

YOUR GUIDE TO HEALTHY, HAPPY & CONNECTED LIVING

COMPLIMENTARY
ISSUE



June SENIOR SAVVY

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CELEBRATING

Fathers




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Published By



EMPOWERING SENIORS. ENRICHING LIVES. STRENGTHENING COMMUNITY.  2026

Connect with Dad this Father's Day even if you're far away

Father's Day celebrations are unique to each family. For some, an entire family gathers for a big celebration. Geography may affect other families' ability to get together. Children who do not live near their fathers can find ways to make the holiday special even if they aren't able to be close to Dad this June.

The National Retail Federation found retail spending for Father's Day reached a record-breaking \$24 billion in the United States in 2025. If you are miles away from a father, grandfathers or stepfather this Father's Day, explore these means to celebrating the meaningful men in your life in spite of the physical distance between you and them.

- Connect via digital technology. Those who cannot grab a meal with Dad in person can rely on digital connections to celebrate the day. Video chat services typically are available at no cost through phone and tablet apps. Children can connect with Dad through Zoom or Facetime and share a meal over the internet, all the while chatting and laughing.

- Give gifts that keep on giving. The popularity of subscription

boxes has surged. The multimedia news organization Talk Business & Politics reports that 43 percent of shoppers now give recurring gifts, compared to 34 percent in 2019. Furthermore, the NRF says 41 percent of Father's Day purchases now happen online. Ideas for subscription boxes include international snacks, grilling spices, high-end coffees or teas, or even wine- or cheese-of-the-month clubs. If you can't see Dad too much due to geographical distance, a subscription box can offer a monthly reminder of how much you love and appreciate him.

- Consider virtual experiences. Data from Prosper Insights & Analytics from 2025 points to 46.2 percent of celebrants prioritizing finding a gift that is unique and different, and most are moving away from traditional physical gifts. A virtual whiskey tasting (he's there in person and you're enjoying the same beverages where you are) or an online master class attended together via a video call can be great gifts.

- Personalize gifts for Dad. A personalized gift shows Dad that he is a special guy. If Dad is an avid golfer, a monogrammed golf bag can be perfect. A custom photo book with key moments in your shared history also can be special. A piece of coveted travel gear or something that complements one of his hobbies shows Dad that the gift is tailored specifically to him.

- Plan a trip together. While it may not be possible to spend Father's Day together, setting a date for an exceptional meet-up opportunity may help smooth over any feelings of loneliness. Book tickets to a show or a game for a date that works for all. Identify a passion of Dad's and then find a way to enjoy it alongside him in person.

Distance may affect Father's Day celebrations for some families. However, with some planning and reliance on modern gifting trends, any dad will feel he is celebrated and loved.

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Celebrating Father's Day after Dad passes away

Fathers play an important role in the lives of their children, and that impact is felt even after Dad passes away. Fond memories of times with Dad endure even as children age and their fathers pass away. But milestones like birthdays and Father's Day look a bit different when this special person has passed away. Thankfully, there are plenty of ways to honor a deceased father on Father's Day.

- Participate in one of his hobbies. Celebrate Dad by engaging in an activity that he loved. Maybe he was an avid hiker, and you can explore a nearby trail? Or, listen to his favorite music if he was a musician.

- Celebrate his favorite foods. Cook Dad's favorite meal, bake a specialty dessert or go out to a restaurant that he loved. Channel all of the happy memories that enjoying these favorite foods brings.

- Visit places that are meaningful to you or him. You may

want to start the day by visiting the gravesite and leaving flowers. Or stop at places he loved to visit, like a favorite park or spot in town. Sometimes spending some quiet reflective moments lakeside or seaside can be a great way to honor his memory.

- Spend time with his siblings. Chances are other people miss Dad on a daily basis, particularly if he has siblings who are still alive. Take time with an uncle on Father's Day, or even your paternal grandfather if he is still around. Talking about your dad and sharing memories can be a good time for all.

- Donate to his favorite charity. Donate to your father's favorite charity, house of worship or a cause that meant a lot to him. It's a way to keep the legacy going. You also can volunteer in his honor if time allows.

Father's Day after a father has passed away can be a challenging and bittersweet occasion. Honoring the man you lost and keeping his memory alive helps to heal wounds.

