

JUNE 2026



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!

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 64 ounces, which is about eight, 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.

Our "project grow" volunteers have been working to plant lots of vegetables for us to enjoy in our meals. You can check out the progress by joining our Garden Walks.

Enjoy the beautiful sunshine and warmth but be cautious!

Nanya and Vic Litz
Chief Operating Owners



Happy Birthday Residents!

Florence Reece 6/1

Donald Williams 6/3

Gertrude White 6/8

Donna Kuchapsky 6/17

Carter Eggers 6/28

Gary Kleinhenn 6/30



SUNDAY	MONDAY	TUESDAY
	1 9:30 Exercise 10:30 Kroger 2:00 Bingo 3:30 Manicures	2 9:30 Exercise 10:30 Sorry 1:30 Verna's Exercise 3:00 Movie & Popcorn
7	8 9:30 Exercise 10:30 Kroger 2:00 Bingo 3:30 Manicures	9 9:30 Exercise 10:30 Wheel of Fortune 1:30 Verna's Exercise 3:00 Movie & Popcorn
14 3:00 Chapel	15 9:30 Exercise 10:30 Kroger 2:00 Bingo 3:30 Manicures	16 9:30 Exercise 10:30 Farkle 1:30 Verna's Exercise 3:00 Resident Council
21 First Day of Summer! <i>Happy Father's Day!</i> 3:00 Chapel	22 9:30 Exercise 10:30 Kroger 2:00 Bingo 3:30 Manicures	23 9:30 Exercise 10:30 Dominoes 1:00 Piano with Elodie & Aeris 1:30 Verna's Exercise 3:00 Movie & Popcorn
28 3:00 Chapel	29 9:30 Exercise 10:30 Kroger 2:00 Bingo for Bucks 3:30 Manicures	30 9:30 Exercise 10:30 Wheel of Fortune 12:00 Lunch at Holiday's 1:30 Verna's Exercise

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9:30 Exercise 10:30 Farkle 2:00 Bingo 3:30 Music: Adam	4 9:30 Exercise 10:30 Trip to Ann Arbor Library 1:30 Communion 2:00 Meijer 4:15 Garden Walk	5 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Rummikub 3:30 Piano with Ed	6 9:30 Exercise 10:30 Arts & Crafts 3:30 Crossword Puzzles
10 Wellness Day 9:30 Exercise 10:30 Cards 1:00 Dementia Friendly Movie: Father of the Bride	11 9:30 Exercise 10:30 Chair Yoga 1:30 Communion 2:00 Meijer 4:15 Garden Walk	12 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Music: Marsha	13 9:30 Exercise 10:30 Arts & Crafts 3:30 Crossword Puzzles
17 9:30 Exercise 10:30 Rummikub 2:00 Bingo 3:30 Music: Billy & June Birthday Party	18 9:30 Exercise 10:30 Chair Yoga 1:30 Communion 2:00 Meijer 4:15 Garden Walk 6:30 WCC Band: Disney Magic	19 Happy Juneteenth! 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 River Drive 3:30 Piano with Ed	20 9:30 Exercise 10:30 Arts & Crafts 3:30 Crossword Puzzles
24 9:30 Exercise 10:30 Uno 2:00 Bingo 3:30 Music: Susan Anzicek	25 9:30 Exercise 10:30 Chair Yoga 1:00 Outing to see Fiddler on the Roof 1:30 Communion	26 9:30 Exercise 10:30 News & Views 2:00 Big Meijer 4:15 Yahtzee	27 9:30 Exercise 10:30 Arts & Crafts 3:30 Crossword Puzzles

Special Outings & Activities

Wednesday, June 10th – Dementia Friendly Movie: Father of the Bride (1950)

Thursday, June 18th – Washtenaw Community Band Performance: Disney Magic

Friday, June 19th – Huron River Drive

Thursday, June 25th – Encore Theater Production of Fiddler on the Roof

Friday, June 26th – Shopping outing to the Big Meijer

Tuesday June 30th – Lunch outing to Holiday's



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 outing to the dementia friendly movie for Father of the Bride (1950). Next, we plan on enjoying a night hearing the Washtenaw Community Band perform their Disney Magic Music. 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 Fiddler on the Roof. For our special shopping trip, we will be going to the Big Meijer on Ann Arbor-Saline Road. For our lunch outing we are heading to Holiday's to enjoy some American diner classics.

*Everyone is Welcome,
Eryn Springstead & Samantha Schmidt*

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