



LEGACY HOUSE

Ogden

5526 South Adams Avenue • Ogden, UT 84405 • (801) 476-7111

Resident Council

Monday, June 4th, at 3:30 pm is Resident Council. This is an open forum for you to discuss any problems or concerns you are having here at Legacy House of Ogden. Each Department Leader will be here to address any concern you may have.

National Chocolate Ice Cream Day

Thursday, June 7th, is National Chocolate Ice Cream Day. Come and enjoy some ice cream with us at 3:00 pm.

National Peanut Butter Cookie Day

Tuesday, June 12th, is National Peanut Butter Cookie Day. Are you ready to chow down on a Peanut Butter Cookie? You better be, because it's *National Peanut Butter Cookie Day*. Come and learn about the Peanut Butter Cookie at 2:00 pm.

Donuts & Dads Day

Friday, June 15th, is Donuts & Dads Day at 10:00 am. Sons and daughters, come have a doughnut with your dad for Father's Day.

Summer Solstice

Thursday, June 21st, is the Summer Solstice. Come and enjoy a cool treat on the longest day of the year. Learn about the Summer Solstice.

National Chocolate Éclair Day

Friday, June 22nd, is National Chocolate Éclair Day. Come savor a tasty Éclair and learn about the delightful treat.

June 2018



Sniff Out Lemons to Boost Your Brain


Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance by boosting the levels of the brain chemical norepinephrine. Lemony smells also made people feel better and more motivated and alert.

Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.

Summertime Thirst-Quencher

Summer days are a time to cool down and kick back with a refreshing glass of iced tea. This popular thirst-quencher accounts for about 80 percent of the tea consumed in the United States.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	June Birthdays Jody S. June 6th Carol C. June 7th Carol C. June 14th Marilyn E. June 19th		www.legacyogden.com	### Sign Up For The Outings### The Sign-Up Book is in the Front Lobby. # Sign Up \$ Money Needed ^ Activity Held Upstairs In the Common Area "ALL ACTIVITIES ARE SUBJECT TO CHANGE."	1 9:30 Exercise 10:15 Trivia 1:15 I Hear Memories 2:00 Bingo Buck Store 6:30 BINGO	2 10:00 Exercise 10:45 Book Club 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO
3 10:30 LDS Church Services	4 9:30 Exercise 10:15 Out to Walmart # 1:15 Book Club 2:00 BINGO 3:30 Resident Council With The Directors	5 9:30 Exercise 10:30 - 11:00 Manicures # 1:15 Health Benefits of Asparagus 2:00 Music With Jim Jensen 3:00 Indoor Volleyball 6:30 Wii Bowling	6 9:30 Exercise 10:15 Reminisce With Me 11:30 - 12:30 Namaste and Harp Music with Bristol 1:15 JOYMAKERS 3:00 Music With Noel 6:30 BINGO	7 National Chocolate Ice Cream Day 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Red Robin's # 1:30 Music With Robin Arnold 2:30 Sit n' Dance 3:00 Trivia & Chocolate Ice Cream Sampling 6:30 Movie Time - To Be Announced	8 9:30 Exercise With Carol From Symbii 10:15 Trivia 1:15 Who, What, Where 2:00 Auction With Alexis From Symbii 3:00 Music With Nancy 6:30 BINGO	9 10:00 Exercise 10:45 Book Club 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO
10 10:30 LDS Church Services	11 9:30 Exercise 10:15 Out to Target # 1:15 Book Club 2:00 BINGO 6:30 Family Home Evening	12 National Peanut Butter Cookie Day 9:30 Exercise 10:30 - 11:00 Manicures # 1:15 Health Benefits of Tomatoes 2:00 Trivia & Sample a Peanut Butter Cookie 3:00 Health Lecture With Ken - Pain 6:30 Wii Bowling	13 9:30 Exercise 10:15 Reminisce With Me 11:30 - 12:30 Namaste and Harp Music with Bristol 1:15 JOYMAKERS 3:00 Faces and Places 6:30 BINGO	14 10:00 Relief Society/Priesthood Meeting 1:15 Word Search 2:00 Sit n' Dance 3:00 Note Cards With Brenda 6:30 Movie Time - To Be Announced	15 Donuts & Dads Day 10:00 Donuts & Dads Day 1:15 Who, What, Where 2:00 Boggle 3:00 Music With Bob S. 6:30 BINGO	16 10:00 Exercise 10:45 Book Club 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO
17 Happy Father's Day 10:30 LDS Church Services	18 9:30 Exercise 10:15 Out to Smith's # 1:15 Book Club 2:00 BINGO	19 9:30 Exercise 10:30 - 11:00 Manicures # 1:15 Health Benefits of Melons 2:00 Rob The Table 3:00 Sing-Along 6:30 Wii Bowling	20 9:30 Exercise 10:15 Reminisce With Me 11:30 - 12:30 Namaste and Harp Music with Bristol 1:15 JOYMAKERS 3:00 Music With Larry 6:30 BINGO	21 Summer Solstice 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Fuji Dragon # 1:15 Summer Solstice Trivia & Treat 2:00 Sit n' Dance 3:00 Happy Hour With Stampede 6:30 Movie Time - To Be Announced	22 National Chocolate Eclair Day 9:30 Exercise With Carol From Symbii 10:15 Clue Trivia 1:15 Trivia & Chocolate Éclair Sampling 2:00 Word Search 3:00 Birthday Bash With Alexis From Symbii 6:30 BINGO	23 10:00 Exercise 10:45 Book Club 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO
24 10:30 LDS Church Services	25 9:30 Exercise 10:15 Out to Dollar Tree # 1:15 Book Club 2:00 BINGO	26 9:30 Exercise 10:30 - 11:00 Manicures # 1:15 Health Benefits of Cauliflower 2:00 Piano Styling With Cheryl 3:00 Rob The Table 6:30 Wii Bowling	27 9:30 Exercise 10:15 Reminisce With Me 11:30 - 12:30 Namaste and Harp Music with Bristol 1:15 JOYMAKERS 3:00 I Hear Memories 6:30 BINGO	28 10:00 Relief Society/Priesthood Meeting 1:15 Word Search 2:00 Sit n' Dance 2:30 Scenic Drive 6:30 Movie Time - To Be Announced	29 9:30 Exercise 10:15 Trivia 1:15 Fun With Food - Fruit Truffle Dessert 2:00 Craft Time 3:30 I Hear Memories 6:30 BINGO	30 10:00 Exercise 10:45 Book Club 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO

