

June 2026

Foreword

As summer begins and the days grow brighter, we look forward to a season filled with connection, celebration, and community across generations. This month, we're excited to celebrate Father's Day, welcome the energy of our intergenerational summer programming, and highlight the many events that will make June a joyful and meaningful month for all.

Please note that 1:1 Billing Questions with Ben Flory is NOT on the activity calendar. Ben will be visiting Independent Living on Wednesday, June 24th. Please mark it on your paper calendar!

June Highlights - *Independent Living*

- EVERY Saturday - Shopping Shuttle
- June 17 - Intergenerational Summer Kickoff
- June 19 - Dementia Training with RoseMarie
- June 23 - Presentation - American Revolution at Legacy
- June 24 - Billing Questions with Ben
- June 25 - Make-up Chair Yoga with Kim Class

Villa

- June 3 - Afternoon Movie: Song Sung Blue
- June 17 - Resident Birthday Luncheon**
- June 24 - Happy Hour / Entertainment
- June 26 - Lunch Outing to Over the Bar Boathouse

Terrace Place

- June 5 - Lunch Outing to Over the Bar Boathouse
- June 12 - Happy Hour
- June 18 - Special Meal**
- June 24 - Neighbors Helping Neighbors: Med Alert Form

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SHOPPING SHUTTLE REMINDERS

The Saturday Shopping Shuttle has scheduled pick-ups and set drop-off locations and times. You do not need to sign up for the shuttle, just be at the pick-up location at the designated time. If you are in a patio home, you do need to notify the office by Friday at 2pm should you want to be picked up.

Pickup At Terrace Place	Pickup at Villa
10:00am	10:05am
12:00pm	12:05pm
2:00pm	2:05pm

Drop offs will be at :

- Mccandless Crossing
- The Block
- Ross Park Mall
- Other shopping centers may be available by request

Return times will be discussed at drop off

Last return from shopping malls will be at 4:00pm

REFLECTING BACK ON MAY



FOR MORE IMAGES FROM THIS PAST MONTH, VISIT "VINCENTIAN VILLA" OR "TERRACE PLACE" ON FACEBOOK

IMPORTANT INFORMATION

For your convenience, a single number has been created to reach your provided services. The number is **412.536.8700**. Please follow the prompts below.

Press “1” for Emergency Maintenance

Press “2” for Transportation

Press “3” for Housekeeping

Press “4” for Terrace Place Office

Press “5” for Villa Office

Press “6” for Melia

Press “7” for Kenna

Press “8” for Unconventional Kitchen

In the case of a medical emergency, push the button on your pendant or call 9-1-1.

Bill Pay

To pay bills online, go to Vincentian.us and choose Make a Payment in the top right hand corner. Select your location. Log in using the online ID found on your billing statement. For any questions related to your billing statement or how to pay, contact Ben Flory at 412-660-1564.

Transportation

Please note that while Sandie schedules initial transportation, you must call your driver when you are ready to return.

Meal Ordering

Meals can be ordered online at order.toasttab.com/online/unconventional-kitchen or by downloading the app Local By Toast on your phone or tablet.

Unconventional Kitchen

If you have an issue with a meal, you can contact the kitchen until 1:00pm at **412-348-0188**. Any messages after that will be returned the next day.

BRAIN GAME

Father's Day Word Search

L P E A N U T S F V W T O A F
E O D A D D Y O I F A T H E R
O S V F D A S H S R L W H O L
T L D E A I S C H I L D R E N
H O W O H M H U I W E E A R T
L D E V O T I O N Y T O F M L
R E S P E C T L G D G B G L G
C S H G E S E T Y H A H I A I
H P A O P M I O H R J Y F U V
T O O L S E O O B E U E T G I
I V H F C T N E E E N E S H N
F D N I H O C G H N E U E T G
R W S N R U H U G S S T L E G
M U G G E O A O N C I G A R S
T Y I S O C K S L O H R O G C

ALCOHOL
BARBEQUE
CHILDREN
CIGARS
DADDY

DEVOTION
FAMILY
FATHER
FISHING
GIFTS

GIVING
GOLFING
HONOR
HUGS
JUNE

LAUGHTER
LOVE
MUG
PEANUTS
RESPECT

SOCKS
SUNDAY
TIE
TOOLS
WALLET

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living June Luncheon

MENU



COOKOUT!

(Hamburgers, Hot Dogs, Sides)

Please RSVP by ****Wednesday, June 10 at Noon**** if you wish to attend, as we need to provide a final headcount to the Unconventional Kitchen. Kindly note, there will be no takeout options available, and late sign-ups will not be accepted. To double check that you are signed up, you may call Kenna before the deadline. As a courtesy to your neighbors, we hope you will attend if you are signed up! Thank you.

WELLNESS CENTER

Nervous System Reset

Take a two-minute breather to lower your cortisol and reset your nervous system. Drop your shoulders, unhinge your jaw, and spend 120 seconds focusing purely on your physical sensations and the natural rhythm of your breath.

The 120-Second Wellness Reset:

- Minute 1: The Body Scan
 - Bring your attention to the top of your head and slowly scan down to your toes.
 - Soften the muscles in your face, unclench your jaw, and let your arms hang heavy.
 - Notice any tension, but don't try to fix it; just acknowledge it.

- Minute 2: The Grounded Exhale
 - Plant your feet firmly on the floor and feel the pull of gravity.
 - Inhale deeply through your nose for a count of 4, then exhale slowly through your mouth for a count of 6 or 8.
 - This extended exhale naturally signals your body to switch off its "fight or flight" response.

Meditation Script:

Beginning with a nice, big, inhale, long, slow, exhale, allowing the eyes to gently close or having a soft gaze. Take a few more deep, full, breaths in your own way, at your own pace. Now simply allowing your breath to find its own natural rhythm...knowing in this moment there is nothing you need to do, even your body knows how to breathe all by itself. Allowing yourself to rest in the rhythm of your own breathing. Feeling into the rhythm of the breath, resting in this rhythm. As you are ready taking some moments to scan through the body to notice how your body may be holding the day so far...noticing any points of tightness, tension, clenching...the usual culprits are the brow...the jaw...the shoulders...the chest...and the belly. Becoming curious about the tension that may be there, no need to judge or get lost in story about the tension. Simply label it. Perhaps by bringing awareness to the tight areas of the body you notice they may soften...or not. Simply be curious, notice, observe. As you are ready, taking a fuller deeper breath, and on the exhale refocusing into our group.