



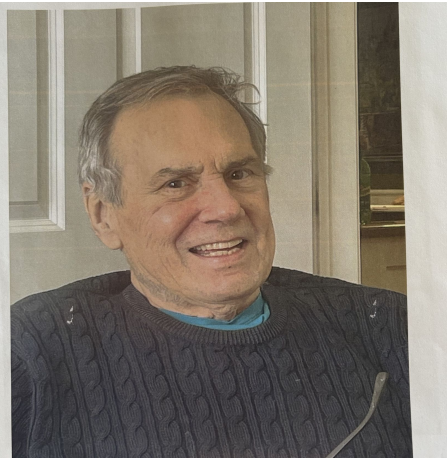
HEATHWOOD highlights

100 ElderWood Court . Penfield, NY 14526 . 585-425-9663



June Highlights

- 2nd Resident Council Meeting
- 4th Live Music w/ Josh
- 6th Victorian Time w/ Daniel
- 9th Food Council Meeting
- 13th Live Music w/ Paul
- 15th Live Music w/ Sam
- 17th Live Music w/ Kim
- 18th Travelogue w/ Christine
- 19th Live Music w/ Mike
- 21st Father's Day Celebration
- 22nd Live Music w/ AMPS
- 26th Live Music w/ Tom
- 26th Gathering with Friends/
Happy Hour
- 29th Live Music w/ Frank
- 30th Scenery Ride



DAVID SAVIGNANO

David Savignano was born in Quantico, Virginia and later attended college, earning a general degree before joining the United States Navy, where he served for three years. After his time in the Navy, David worked for his family's business for a period of time but eventually felt called to a different path in life. He

became a missionary and spent over 13 years helping African refugees while traveling throughout Europe on both missions and personal adventures. Along the way, he explored countries including England, Ireland, Spain, Italy, and France. David especially enjoyed meeting new people, experiencing different cultures, and capturing memories through photography. When reflecting on his years as a missionary, David shared that the greatest lesson he learned was "to love all people."



Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.





Have a Wonderful Birthday!

Count your life by smiles,
not tears.

Count your age by friends,
not years.

*Happy birthday to all of our
residents celebrating this month!*

Sandra R. 2nd
Joyce A. 5th
Howard B. 7th
Susan C. 8th
Donald G. 12th
Elaine H. 15th
Joanne B. 18th
Jay T. 19th
Mark M. 19th
Kay V. 21st
Sarah K. 21st
Stephanie S. 27th

Famous Faces Born in June

June 1, 1937: Morgan
Freeman
June 1, 1996: Tom Holland
June 4, 1975: Angelina Jolie
June 9, 1963: Johnny Depp
June 19, 1947: Salman
Rushdie
June 20, 1967: Nicole
Kidman
June 26, 1993: Ariana
Grande
June 28, 1948: Kathy Bates



Cynthia Machamer Administrator

As we welcome June, I am reminded of the sense of community and compassion that defines our assisted living home. Each day, our dedicated staff works tirelessly to ensure every resident feels valued, safe, and engaged. This month, we look forward to celebrating dads!

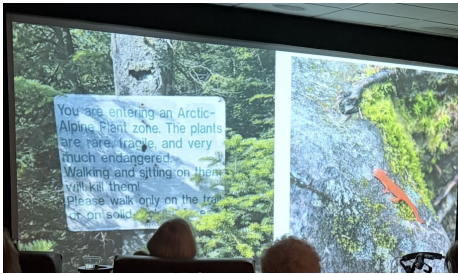
A friendly reminder: save the date for our annual BBQ on July 22. Each resident is allowed to host two guests. Please see the enclosed flyer for more details. And don't forget to RSVP!

Our priority remains the health and happiness of everyone who calls our community home. Thank you for trusting us with your care and support. Together, we create a vibrant environment that celebrates every individual and strengthens the bonds that make our community so special. Wishing you all a sunny and healthy June!



My name is Meghan Fix, and I am so excited to have joined Melissa in the Sales and Marketing Department here at Heathwood. I have been working in geriatrics for more than 10 years as a social worker and admissions director. So far, Heathwood has been the best move I have made! The residents, staff, and families have been so welcoming! I grew up in Pittsford and went to both Oswego and Brockport colleges. I currently live in Fairport with my husband, Greg and my four-year-old daughter, Eloise. Eloise is in Pre-K at St. Joseph's here in Penfield. She is very energetic, creative, and is very focused on becoming a veterinarian when she grows up. Eloise also loves visiting the facilities I work at and is looking forward to coming by to say hello soon! Some of my favorite things are holidays, entertaining, wine tasting, day trips to the Finger Lakes, home renovations and exploring local small businesses. I am so grateful to have joined such a prestigious community.

