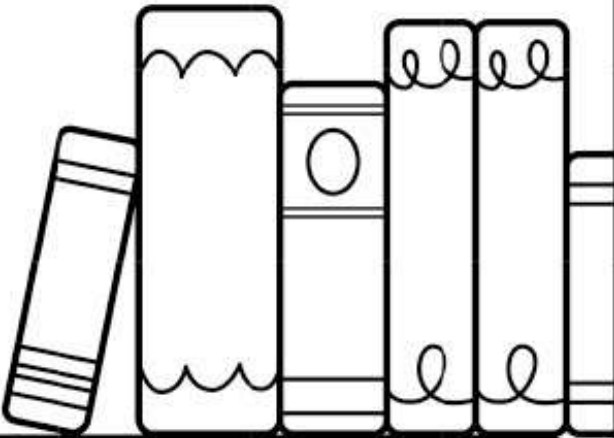


Name: _____

Read Across AMERICA

Can you find the words in the word search below?
They can be horizontal or vertical, and forward or
backward.



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



read
books
Seuss
author
illustrator

fiction
literacy
March
story
biography

fairy tale
fantasy
poetry
mystery
nonfiction

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Carver Ridge
SENIOR LIVING

Age Magnificently



Our Community Newsletter

June 2025

Poem of the Month

"A Song of the Sixth Month" by William Stanley Braithwaite

Glad, mad, and a bit sad too —
Face o' the rose in the eye of the sun;
God has dreamed and his work is done —
June's on the world, heigh-ho!

See how the greenish shadow raises
Patterns on the sun's flood of golden blazes
Round a pink, slim girl knee-deep in daisies.

What is this slow full sense of Time!
This great armada of chirp and song,
That are as a host of sails that throng
Across June's tidal sea of rhyme.

Buttercups and daisies, sing low, sing high —
Age is a fable, death is a lie —
And June's too good to tell us why!

Celebrations!

Resident Birthdays

6/1 - Karen R.
6/16 - Marlene I.
6/25 - Pinky C.

Staff Birthdays

6/17 - Clara L.
6/30 - Yvonna S.

Staff Work Anniversaries

Natalie H. - 1 yr
Edinah N. - 1 yr
Morgan L. - 1 yr

Resident Move in Anniversaries

Lou M. - 6/28 - 4 years	Rich and Carolyn K. - 6/24 - 1 year
Trudy H. - 6/29 - 2 years	Bill S. - 6/25 - 1 year
Erna D. - 6/21 - 1 year	

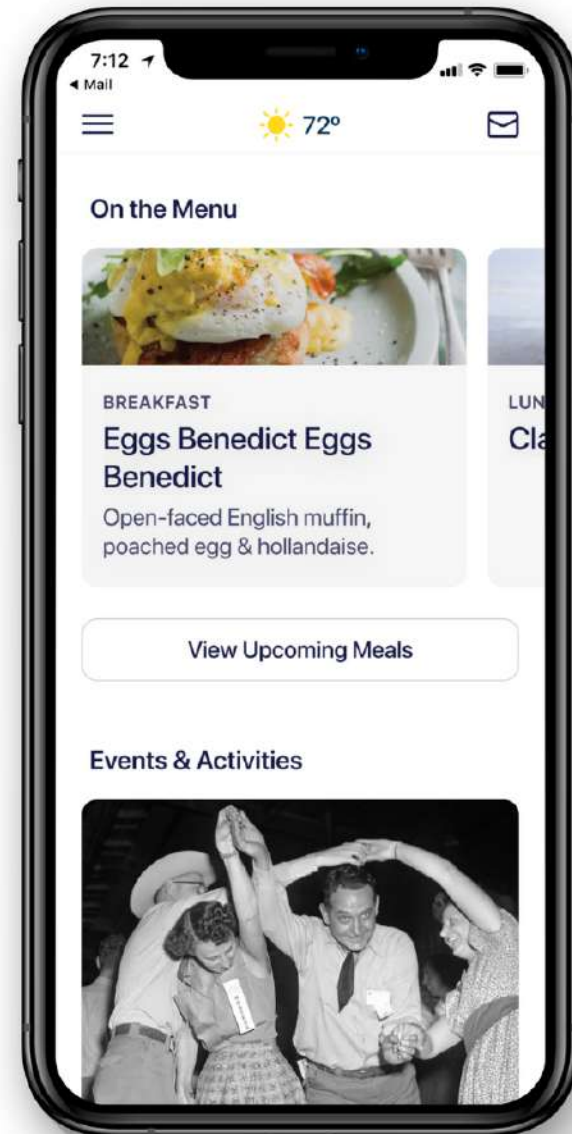
Welcome New Residents!

Rich F. into room 9 on 5/14/25
Karl and Joan S. into room 207 on 5/24



Download the new mobile app for Carver Ridge Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Carver, MN



Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/IOLWK>

Enter code IOLWK after opening the Quiltt app for the first time.



Marketing

Summer is right around the corner and we are celebrating with two really cool events! We'll start with our partnership with the Chaska Community Center/Active Older Adults Lodge hosting the Summer Celebration on June 17th from 4-6pm with some music, snacks and a chance to meet some new friends. Our 2nd Annual Family Fun Fair is scheduled for the first day of summer, Saturday, June 21st from 1-3pm. Be sure to invite your family and friends for some well-deserved fun! We are looking forward to more fun in the sun ☺

Community Life

Channel 48 - We have recieved feedback that Carver Ridge's insertion channel isn't on "channel 48" for all apartments. Please scroll through your channels manually and make note what number your Carver Ridge channel is on. This would be due to your TV, not Carver Ridge. Because of this, from now on "channel 48" will be called "Carver Ridge channel."

Quiltt - Please see insert on how to install the Quiltt app on your smart phone or tablet. This app can be used to see offered activities, upcoming meals, etc.
Linkedsenior - Please talk with Jenna if you are interested in downloading this FREE app to your computer or tablet. Contains many fun features like live music performances, a large selection of games, exercise programs, etc.

Front Desk

Signing in/out - as the weather improves, please remember to sign in and out at the front desk when leaving the building. If you are just sitting on one of our patios this is not necessary. If going for a walk around the building or neighborhood please sign in and out.

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.

As the Carver Ridge River Rats continue their winning streak, we hear these questions: "What is a River Rat?" and "Why River Rats?" Well, we went to our trusty Google to find a definition. According to Merriam Webster, a river rat is "one who spends his leisure time on or along a river." Pretty simple right?

Our favorite definition is from Urbandictionary.com: "A community of people that live along a river. Known as a tight- knit community that always sticks together." We feel this encapsulates Carver Ridge perfectly. We are a tight- knit community that always has each others back. We see it especially during our competitions when we have a whole room full of people cheering for a win. Go River Rats!

