

TRULY A MELTING POT

Merriam Webster tells us that fondue is “a dish similar to a soufflé usually made with cheese and bread crumbs,” “a preparation of melted cheese (such as Swiss cheese and Gruyère) usually flavored with white wine and kirsch,” as well as “a dish that consists of small pieces of food (such as meat or fruit) cooked in or dipped into a hot liquid.”

Wow. Fondue has a lot of variables, right?

How many of you have attended a special occasion, or visited a family member or

friend, where fondue was served? It’s a fun and elegant addition to parties and gatherings that stays warm as it simmers over a nice little flame. So, what’s its origin story? Fondue dates back as far as the 800 B.C. era with stories of philosophers enjoying cheesy, gooey concoctions of sheep and/or goat milk. Later, it became commonplace. Peasants in the Swiss and French Alps in the 1800s would sit near an open flame, mix the area’s aged cheese with herbs, flour and wine and celebrate. They didn’t have fresh foods during winter, but they had bread and fondue, and that was enough.

It made its way across continents and quickly became an American fixture. The cheese-loving states picked it up and then it entered a new experimental dessert phase. The delightfully sinful chocolate fondue was a 1960s New York (by way of Switzerland) chef’s vision that’s now a staple sweet treat.



25 Country Club Road
South Portland, ME 04106



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Senior Living*

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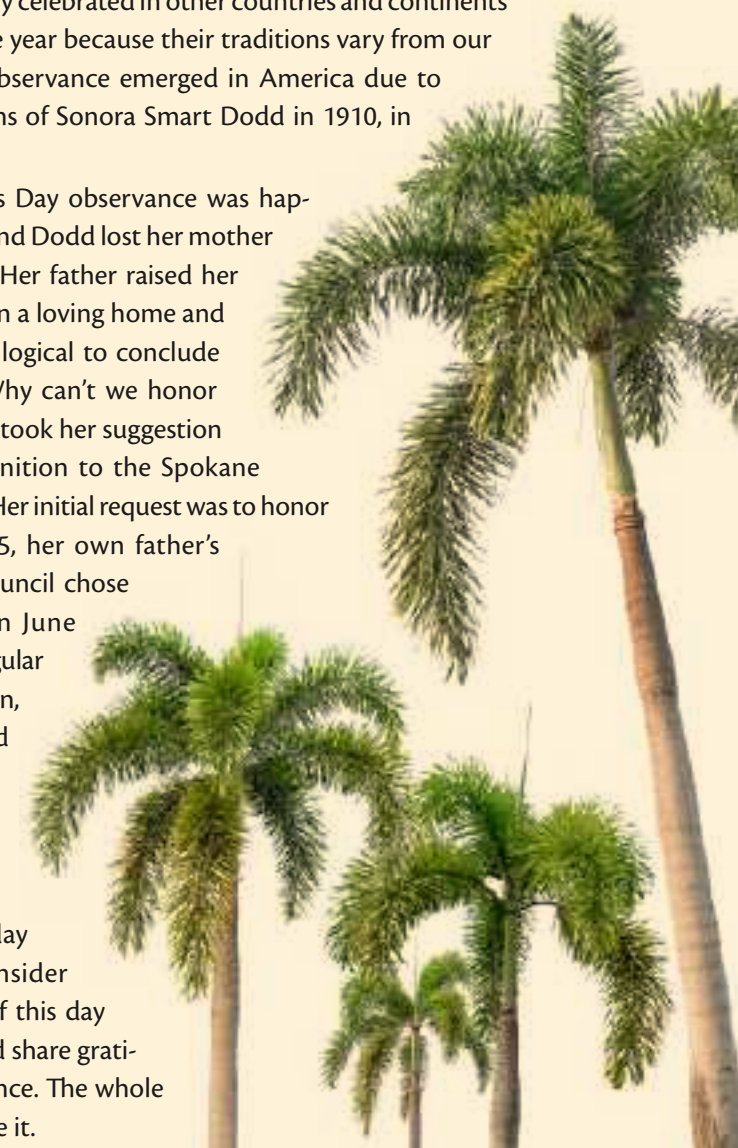
Director of Resident Care

DEAR OLD DAD



It’s the third Sunday in June – a holiday we celebrate annually known as Father’s Day. This holiday is actually celebrated in other countries and continents a different day of the year because their traditions vary from our own. This holiday observance emerged in America due to the influential actions of Sonora Smart Dodd in 1910, in Spokane, WA.