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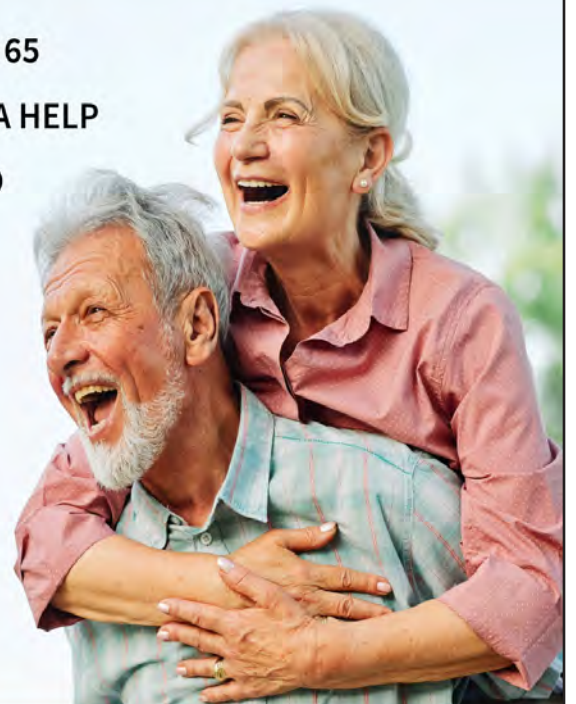
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Motherly Advice to Depend On: Celebrating Moms at Stoney Brook of Belton

By **Samantha O'Neil**
Stoney Brook Senior Living

There's something to be said about a good piece of motherly advice. Passed down through generations, a mother's words always resonate, whether it's the encouragement to "look your best" or a "don't chew gum in church" warning to remember.

Mother's Day celebrations at Stoney Brook of Belton honored the many women who have shared their wisdom daily with loved ones and friends

of all ages. Residents, family members, and friends enjoyed a memorable afternoon at the Belton senior living community on May 6, as they gathered for a Mother's Day lunch and family photos.

A mother's advice card sat at every table, along with an invitation for each guest to share the best advice their mom gave growing up. Resident Susie Peffley remembered her mom's words with a smile. "Curl your hair. Wear great shoes. Choose nice clothes. Your best makes

your best day."

Lunch was prepared by Stoney Brook's Chef Victor Garcia, who presented a spring meal for the occasion—chicken marsala, garlic butter mashed potatoes, roasted tri-color carrots, and a lemon cranberry cake for dessert.

"It was absolutely fabulous," said resident Sharon Cipolla. "I always love it when we have special events where everyone gets to experience the delicious food we enjoy every day."

"Gathering with our res-

idents and their families for special occasions like these is always a treat. It's a chance to share stories and memories of the people and moments that matter most to us," shared Samantha O'Neil, Stoney Brook Director of Sales and Marketing. "It's what makes community living so special."

To learn more about Stoney Brook or the community's relationship-centered assisted living and memory care options, please contact Samantha O'Neil, Stoney Brook Director



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Courtesy Photo

The Hardin family poses for a photo with their mom, Blythe, a Stoney Brook resident.

of Sales and Marketing, at 254-933-3800 or soneil@stoneybrookseniorliving.org.

Stoney Brook of Belton is an assisted living and memory care community offering a full range of lifestyle options for older adults, enabling them to live life to the fullest. The community is located at 500 River Fair Blvd. To learn more about life at Stoney Brook, visit www.stoneybrookseniorliving.com or contact Samantha O'Neil at 254-933-3800. Stoney Brook Senior Living is locally owned and is managed by the Long Hill company, a subsidiary of Masonicare, a leading not-for-profit provider of senior living and healthcare services.



Courtesy Photo

The Peffley Family shares a few words of motherly advice at Stoney Brook's recent Mother's Day luncheon.

Hobbies to get seniors out and about

The threat posed by social isolation has been known to medical researchers and health care professionals for years, but the issue gained wider attention during the pandemic. Restrictions on social gatherings during the pandemic opened millions of people's eyes to the ill effects of social isolation, and while that threat proved temporary for the majority of people across the globe, many seniors continue to live largely isolated lives.

According to the Mayo Clinic, depression, anxiety, increased risk of suicide, and various chronic health problems are some of the out-

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comes associated with loneliness. That's a troubling assessment that becomes even more disconcerting when considering a general decline in socialization as evidenced by the 2021 American Perspectives Survey. Survey participants indicated they have fewer close friendships than they once did, speak with their friends less often and rely less on friends for personal support. That's challenging for adults of all ages, but it can be especially difficult for aging adults, who may be dealing with the loss of a spouse or other close confidantes they would otherwise rely on when confronting personal problems. Hobbies that promote socialization can help aging adults reestablish friendships and build new ones, paying dividends that can have a profound impact on their overall health. With that in mind, adults who feel as though their social circles are shrinking in mid-life or in retirement can look to these activities as means to rebuilding their social lives.

