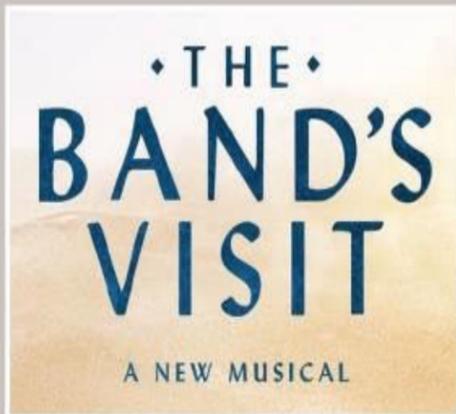


Something to Smile About

To humans, a smile is a universal sign of happiness and friendship. So don't be afraid to show your pearly whites this month, because June is Smile Month. Throughout most of the animal world, the baring of teeth is often a sign of threat or aggression. Baboons, for example, are known to bare their teeth in shows of force. Some primates, though, bare their teeth as a show of submissiveness. Biologists believe that this behavior may be where the story of the human smile begins. Humans are the only species that uses the smile, in various forms, to demonstrate happiness. Even visually impaired children who have never seen a smile show the same kinds of smiles that sighted people do. This tells us that smiling is something preprogrammed into humans. This behavior is not learned but instinctual. Biologists speculate that amongst primates, because teeth are still used for biting, to bare them is naturally an aggressive warning of an impending bite. Humans, however, have evolved other means of aggression that have nothing to do with teeth. Teeth, instead, have become associated with laughing and eating, both of which are incredibly powerful forms of social bonding. In fact, anthropologist and evolutionary psychologist Robin Dunbar asserts that laughter has taken the place of grooming as one of our primary means of social bonding. By this measure, laughter and showing our teeth may be one of the most powerful social cues we humans have in our social arsenal. We smile when we are happy, but can forcing ourselves to smile make us feel happy even when we are not? Neurologists have discovered that the physical act of smiling triggers chemical reactions in the brain that boost our moods, lower stress, and even strengthen our immune systems. So don't just smile during the month of June; do it all year round!

Upcoming Shows at the Peace Center 2019-

2020



Stay tuned, the Peace Center has announced all upcoming shows for season 2019-2020.



