

June Horoscopes and Birthdays



Notable Quotable

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else”

~ Judy Garland

In astrology, those born between June 1–20 are Gemini’s Twins. The Twins represent communication and interaction. Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 21–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. Cancers are tenacious in their pursuit of domestic harmony.

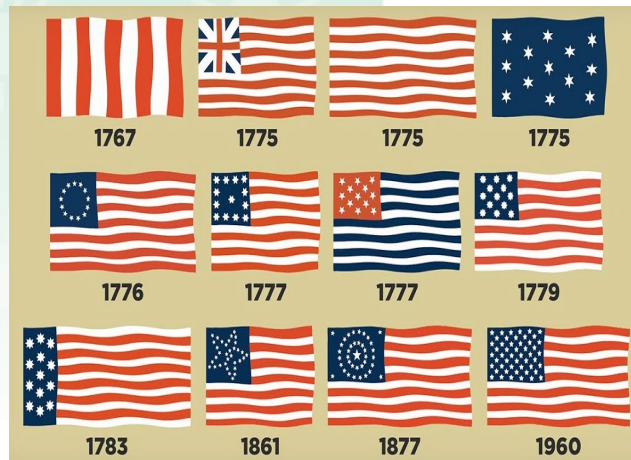
- Jerry Mathers – June 2, 1948
- Frank Lloyd Wright – June 8, 1867
- Michael J. Fox – June 9, 1961
- Judy Garland – June 10, 1922
- Sasha Obama – June 10, 2001
- Jim Nabors – June 12, 1930
- Alois Alzheimer – June 14, 1864
- Moe Howard – June 19, 1897
- Pearl S. Buck – June 26, 1892
- Mel Brooks – June 28, 1926
- Lena Horne – June 30, 1917

Local Legends

- Keith B ~ 7 Sandy S ~ 10
- Barb V ~ 13 Nancy R ~ 14
- Tusuf F ~ 16 Janice S ~ 23
- June T ~ 26 Ron A ~ 27
- Max D ~ 27



The Fabric of Freedom



June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as “Old Glory,” “Stars and Stripes,” and the “Star-Spangled Banner,” the flag has 13 horizontal red and white stripes symbolizing the original 13 colonies. The canton is the rectangle in the upper left corner. It’s blue with 50 white stars representing the 50 states, alternating in numbers of six and five per row. Throughout America’s history, there have been 27 flag designs, with the canton stars changing each time a state was added. Before the 48-star flag, canton designs had no official arrangement of stars. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn’t changed: *the American flag has always stood for freedom.*

Oak Terrace Living

June 2026

Our Events

- 6/1 Vine Music
- 6/4 Bob Stephan Music
- 6/11 Allen and Kyrsten Carlson Music
- 6/15 Podiatry
- 6/16 Brian and Dave Music
- 6/18 Piano and Violin
- 6/22 Father’s Day Party
- 6/23 Jim Kozan Music

Celebrating June

- Great Outdoors Month
- Audiobook Appreciation Month
- Say Something Nice Day
June 1
- Corn on the Cob Day
June 11
- Men’s Health Week
June 15–21
- Father’s Day
June 21
- Take Your Dog to Work Day
June 26

East, West and Autumn Lane
1575 Hoover Drive
387-8358
Activities Department



Notes from the Far Pacific

A cruise through the South Pacific has long occupied a special place in the travel imagination—part adventure tale, part musical refrain, part postcard fantasy. Sailing between Tahiti, Bora Bora, and Fiji feels like stepping into a lineage of seafaring lore shaped by Polynesian navigators, European explorers, and generations of travelers drawn by warm water and distant horizons.

Tahiti is often the gateway, where volcanic peaks rise sharply from the sea and harbors hum with modern cruise traffic layered atop ancient maritime traditions. Bora Bora, with its famously luminous lagoon, has become shorthand for paradise—yet its geography tells a deeper story of coral reefs, protected anchorages, and strategic island chains that once guided ocean crossings by the stars. Farther west, Fiji offers a different rhythm: a scattering of islands where sailing routes weave between village shores and where boats remain central to daily life as well as tourism.

These destinations are dreamlike not just for their scenery, but for their place in cultural memory.

The South Pacific has been mythologized in literature and film, most famously in *South Pacific*, whose songs cemented the region as a symbol of romance, distance, and moral reckoning. Long before cruise itineraries, mariners swapped stories of trade winds, hidden reefs, and weeks-long passages that turned the ocean itself into a proving ground.