CLIMBING THE ADIRONDACK HIGH PEAKS WITH AARON



OLD TIME MUSIC WITH AARON



Aaron DeRuyter is our manager of Environmental Services. In May he shared his music and stories of treks in the Adirondacks.





Penfield Symphony Orchestra Concert



Residents recently attended a concert by the Penfield Symphony Orchestra at Penfield High School. Everyone enjoyed the beautiful music and spending time together during the special outing. Residents returned with smiles and wonderful memories from the evening.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 10:45 A1 White Board Games- Hangman 2:00 T Movie Matinee 2:00 A1 Resident Council Meeting 3:30 A1 Nail Polishing - Manicure 7:00 T Night at the Movies	10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Card game w/ Friends 7:00 T Night at the Movies	10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Craft Time w/ Rae 2:00 T Movie Matinee 2:30 DR Live Music w/ Josh K. 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	10:00 A2 Friday Fitness 10:45 A1 Craft Time 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour 4:15 C Games with Friends in Café 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 CY Victorian Time w/ Daniel 7:00 T Night at the Movies
7	8	9	10	11	12	13
10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 A1 Pop Up Golf 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	10:15 A2 Movement with Denise 10:45 A1 White Board Games- Hangman 2:00 A1 Food Council Meeting 2:00 T Movie Matinee 3:30 A1 Manicures 7:00 T Night at the Movies	10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 A1 Wii Game- Bowling 7:00 T Night at the Movies	10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jewelry Making 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 A1 Catholic Mass 2:00 C Crocheting Group 2:00 T Movie Matinee 3:00 C Happy Hour w/ Friends 4:15 A1 Wii Game- Bowling 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 11:00 C Coloring Sheets 1:30 C Euchre Game w/ Friends 2:00 C Live Music w/ Paul 2:00 T Movie Matinee 7:00 T Night at the Movies
14	15	16	17	18	19	20
Flag Day 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 A1 Flag Day Craft 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Samuel Deleo 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 10:45 A1 Pictionary Game 2:00 A1 Coloring Therapy 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Yahtzee Game w/ Friends 7:00 T Night at the Movies	10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Baking w/ Lacey 2:00 T Movie Matinee 2:00 T Travelogue w/ Christine 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	Juneteenth 10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:00 T Movie Matinee 2:30 DR Live Music w/ Mike 3:00 DR Social Hour 4:15 C Uno Game w/ Friends 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 C Card Games w/ Friends 7:00 T Night at the Movies
21	22	23	24	25	26	27
Father's Day / Summer Begins 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 C Father's Day Words Finds 12:00 CY Father's Day Lunch in Courtyard 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 LR Live Music - AMPS 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 10:45 A1 White Board -Jeopardy 2:00 C Birthday Party 2:00 T Movie Matinee 3:30 A1 Manicures 7:00 T Night at the Movies	10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 A1 Wii Game- Bowling 7:00 T Night at the Movies	10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Corn Hole Game 2:00 T Movie Matinee 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 T Movie Matinee 2:30 DR Live Music w/ Tom D. 3:00 DR Happy Hour w /Friends 4:15 C Card Game w/ Friends 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 11:00 A1 Wii Game- Bowling 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 LR Trivia Time 4:15 C Walking Club w/ Leah 7:00 T Night at the Movies
28	29	30				
10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 A1 Word Game 1:30 A1 Tea party and Snack 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Frank 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies	10:00 A2 Fitness Exercise 10:45 A1 Baking w/ Lacey 1:30 E Scenery Ride 2:00 T Movie Matinee 3:30 A1 Manicures 7:00 T Night at the Movies				

JULY HEATHWOOD ANNUAL CHICKEN BBQ



The Heathwood Annual Chicken BBQ is back, and we're ready for an evening full of food, fun, and friendship! Gather with neighbors, enjoy live music, snap pictures in the photo booth, and dig into a delicious BBQ dinner.

July 22, 2026.