- **Book club:** A book club offers multiple benefits to adults. Book clubs are inherently social and tend to bring like-minded individuals together, which can help build new and lasting friendships that extend beyond weekly discussions. A 2021 study published in the journal *Neurology* also linked regular reading to a lower risk of developing dementia.

- **Sports:** Sports provide another avenue to socialize with like-minded individuals. Golf is not a team sport, but it is typically played in groups of two or four, making it an ideal activity for adults with free time on their hands to get out and about and meet other people. Leagues for softball, bowling and pickleball also provide opportunities to socialize, and many adults are participating in such leagues for that very reason. A CivicScience study released in 2025 found that 49 percent of adults who planned to participate in adult recreational sports leagues were doing so for social interaction and the chance to make friends.

- **Travel:** Travel can provide another means for aging adults to make friends. Group tours to foreign countries, day trips to local attractions arranged by township recreational offices or even overseas trips with friends you've fallen out of touch with can be a great means to build new friendships and reinvigorate old ones, all the while getting you out of the house.

These are just some ways for men and women to get out of the house and socialize with others their age, a worthy endeavor that can be highly beneficial to adults' overall health.





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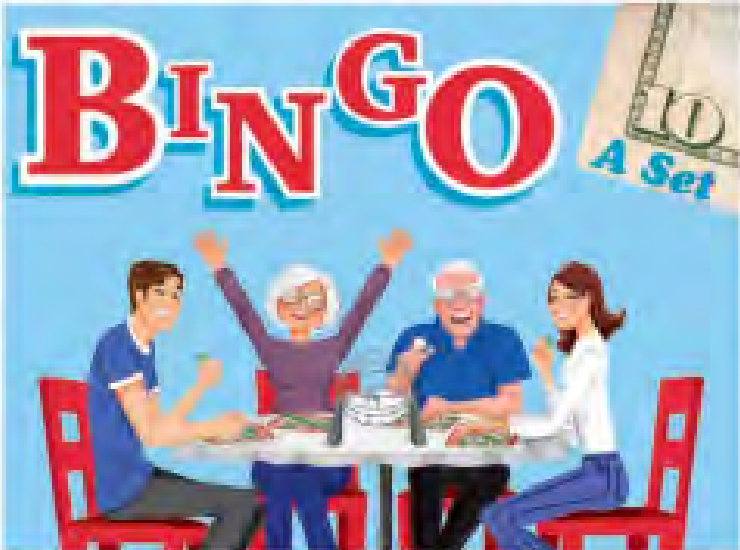
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FATHER'S DAY FUN WORD SEARCH

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

WORDS

- APPRECIATION
- BARBECUE
- BRAVERY
- CELEBRATION
- COACH
- DAY
- DEDICATION
- DEVOTION
- FAMILY
- FATHERHOOD
- FATHERS
- FISHING
- GENEALOGY
- GENEROSITY
- GRILLING
- GUIDANCE
- HERITAGE
- KINDNESS
- LEGACY
- MENTORSHIP
- PATERNITY
- RELATED
- RELIABILITY
- RESPECT
- TRADITION
- TRIBUTE
- WISDOM
- WORDS

Find the words hidden vertically, horizontally, diagonally, and backwards.



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To help make information about Medicare easier to understand, UnitedHealthcare® also has an educational program called Medicare Made Clear®. This program provides general information about Medicare to help people better understand their choices.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We are happy to say that our renovations are complete and the Library and Pool Table are open!	1	2	3	4	5	6
	9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	9 Exercise 10:30 Bible Study 12 Bingo 1 Arts & Crafts	8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta Dance 6:30	9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42	Dance is Thurs., June 4 with Out of the Blue Band at 6:30 p.m.
7	8	9	10	11	12	13
	9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	9 Exercise 10:30 Bible Study 12 Bingo 1 Art Painting	8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42	
14	15	16	17	18	19	20
	9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	9 Exercise 10:30 Bible Study 12 Bingo 1 Arts & Crafts	8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 6 Zumba Class Dance 6:30	Meals not served. 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42	Dance is Thurs., June 18 with Old Friends Band at 6:30 p.m.
21	22	23	24	25	26	27
Pot Luck Dinner at 5:30 on June 22 will feature Josh Stewart.	9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42 5:30 Pot Luck	8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	10:30 Bible Study 12 Bingo 1 Art Painting	8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta Dance 6:30	9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42	
	29	30				
	9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class				
<p>Upcoming Events:</p> <ol style="list-style-type: none"> The Center is partnering with the City of Belton on offering a Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class. Dances - Thurs., June 4., with Out of the Blue Band; and Thurs, June 18, with Old Friends. Dances are at 6:30 p.m. Pot Luck is Monday, June 22 at 5:30 p.m. with Josh Stewart entertaining for us! Renovations are complete, and the Library and Pool Table are now open! 						