Talk of Mother’s Day observance was happening at the time, and Dodd lost her mother much earlier in life. Her father raised her and several siblings in a loving home and she adored him. It’s logical to conclude she might think, “Why can’t we honor fathers, too?” So she took her suggestion of patriarchal recognition to the Spokane Ministerial Alliance. Her initial request was to honor all fathers on June 5, her own father’s birthday. But the council chose the third Sunday in June instead. It’s been a regular occurrence since then, after it slowly picked up in popularity.

If you’re a father, grandfather or great-grandfather, how does this holiday make you feel? Consider how a celebration of this day unites the family and share gratitude for the experience. The whole family will appreciate it.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Marilyn Monroe Birthday ¹ 9:30 Communion Service 10:30 Live Entertainment W/ Mike McCarthy- Keyboard 10:30 Programming W/ Kerry 1:30 Rosary Circle 2:30 Hometown Reminiscing 3:30 Abstract Canvas Painting 6:00 Legend of Marilyn Monroe	² 10:00 Daily News Chronicles 11:00 Zumba With Sara! 1:30 Country Kitchen Cooking Corner 2:30 YATZEE! 3:30 Book Club: Short Stories 6:00 Bed Time Meditation	³ Doughnut Day 10:00 Daily News Chronicles 11:00 Livingroom Volley 1:00 Maine Sight Seeing 2:30 Gourmet Donut Creations 3:30 Green Thumb Gardeners 4:00 Coffee, Donuts and Conversations 6:00 Donuts Around The World	⁴ 10:00 Daily News Chronicles 11:00 Backyard Competitions: Corn Hole 1:00 Crafting on The Cove 2:30 Creative Builders 3:30 A-MAZE-ING Brain Teasers 6:00 How Many Words
			⁵ Beginning of Fishing and Boating Week 10:00 Sunday Morning Service 10:00 Daily News Chronicles 11:00 Sunday Prayer Group 1:30 Weekly Program Overview 2:30 Indoor Fishing Derby 3:30 Get Up and Move 6:00 Daily Reflections	⁶ Drive-In Movie Day 10:00 Daily News Chronicles 11:00 Sorting and Sensory 1:30 Tissue Paper Bouquets 2:30 Manicures and Hand Massages 3:30 Karaoke Sing Along 6:30 Family Backyard Movie Night	⁷ 10:00 Daily News Chronicles 11:00 Stretching in The Sun 1:30 75 Ball Lotto 2:30 Cool Down Ice Cream Sundae Social 3:30 Tea in The Garden 6:00 Evening Meditation and Relaxation	⁸ 9:30 Communion Service 10:00 Daily News Chronicles 1:30 Rosary Circle 2:30 Crafting on The Cove: Rock Planters 3:30 Making Modeling Clay 6:00 TV Classics: I Love Lucy
¹² 10:00 Sunday Morning Service 10:00 Daily News Chronicles 11:00 Sunday Prayer Group 1:30 Weekly Program Overview 2:30 Engage Your Brain: Sudoku 3:30 Get Up and Move 6:00 Daily Reflections	¹³ 10:00 Daily News Chronicles 11:00 Stroll Around the Courtyard 1:30 Crafting on The Cove: Sock Bunnies 2:30 Manicures and Hand Massages 3:00 Live Entertainment W/ Red Gallagher 6:00 Cocoa and Coversations	¹⁴ 10:00 Daily News Chronicles 11:00 Stretching in the Sun 1:30 Memories and Reminiscing 2:30 Cool Down Ice Cream Sundae Social 3:30 Tea in The Garden 6:00 Before Bed Meditation	¹⁵ 9:30 Communion Service 10:00 Daily News Chronicles 10:30 Believe it or not Superstitions 1:30 Rosary Circle 2:30 Chair Yoga 3:30 YATZEE! 6:00 Walk Under The Stars	¹⁶ 10:00 Daily News Chronicles 11:00 Zumba With Sara! 1:30 Country Kitchen Cooking Corner 2:00 Live Entertainment W/ Anne Sparling 3:30 Book Club: Short Stories 6:00 Grab The Popcorn: Beauty and The Beast	¹⁷ 10:00 Daily News Chronicles 11:00 Livingroom Volley 1:00 Ocean Side Stroll 2:30 Cocktails, Mocktails and Trivia 3:30 Green Thumb Gardeners 6:00 Painting at Dusk	¹⁸ 10:00 Daily News Chronicles 11:00 Backyard Competitions: Tumbling Towers 1:00 Crafting on The Cove 2:30 Musical Thai Chi 3:30 Juneteenth: The Power of Freedom 6:00 Late Day Laughs: The Andy Griffithshow