That maritime heritage feels especially timely during National Boating Week, observed June 6 to 14, 2026, when attention turns to life on the water and the skills that make ocean travel possible.

A South Pacific cruise underscores those fundamentals—navigation, seamanship, respect for weather—while wrapping them in modern comfort. As the summer solstice approaches on June 21, daylight is shorter in the southern hemisphere, but tropical warmth keeps the islands inviting and the waters endlessly navigable.



Needles at Large

In 2005, knitter Danielle Landes wanted to shake up the world of knitting. Her idea was to move solitary knitters out of their easy chairs and into public spaces. Her idea grew so popular that soon knitting clubs all over the world began celebrating World Wide Knit in Public Day on the second Saturday in June. Even if you've never picked up a pair of knitting needles, chances are that on June 13 you'll be able to join a friendly group of knitters happy to share their expertise.

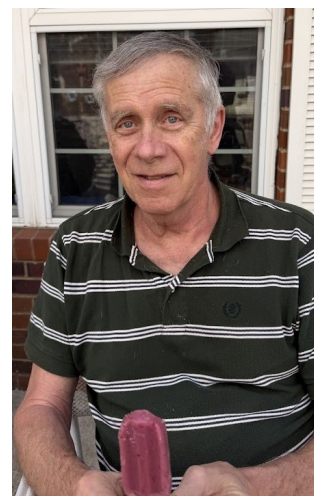
The benefits of knitting go beyond booties, blankets, and even friendship. Knitting exercises many different parts of the brain. It keeps brains working quickly and efficiently. The deep focus and satisfaction knitters feel when they work provides a natural antidepressant. The rhythmic, repetitive motion induces a flow state similar to meditation, lowering stress hormones like cortisol, reducing heart rate, and easing anxiety

10 Health Benefits of Knitting

- 1) Lowers Stress and Anxiety
- 2) Promotes Mindfulness
- 3) Improves Hand Dexterity
- 4) Boosts Self-Esteem
- 5) Eases Chronic Pain
- 6) Enhances Brain Function
- 7) Helps Manage Compulsive Habits
- 8) Improves Memory
- 9) Builds Problem-Solving Skills
- 10) Fosters Social Connection



We had a busy May celebrating ALL of the things! From May Day, to Cinco de Mayo, to Mother's Day, to Earth Day, to oatmeal cookie day, to Arbor Day, and ice cream just because it was nice out!



The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. Romans would play *navia aut caput*, meaning "ship or head," to decide matters small and large, even in criminal cases deciding guilt. If the coin landed on Caesar's head, you won, believing

that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn't get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous "Portland Penny" remains on display at the Oregon Historical Society Museum.



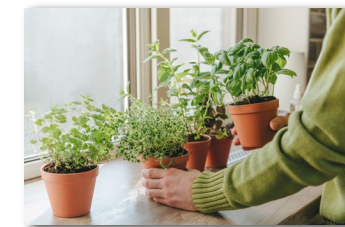
Some studies suggest coins may land slightly more often on the side they started on.



Seasoned Living

June 10 is National Herbs and Spices Day, celebrating the plants that quietly shape how we cook, heal, and garden. Long before refrigeration or modern medicine, herbs and spices were prized for preserving food, enhancing flavor, and supporting health.

Take turmeric, for example. Its active compound, curcumin, has well-documented anti-inflammatory properties and is often studied for its potential role in easing joint pain and supporting cardiovascular health. Cinnamon has been shown to help regulate blood sugar levels, making it a staple not just in baking but also in traditional wellness practices. Garlic, another everyday powerhouse, contains sulfur compounds that support immune function and may help lower blood pressure. Even common herbs like rosemary and thyme are rich in antioxidants and have antimicrobial qualities.



The difference between herbs and spices mainly comes from the plant part used.

Historically, herbs and spices were valuable commodities. In places like ancient Egypt, spices were used in embalming and medicine, while medieval Europe relied on imported pepper, nutmeg, and cloves as status symbols and practical tools for food preservation. These plants helped shape trade routes, agriculture, and cuisine across continents.

Today, one of the simplest ways to connect with that history is through a windowsill garden. Many herbs thrive indoors with minimal effort. Basil, chives, parsley, and mint need little more than sunlight, regular watering, and good drainage. Growing your own ensures freshness and makes cooking more intuitive—you're more likely to use herbs when they're within arm's reach.