4:30 PM – 6:30 PM

Please RSVP so we can plan for a great evening together! Residents may invite up to two guests.

Bring your summer spirit and join us for a wonderful community celebration!



EASTER PARTY

Residents celebrated Easter with a fun Easter egg hunt filled with laughter and excitement. Children visited and shared the special day with residents, bringing smiles to everyone.



Welcome New Residents

We would like to welcome these new residents to our Heathwood family.

Dorothy S.
Helen O'C.
Barbara S.
Sandra R.
Daniel M.C.
Donna W.
Joyce R.
James R.



Dorothy S.



Barbara S.



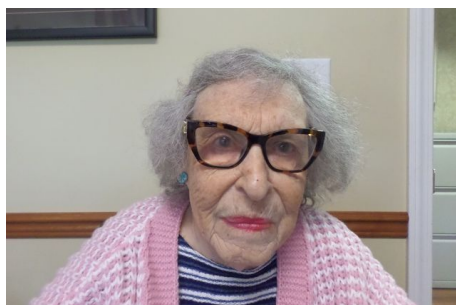
Sandra R.



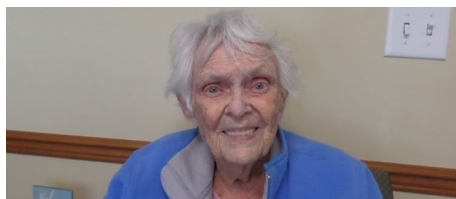
Daniel M.C.



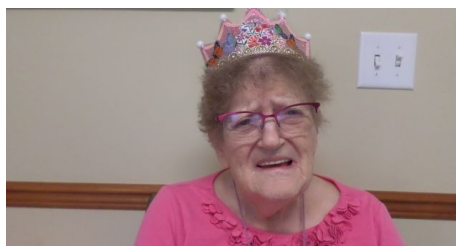
James R.



Joyce R.



Helen O'C.



Donna W.



Just For Fun

Laugh Lines: Let's Get Growing

It's a-pun-dantly clear that it's time to turnip the page on another month and celery-brate the summer gardening season.

Some people have really bean looking forward to this time of year. It's been mushrooming in their minds all winter.

For some, it's so mulch fun that it's hard to herb their enthusiasm. To them, there's no shrub-stitute for tending a vegetable garden. That's where they're in their ele-mint. It's what they seed in their day and provides a sense of peas. It's kind of a big dill.

Instead of produce, some make thyme to grow flowers floral the world to enjoy. They put the petal to the metal, and the blooms they cultivate are mum-believable and absolutely radishing.

Whatever you enjoy, don't let anything squash your dreams. Stay up-beet, romaine open to new things and put your best root forward. It can be good for your lawn-gevity to live on the hedge sometimes. It's never too late to fern something new, especially when you're among fronds. You grow it to yourself.

Some food for thought and sage advice for all: Lettuce enjoy the season ahead!



Carla Suero, President

Heathwood Emphasis

Every year in the spring it gives us pleasure to honor staff and celebrate the more than 48 years since we opened our doors

to care for seniors. On May 13, we got all gussied up for our annual dinner at Park Country Club in Williamsville and honored employees for their years of service. Of 65 staff who have worked with us for five years or more, 49 are from our Williamsville location; 16 are from Penfield.

The Service Excellence Award is given annually to two employees who exhibit our four core values—Teamwork, Reverence for the Individual, Integrity, and a Passion for Excellence. From Williamsville, we selected Dining Services Manager Kristen Carosi, who rejoined our Heathwood team in

2020. Fun fact, Kristen came back to Heathwood a few times since 2001, so she is unofficially considered a 25-year employee, give or take a few years. We are thrilled she is back “home.”

At Penfield, we chose Assistant Dining Services Manager Ronnie Redd who has worked with us since 2017. Ronnie has done everything in the kitchen over the past nine years, and we feel very lucky to have someone so committed and hard-working. We are grateful for these two employees who excel in providing service to others, and for all staff who give of themselves so that our residents can thrive where they are.



- | | |
|-------------|-----------|
| Birds | Ice Cream |
| Birthdays | Lemonade |
| Camp | Park |
| Dad | Picnics |
| Fathers Day | Summer |
| Flag Day | Sunscreen |
| Graduation | Suntan |
| Grill | Vacation |

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