June 2018



Fill 'Er Up

Since the invention of the automobile, the price of gasoline has been the driving force behind many decisions consumers make, from the type of vehicles they buy to their road trip destinations. Fill up on this rundown of average prices at the pump over the years.

Year	Average Gas Price Per Gallon
1938	20 cents
1949	27 cents
1957	31 cents
1969	35 cents
1979	86 cents
1981	\$1.31
1996	\$1.23
2008	\$3.27
2012	\$3.64
2017	\$2.42

"This Month In History"

JUNE

1919: A colt named Sir Barton wins the Belmont Stakes, making him horse racing's first Triple Crown winner.

1927: The Cyclone roller coaster opens on New York's Coney Island. The wooden coaster is one of the oldest amusement park rides in the U.S.

1934: Sporting a sailor shirt and cap, Donald Duck debuts in the cartoon short "The Wise Little Hen."

1948: Columbia Records introduces its new long-playing 33 1/3 rpm phonograph record.

1958: Brazil wins its first World Cup title, beating Sweden 5-2. Then just 17 years old, soccer legend Pelé scored two goals in the victory.

1969: Featuring country music and comedy, the TV variety show "Hee Haw" premieres.

1971: President Richard M. Nixon's daughter Tricia marries Edward Cox in a ceremony in the White House Rose Garden.

1981: The video arcade game "Donkey Kong" debuts.

1991: Natalie Cole releases her hit album "Unforgettable ... With Love," singing the classic songs of her father, Nat King Cole.

2007: Customers line up to buy the first model of the Apple iPhone.

2010: Woody and Buzz are back for "Toy Story 3," which becomes the first animated film to earn \$1 billion at the box office.

2014: One of Claude Monet's iconic water lilies paintings sells for a record \$54 million at a London auction.