¹⁹ Father's Day 10:00 Sunday Morning Service 10:00 Daily News Chronicles 11:00 Sunday Prayer Group 1:30 Weekly Program Overview 2:00 Route 66 3:30 Get Up and Move 6:00 Daily Reflections	²⁰ 10:00 Daily News Chronicles 11:00 Heart Pumping Cardio 1:30 "Guess The Cost" 2:30 Manicures and Hand Massages 3:00 Live Entertainment- Saxophone 6:00 Poetry Corner	²¹ Fight Alzheimer's Day 10:00 Daily News Chronicles 11:00 Sit and Be Fit 1:30 75 Ball Lotto 2:30 Cool Down Ice Cream Sundae Social 3:30 Tea in The Garden 6:00 Wordy Adversaries	²² 9:30 Communion Service 10:00 Daily News Chronicles 10:30 Body and Balance 1:30 Rosary Circle 2:00 Sparks Ark's Animals 3:30 Knitting and Crocheting by The Fire 6:00 Dealers Choice Card Game	²³ 10:00 Daily News Chronicles 11:00 Zumba With Sara! 1:30 Country Kitchen Cooking Corner 2:30 Virtual Pet Therapy 3:30 Book Club: Short Stories 4:00 Live Entertainment W/ The Maine Marimba Band 6:00 Evening Winddown	²⁴ 10:00 Daily News Chronicles 11:00 Livingroom Volley 1:00 Picnic In The Park 2:30 Cocktails, Mocktails and Trivia 3:30 Green Thumb Gardeners 6:00 The Latest and Greatest in Technology	²⁵ Paws for a Cause 10:00 Daily News Chronicles 11:00 Backyard Competitions: Putting The Courtyard 1:30 Dog Biscuit Baking 2:30 Who Wants to Be a Millionaire 3:30 Solid Gold Oldies 6:00 Where Have You Been?
²⁶ 10:00 Sunday Morning Service 10:00 Daily News Chronicles 11:00 Sunday Prayer Group 1:30 Weekly Program Overview 2:30 Engage Your Brain: Guess The Word 3:30 Get Up and Move 6:00 Daily Reflections	²⁷ 10:00 Daily News Chronicles 10:30 Memory Lane W/ Curtis Arnold 1:30 Manicures and Hand Massages 2:30 Charcuterie Boards and Sweet Eats 3:30 Cornhole In the Courtyard 6:00 Today in History	²⁸ 10:00 Daily News Chronicles 11:00 Get up on Your Feet 1:30 75 Ball Lotto 2:30 Cool Down Ice Cream Sundae Social 3:30 Tea in The Garden 6:00 The Greatest Moments of Our Lives	²⁹ 9:30 Communion Service 10:00 Daily News Chronicles 10:30 Travel W/ Michael Perry: Lighthouses of Maine 1:30 Rosary Circle 2:30 Bands of Resistance 3:30 Scrap Book Creation 6:00 Movie Matinee: Gone With The Wind	³⁰ 10:00 Daily News Chronicles 11:00 Zumba With Sara! 1:30 Country Kitchen Cooking Corner 2:30 Shake of The Dice 3:30 Book Club: Short Stories 6:00 Art Therapy Work Books		

HELLO, JUNE

O L L A B R I A T O H A S P O L F P I L F P R
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BEACH CRUISER
 CANCER
 FATHER'S DAY
 FIREFLIES
 FLAG DAY

FLIP FLOPS
 GEMINI
 HOT AIR BALLOON
 ICE CREAM
 JUNE BUG

JUNETEENTH
 JUNO
 LONGEST DAY
 PEARL
 ROAD TRIP

ROSES
 SAND CASTLES
 SUMMER SOLSTICE
 SWIMMING
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DIFFICULT

All the Summer Things

Summer begins on June 20 and ends on Sept. 22. There is a great deal to do during those long, hot, humid, sweltering months. What are your summer favorites? Below is a list of notable summer stats, memorables and favorites.

