Starting with Little Steps By Mary Roat

Join us on Monday, Wednesday and Friday to get outside and move. We will walk if it is cold (but not rainy), so bring your jackets as we trek around the Village Green. We all walk at a different pace, so don’t be afraid to join us, all are welcome! The Village Green is a third of a mile around. You can walk just one lap or 10; it is up to you. Being outside is also great for endorphins — it just makes you feel good! As you get stronger, join us on Saturdays for the Outdoor walking group as well. As they say, “Just put one foot in front of the other.”

Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

**Watermelon and tomatoes** — The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun’s harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

**Cantaloupe and carrots** — These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin’s ability to defend against sunburn.

**Vitamin C-rich foods** — Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun’s radiation can cause these molecules to form and damage cells in the body.

**Salmon and tuna** — Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.
# June Events

**JUNE 2019**

**THE VILLAGE at Unity**

**SUNDAY**
- 9:00 **CHURCH SHUTTLE SERVICE:** See Guide for Details, LFL
- 10:00 **Sunday Travelogue, C**
- 11:00 **Catholic Communion, MR**
- 3:00 **Methodist Service with Pastor Deano Palm, MR**

**MONDAY**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:00 **Resident Council: Members Only, VSA**
- 10:45 **PF Walk the Green, Cafe**
- 2:00 **Resident Council: All Welcome, VSA**
- 3:00 **Music at Dave Barber, WFL**

**TUESDAY**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:00 **Music at Dave Barber, WFL**
- 10:45 **PF Walk the Green, Cafe**
- 2:00 **Resident Council: All Welcome, VSA**
- 3:00 **Music at Dave Barber, WFL**

**WEDNESDAY**
- 9:30 **PF ADVANCED, ES** (Reminiscing with Sue Huereman, EAR)
- 10:45 **PF BEGINNERS, ES**
- 12:30 **PF Tai Chi Lesson, ES**
- 1:30 **PF Tai Chi Lesson, ES**
- 1:30 **Intro to Theater, VSA&B**
- 3:00 **PF Trivia**

**THURSDAY**
- 9:30 **PF ADVANCED, ES**
- 10:45 **PF Walk the Green, Cafe**
- 11:00 **PF Shuffleboard!, SBC**
- 2:00 **PF Teen Trivia, SBC**
- 3:00 **PF Brain HQ, SBC**

**FRIDAY**
- 10:45 **PF ADVANCED, ES**
- 12:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 12:00 **PF ADVANCED, ES**
- 12:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 1:00 **PF BEGINNERS, ES**
- 1:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 2:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 3:00 **PF Brain HQ, SBC**

**SATURDAY**
- 9:15 **PF OUTDOOR WALKING GROUP @ HIGHLAND PARK, LFL**
- 11:30 ** gyro, ES**
- 6:15 **Village Game Night: See Guide for Details**

**FATHER'S DAY**
- 9:00 **CHURCH SHUTTLE SERVICE:** See Guide for Details, LFL
- 10:00 **Sunday Travelogue, C**
- 11:30 **Catholic Communion, MR**
- 3:00 **Methodist Service with Pastor Deano Palm, MR**

**SUNDAY**
- 10:00 **Sunday Travelogue, C**
- 11:30 **Interfaith Service with Friends From Hope Lutheran Church, MR**

**MONDAY**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:15 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF Walk the Green, Cafe**
- 2:00 **Resident Council: All Welcome, VSA**
- 3:00 **Music at Dave Barber, WFL**

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- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:15 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF Walk the Green, Cafe**
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**WEDNESDAY**
- 9:30 **PF ADVANCED, ES**
- 10:30 **MORNING'S BACK STAGE TOUR C**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF ADVANCED, ES**
- 12:15 **PF Tai Chi Lesson, ES**
- 1:30 **Intro to Theater, VSA&B**
- 3:00 **PF Trivia**

**THURSDAY**
- 9:30 **PF ADVANCED, ES**
- 10:30 **MORNING'S BACK STAGE TOUR C**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF ADVANCED, ES**
- 12:15 **PF Tai Chi Lesson, ES**
- 1:30 **Intro to Theater, VSA&B**
- 3:00 **PF Trivia**