Chautauqua History Alive Festival

June 14th - 21st

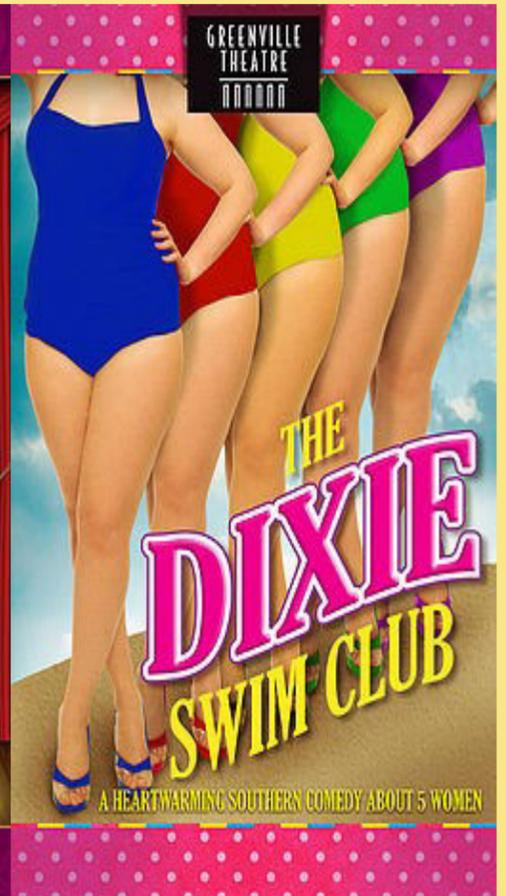
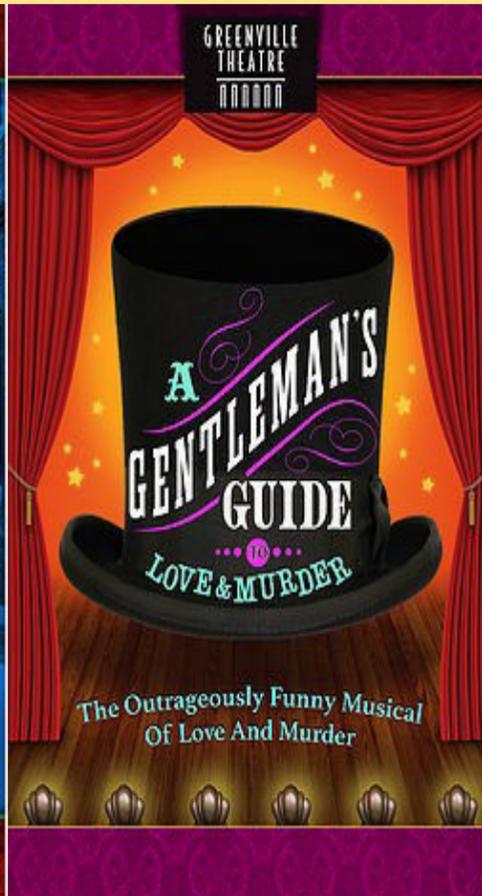
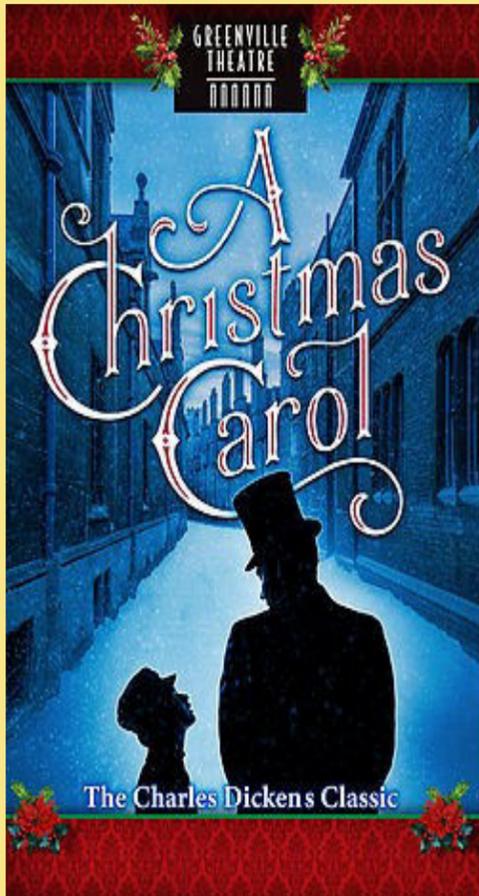
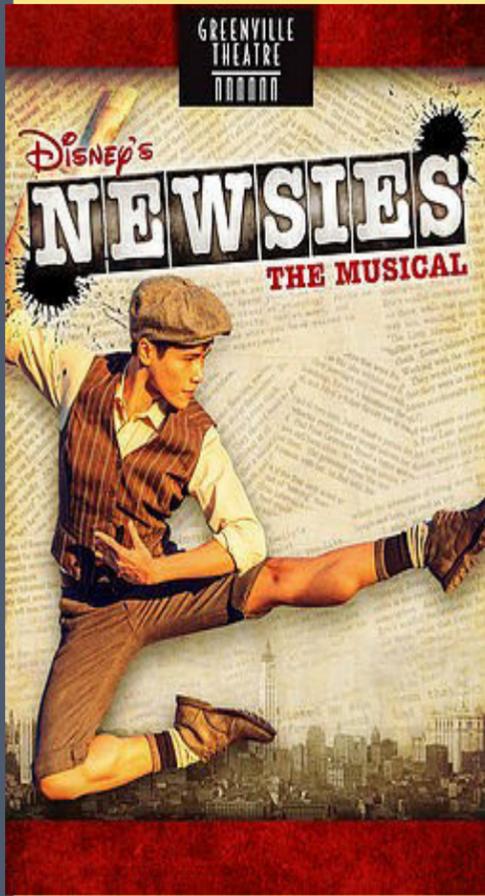


This Year, Our History Comes Alive Festival will be able to entertain, educate and delight even more audience, as the Transylvania County Library in western North Carolina becomes our newest presenting partner. Starring: Alexander Hamilton, Andrew Jackson, Malcolm X, Jackie Kennedy and Hamilton's Women

Get ready to laugh, cry and flat out have a great time at this ten-day – two-weekend festival of non-stop live history and fun for the whole family. 30 shows performed in costume by nationally acclaimed historical interpreters. And almost all the shows are FREE. Meet revolutionary people – hear their stories – ask them how their world changed. Duel wits with **ALEXANDER HAMILTON** Debate democracy with **ANDREW JACKSON** Witness the end of Camelot with **JACKIE KENNEDY** Speak out for human rights with **MALCOLM X** And like **HAMILTON'S WOMEN** (Schuyler Sisters Angelica, Eliza & Peggy) –

Be a part of the story. There's nothing like the experience outdoor under the Chautauqua tent or in a beautiful park on a summer evening. But if you like your Chautauqua experience indoors in air-conditioned comfort, we have that, too. There will be great story-telling, lots to laugh about, and deep secrets revealed. You'll laugh – you'll cry – you'll have lots of questions. And they'll be answered. Bring your stories. Share your experiences. Get inspired. Because it's not just history – it's personal.

Announcing Our Incredible 2019-2020 Mainstage Season at The Greenville Theatre– Check with Santino for Dates & Time



2019

2020

2019-2020 CONCERT SERIES



A TRIBUTE TO NEIL DIAMOND
FEATURING STEVE KELLY AND THE
CHERRY CHERRY BAND
AUGUST 9 - 11, 2019

A JOHN DENVER TRIBUTE
WITH CHRIS COLLINS AND BOULDER
CANYON, FEBRUARY 14 - 16, 2020

A FLEETWOOD MAC TRIBUTE
RUMOURS
MAY 1 - 3, 2020

STAY TUNED FOR MORE.....

Did You Know....

Master's Mark Dry Cleaner service offers free pickup

& delivery to Waterstone on Augusta on Tuesdays and Fridays?

See Revlyn or Angela at the Welcome Desk for more information.



Master's Mark
DRY CLEANING