- The most popular summer Olympic sport is gymnastics.
- The most popular summer sports for non-Olympians include baseball, soccer and tennis.
- The sounds most reminiscent of summer include crickets, fireworks and the squeaky chains of swing sets.
- According to Rolling Stone magazine, “Dancing in the Street” by Martha & The Vandellas and “Summertime Blues” by Eddie Cochran rank among the top most memorable summer songs of all time.
- Corn on the cob and watermelon are two of America’s favorite summer foods.
- The activities you’ll find many people doing in summer months include catching “lightning bugs” or fireflies and swimming.
- The most popular summer vacation destination spots, according to U.S. News & World Report, are Yellowstone National Park, with San Diego in second place. Ranked top among U.S. beach vacation spots are the Outer Banks of North Carolina and Destin, Florida.
- The garden vegetables that top the summer growing list are cucumbers, green beans, peppers and tomatoes.
- The summer sun-soaking flowers that you’ll see on display include zinnias, daisies and bougainvilleas.
- Candles and birdhouses are two tiers of crafts you’ll often find among summer creations.

Juneteenth

June 19, also known as Juneteenth, is the day we commemorate the abolition of slavery in the United States from the Civil War era. The holiday initially took shape in Galveston, TX, in 1865 following the slaves’ receipt of the news that President Abraham Lincoln had issued a decree ending slavery in the Confederate states two years prior. The Emancipation Proclamation freed more than 3 million African-Americans forced into slavery. But it wasn’t until 1865 that the liberation of the slaves in Texas occurred.

The first celebration on record of Juneteenth, also known as Emancipation Day, happened the following year, in 1866. Typical aspects of these festivities at the time included lots of singing and dancing, prayer and food. Now, the same occurs, but with more activities, speeches and educational events. A reading of the Emancipation Proclamation takes place as well in many areas, even on public news radio outlets.

Officially, Juneteenth became a holiday in Texas in 1980. Other states soon followed the Texas exemplar, and now it’s observed annually by all 50 states as of July 2021. Other countries take part in the festivities of Juneteenth, as well, and offer special appreciation to the holiday, commemorating the end of slavery and celebrating various achievements of African-Americans simultaneously.

In the Eye of a Storm

At the center of a mature tropical cyclone (aka hurricane), air sinks rather than rises. For a sufficiently strong storm, air may sink over a layer deep enough to suppress cloud formation, thereby creating a clear “eye”. Weather in the eye is normally calm and free of convective clouds, although the sea may be extremely violent. The eye is normally circular and is typically 19–40 miles in diameter, though eyes as small as 1.9 miles and as large as 230 miles have been observed.

The cloudy outer edge of the eye is called the “eyewall.” The eyewall typically expands outward with height, resembling an arena football stadium; this phenomenon is sometimes referred to as the “stadium effect.” The eyewall is where the greatest wind speeds are found, air rises most rapidly, clouds reach their highest altitude and precipitation is the heaviest. The heaviest wind damage occurs where a tropical cyclone’s eyewall passes over land.

In a weaker storm, the eye may be obscured by the central dense overcast, which is the upper-level cirrus shield that is associated with a concentrated area of strong thunderstorm activity near the center of a tropical cyclone.

The eyewall may vary over time in the form of eyewall replacement cycles, particularly in intense tropical cyclones. Outer rainbands can organize into an outer ring of thunderstorms that slowly moves inward, which is believed to rob the primary eyewall of moisture and angular momentum. When the primary eyewall weakens, the tropical cyclone weakens temporarily. The outer eyewall eventually replaces the primary one at the end of the cycle, at which time the storm may return to its original intensity.

https://en.wikipedia.org/wiki/Tropical_cyclone