

JUNE 2025



Hillside Terrace

SENIOR LIVING

Happy Father's Day to all of you dads in the Hillside Family, hope your day is memorable and as special as each of you are! Last month we celebrated our Nurses for Nurse's Day and this month we will honor and thank our Resident Care Aides for the amazing loving care they give each day!

With the end of May being unseasonably cool we haven't switched our system from heating to cooling yet. As June brings us more hot weather we will switch over to A/C. In the summertime with hotter weather, we need to be watchful for dehydration. Our bodies require a certain amount of fluids to function. The minimum amount is about four 8-ounce glasses. Requirements vary with activity and age, but most active people need two to three times this basic need. If we take in less or lose more fluid than is needed, the result is "dehydration". The signs and symptoms include increased thirst, dry mouth, weakness or lightheadedness (especially upon standing), and decreased urination. If you have any questions regarding dehydration or feel symptomatic of this, please contact your physician or notify our Wellness Nurses so we can assist you.

Enjoy the beautiful sunshine and warmth but be cautious!

Nanya and Vic Litz
Chief Operating Owners



Happy Birthday Residents!

Florence Reece 6/1

Gertrude White 6/8

Robert Hayosh 6/10

Donna Kuchapsky 6/17

Gary Kleinhenn 6/30



SUNDAY	MONDAY	TUESDAY
1 	2 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	3 9:30 Exercise 10:30 Arts & Crafts 1:00 Piano with Elodie & Aeris 1:30 Verna's Exercise 3:00 Movie & Popcorn
8 3:00 Chapel	9 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	10 9:30 Exercise 10:30 Arts & Crafts 1:00 Piano with Elodie & Aeris 1:30 Verna's Exercise 3:00 Movie & Popcorn
15 <i>Happy Father's Day!</i>	16 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	17 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Resident Council
22 3:00 Chapel	23 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	24 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise 3:00 Movie & Popcorn
29 3:00 Chapel	30 9:30 Exercise 10:00 Cards 10:30 Kroger 2:00 Bingo 3:30 Manicures	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 9:30 Exercise 10:30 Cards 12:00 Lunch at PF Changs 3:30 Music: Paul	5 9:30 Exercise 10:30 AA Library Trip 1:30 Communion 2:00 Meijer 4:15 Garden Walk	6 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games 3:30 Piano with Ed	7 9:30 Exercise 10:30 Arts & Crafts 3:30 Hangman
11 Wellness Day 9:30 Exercise 10:30 Cards 2:00 Bingo 3:30 River Drive	12 9:30 Exercise 10:30 Chair Yoga 1:30 Communion 2:00 Meijer 4:15 Garden Walk	13 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	14 9:30 Exercise 10:30 Arts & Crafts 3:30 Crossword Puzzles
18 9:30 Exercise 10:30 News & Views 2:00 Meijer	19 Happy Juneteenth! 9:30 Exercise 10:30 Chair Yoga 1:30 Communion 3:00 West Side Story & Dinner at Aubree's	20 First Day of Summer! 9:30 Exercise 10:30 Cards 2:00 Bingo with Nanya 3:30 Music: San & Laz	21 NO ACTIVITIES
25 9:30 Exercise 10:30 Cards 2:00 Bingo 3:30 Music: Billy & June Birthday Party	26 9:30 Exercise 10:30 Chair Yoga 1:30 Communion 2:00 Big Meijer	27 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	28 9:30 Exercise 10:30 Arts & Crafts 3:30 Hangman

Special Outings & Activities

Lunch at PF Chang's –
Wednesday June 4th at 12:00 PM

River Drive –
Wednesday, June 11th at 3:30pm

Encore Theatre showing West Side Story
and dinner at Aubree's Pizzeria & Grill
Thursday June 19th at 3:00 PM

Shopping Outing to the Big Meijer –
Thursday, June 26th at 2:00 PM



NEWS FROM ACTIVITIES

Hello everyone and welcome summer! As always, this season is a busy one so be sure to check your calendars for all special outings and events, in addition to our usual fun-filled schedule!

We start off with our lunch outing to PF Changs for some delicious Chinese food. We will also take a drive along Huron River, where we get beautiful views of the river and surrounding nature. We will be heading back to the Encore Theater in Dexter for their showing of West Side Story, followed with dinner at Aubree's. For our special shopping trip, we will be going to the Big Meijer on Ann Arbor-Saline Road.

*Everyone is Welcome,
Eryn Springstead*

Reminder from your **Hillside Resident's Council:**

Our great staff cares for us all year round, month after month. Please consider recognizing them by donating to the year-end bonus fund with a check to "Hillside Resident's Council" or at hillside terrace.net under the "Contact" tab