SENIOR HUMOR CORNER

Finish the Phrase

"DON'T COUNT YOUR CHICKENS BEFORE..."

"A PENNY SAVED IS..."

"EARLY TO BED AND EARLY TO RISE..."

"WHEN LIFE GIVES YOU LEMONS..."

1. ...they hatch.
2. ...a penny earned."
3. ...makes a man healthy, wealthy, and wise."
4. ...make lemonade."

FUN FACTS ABOUT JUNE

1940s • D-Day took place on June 6, 1944 during World War II.
The first Tony Awards were held in June 1947.

1950s • Marilyn Monroe became one of Hollywood's biggest stars.
Disneyland opened in the 1950s and changed family vacations forever.

1960s • Apollo 11 Moon Landing preparations captured America.
The Beatles took over the music world.

1970s • Bell-bottom jeans and disco dancing exploded in popularity.
Jaws became the first summer blockbuster movie.

1980s • MTV changed music forever.
Arcade games became huge: Pac-Man & Donkey Kong

1990s • The internet started entering homes.
Jurassic Park amazed audiences with dinosaurs.

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HELLO June!



FUN JUNE FACTS!

- ♥ June is named after Juno, the Roman goddess of marriage and family.
- ♥ June has the longest days of daylight.
- ♥ Birthstone: Pearl
- ♥ Flowers: Rose & Honeysuckle
- ♥ Father's Day is celebrated in June in the U.S.



SUMMER MEMORIES & GOOD TIMES!

BRAIN BOOSTER IDEAS!

1 NAME THAT TUNE

Play 10-second song clips. Guess the song, artist and decade!



2 REMEMBER WHEN?

Share memories! First car? Favorite TV show? Nickel candy? Summer fun?



3 WORD SEARCH FUN

Find these summer words!
SUNSHINE PICNIC BASEBALL
VACATION FIREWORKS
LEMONADE ROSES FISHING
FAMILY SUMMER



4 TRIVIA CHALLENGE

Test your knowledge from the 1950s-1980s!



5 FINISH THE PHRASE







Don't count your chickens before...
A penny saved is...
Early to bed and early to rise...



AWESOME JOKES!

- ★ I finally got eight hours of sleep... It took me three days, but I got it! 
- ★ At my age, "getting lucky" means finding my car in the parking lot. 
- ★ My memory is so bad... I changed my password to "incorrect." Now whenever I forget it, the computer says, "Your password is incorrect." 
- ★ Retirement is wonderful. It's doing nothing without worrying about getting caught! 
- ★ I asked my grandkid how to print from my phone. Now the toaster is connected to Wi-Fi! 
- ★ You know you're getting older when: Your back goes out more than you do! 

AWESOME THINGS THAT HAPPENED IN JUNE OVER THE DECADES!

1940s 	<ul style="list-style-type: none"> • D-Day on June 6, 1944 changed history during WWII. • The first Tony Awards were held in June 1947.
1950s 	<ul style="list-style-type: none"> • Marilyn Monroe became a Hollywood superstar. • Disneyland opened and changed family vacations!
1960s 	<ul style="list-style-type: none"> • Apollo 11 Moon Landing inspired a nation in 1969. • The Beatles took over the music world!
1970s 	<ul style="list-style-type: none"> • Bell-bottoms and disco dancing were everywhere! • "Jaws" (1975) became the first summer blockbuster!
1980s 	<ul style="list-style-type: none"> • MTV changed music forever! • Arcade games were HUGE! Pac-Man (1980) and Donkey Kong (1981) were classics!
1990s 	<ul style="list-style-type: none"> • The internet started entering homes. • "Jurassic Park" (1993) amazed audiences!

FUN GROUP ACTIVITIES!

SUMMER MEMORY TABLE

Share stories with items from the past!



"PRICE IS RIGHT" SENIOR EDITION

Guess the price of:

- Milk in 1965
- A movie ticket in 1978
- A loaf of bread in 1952



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Post famous birthdays, historic events, old headlines and local memories from Belton and Texas!



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