

The Graceful Connection

June 2024



Latest News from the Gem at Town Village Sterling Heights Newsletter

Dear Residents, Families, and Friends,

June is here, and with it comes the promise of sunny days, blooming gardens, and the joy of shared moments. Let's make this month memorable with activities that celebrate life, laughter, and the great outdoors.

As temperatures rise, we remind everyone about the importance of drinking water, staying hydrated and wearing sunscreen when outdoors. Rest easy knowing we are emphasizing these practices with our care team as well.

We'll be kicking off our outdoor garden on June 3, weather permitting, so get your gardening gloves ready. Mark your calendar for our fun-tastic Father's Day event on Friday, June 14 as we celebrate our fabulous fathers. June 20th marks our trip to Stoney Creek Metro Park. Finally, watch the calendar for a delicious ice-cream social hosted by your nurse Christie and your new Sales Director Logan.

I hope that June brings a smile to your face and warmth to your heart. Let's make it a month to remember!

Sheri Sepanak
Executive Director



BIRTHDAYS

Audrey S. - 1st
Margaret P. - 26th

E V E N T S

Gardening Club Monday, June 3rd 2:00pm.

It's that time of year again, grab your gardening gloves and a small shovel. Time to put in our gardens! We will plant beautiful flowers, vegetables and herbs. As the summer passes we will be able to enjoy the beauty and taste of what we grow.

Father's Day Celebration Friday, June 14th. 2:30pm

Our amazing fathers deserve a celebration all their own. We will gather to honor them with quite a bash! Wonderful Mo-town music with the great Kenny Gilmore and great food! Just like our dads deserve.

Leaders Ice Cream Social Monday, June 24th. 2:00pm

Join your neighbors for some sweet treats, fun and conversation as our very own nurse Christie and our new sales director Logan host an ice cream social in the Gem. Take the time to welcome Logan and enjoy the Ice Cream!

N E W S

We will be cruising into summer on June 20th as we celebrate the official first day of summer! We are also highlighting an important monthly observance with Men's Mental Health Awareness Month. Conversations around mental health are often stigmatized and this is even more apparent for men, leading to some negative consequences. So, this month, we want to highlight all of the ways our gentlemen can access support and resources to support their mental health and to help reduce the shame around this sensitive topic. Our other featured celebration this month is International Day of Yoga on June 21st! Yoga is an important source of exercise and supports mental and spiritual health as well. So, join in with millions around the globe to connect through movement. Don't forget to check the calendar for our other June observances: Pride Month, Great Outdoors Month, Father's Day, Juneteenth and more!

NEW RESIDENTS

Paul N.
Gloria K.
Theresa Y.



TOWN VILLAGE
STERLING HEIGHTS
A GRACE MGMT COMMUNITY



**"June is the gateway to summer."
-Jean Hersey**

MEET OUR TEAM

Sheri Sepanak - Executive Director
Christie Lassen- Wellness Director
Trisha Ginn- Senior Village Program Life Enrichment Manager
Paris Gentry- Business Office Manager
Stacy Jefferies- Dining Director
Jason Barbu- Maintenance Director
Logan McDonald- Sales Director

The Town Village Sterling Heights

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