**FRIDAY**
- 10:45 **PF ADVANCED, ES**
- 12:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 12:00 **PF ADVANCED, ES**
- 12:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 1:00 **PF BEGINNERS, ES**
- 1:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 2:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 3:00 **PF Brain HQ, SBC**

**SATURDAY**
- 9:15 **PF OUTDOOR WALKING GROUP @ CHARLOTTE PIER, LFL**
- 10:30 **Shopping @ Greece Ridge Mall, LFL**
- 6:15 **Village Game Night: See Guide for Details**

**Father's Day**
- 9:00 **CHURCH SHUTTLE SERVICE:** See Guide for Details, LFL
- 10:00 **Sunday Travelogue, C**
- 11:30 **Interfaith Service with Friends From Hope Lutheran Church, MR**

**Sunday**
- 10:00 **Sunday Travelogue, C**
- 11:30 **Interfaith Service with Friends From Hope Lutheran Church, MR**

**Monday**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:15 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF Walk the Green, Cafe**
- 2:00 **Resident Council: All Welcome, VSA**
- 3:00 **Music at Dave Barber, WFL**

**Tuesday**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 3:30 **MORNING'S BACK STAGE TOUR C**
- 10:15 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF Walk the Green, Cafe**
- 2:00 **Resident Council: All Welcome, VSA**
- 3:00 **Music at Dave Barber, WFL**

**Wednesday**
- 9:30 **PF ADVANCED, ES**
- 10:30 **MORNING'S BACK STAGE TOUR C**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF ADVANCED, ES**
- 12:15 **PF Tai Chi Lesson, ES**
- 1:30 **Intro to Theater, VSA&B**
- 3:00 **PF Trivia**

**Thursday**
- 9:30 **PF ADVANCED, ES**
- 10:30 **MORNING'S BACK STAGE TOUR C**
- 1:30 **MORNING'S BACK STAGE TOUR C**
- 10:45 **PF ADVANCED, ES**
- 12:15 **PF Tai Chi Lesson, ES**
- 1:30 **Intro to Theater, VSA&B**
- 3:00 **PF Trivia**

**Friday**
- 10:45 **PF ADVANCED, ES**
- 12:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 12:00 **PF ADVANCED, ES**
- 12:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 1:00 **PF BEGINNERS, ES**
- 1:15 **NEW EVENT AMERICAN MUSIC HISTORY**
- 2:00 *** NEW EVENT AMERICAN MUSIC HISTORY**
- 3:00 **PF Brain HQ, SBC**

**Saturday**
- 9:15 **PF OUTDOOR WALKING GROUP @ HENPECK PARK TO CANAL PONDS, LFL**
- 6:15 **Village Game Night: See Guide for Details**

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**locations**
- **AF Glass: Card Room, AGCR**
- **Art Studio, AS**
- **Bocce Court, BC**
- **Cafe Patio, CP**
- **Coffee Nook, C**
- **Coffee Nook & Plaza, C & HBP Crossroads, Cafe**
- **East & West Dining Rooms, EWDR**
- **East Activities Room, EAR**
- **East Dining Room, EDR**
- **East Front Lobby, EFL**
- **Exercise Studio, ES**
- **Fitness Center, FC**
- **Front Lobby, FL**
- **Leaving From The Front Lobby, LFL**
- **Meditation Room, MR**
- **Plaza, P**
- **Shuffleboard Court, SBC**
- **Shuttle Stop, SS**
- **Village Green, VG**
- **Village Square A, VSA**
- **Village Square A & B, VSA&B**
- **Village Square B, VSB**
- **West Community Room, WCR**
- **West Dining Room, WDR**
- **West Front Lobby, WFL**
- **West Game Room, WGR**
- **West Organ Area, WCA**
- **West Wii Game Center, WWGC**
- **West Wii Game Center Or Plaza, WGC & P**
Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory’s adoption as America’s flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer’s far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered — slowly and ceremoniously — and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

May Fun!

The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day’s end, it’s estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.

The Village at Unity

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