

The Gardens of Statesville & Cardinal Village
2147 Davie Ave
Statesville, N.C. 28625

Postage
Information



A Bunch of Hot Air



Hot Air Balloon Day, on June 5, celebrates the incredible achievement of the Montgolfier brothers. On this day in 1783, the brothers demonstrated the first unmanned flight of a hot air balloon in the skies above their hometown of Annonay, France. The balloon itself was constructed of taffeta, fabric, and paper. It may seem amazing that it lifted off the ground at all considering that it weighed in at over 500 pounds. But fly it did, reaching a tremendous height of 6,000 feet. The Montgolfier brothers knew their invention was a wonder, and they decided to take it to Paris for a demonstration in front of King Louis XVI and Marie Antoinette. The balloon was still unmanned, but no less marvelous for its historic flying of a rooster, duck, and sheep before a crowd of 130,000 Parisians. The miracle of flight had, at last, moved from imagination to reality.

June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Residents

Mary Tobin 6/14
Marjorie Feimster 6/16
Dessie Campbell 6/19
Rosa Lloyd 6/29

Staff

Amber Bryson 6/7
Janice Estes 6/22



Celebrating June

Candy Month

Beautiful in Your Skin Month

Soul Food Month

Lemonade Days

June 1–9

Banana Split Days

June 7–8

World Music Day

June 21

Gardens of Statesville & Cardinal Village

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Also on

www.osbornvision.com/Gardens-Statesville

Resident Referral Bonus

Refer a friend, they move in and stay more than 30 days...you could get \$750 off your next months' rent. See Mechelle or Cyndi for more information.

Visit our website:

www.premierseniorliving.com/statesville

June 2019

The Garden Post

The Gardens of Statesville • 2147 Davie Ave • 704-878-0123 • 704-878-8689

Holly's Corner



May was a very exciting month here at the Gardens!

We treated our wonderful ladies to a tea party for Mother's Day; picked Strawberries,(while eating quite a few along the way), at Howard's Farm; enjoyed several outings including Kat's Patch, Dollar Tree, K&W, and a scenic drive with ice cream.

Let's not forget, our Memorial Day cookout and popsicles on the porch.

In June, we can look forward to visiting Lazy 5 Ranch; Hollerin' Contest on the porch, Ice Cream soda day, and lunch outings to CiCi's Pizza and American Deli!



-Holly

The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.



As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons,

BEAT the HEAT

Hot weather has arrived!

As we enjoy the company of friends & rocking on the porch, remember to stay hydrated and remove extra layers of clothing in order to not get overheated.

Welcome to our Neighborhood....

Margaret Campbell Rm 205
Lovadia Crouch Rm 219

Hot Dog Fundraiser results....

\$754.50

THANK you to everyone for your support!

To date, we have raised \$1,516.50 for the Alzheimer's Association!

Our goal is \$2,500. We only have \$983.50 remaining!



Rope Dancers Over Niagara

On the morning of June 30, 1859, an audience of 25,000 swarmed both the American and Canadian sides of Niagara Falls to gawk at a French acrobat named Jean Francois Gravelet, better known by his stage name of Monsieur Charles Blondin. Blondin was going to attempt the absurd feat of walking across the Niagara River gorge over the roaring falls.



The Great Blondin had arrived months earlier in the hopes of making the crossing during the winter. Snow, ice, and deadly gusts of winds had convinced him to return in the summer. His crossing was described as the act of a madman, but Blondin had been tightrope walking since the age of four. He believed it was his natural calling in life. Standing only five-foot-five and weighing 140 pounds, he was described by his manager as "more like a fantastic sprite than a human being." He was also a fantastic showman. He stepped out onto the hempen cable with the aid of a 26-foot long pole. Spectators gasped when he sat down on the rope after walking only one-third of the way across and called for one of the tourist boats, the *Maid of the Mist*, to anchor beneath him. He lowered a rope and hauled up a bottle of wine, from which he poured himself a glass and had a drink. When he reached the other side, he turned around to walk back again, this time hauling a daguerreotype camera! He again paused in the middle of his balancing act, this time to set up the camera to snap a picture of the crowd on the American side. The Great Blondin's fame skyrocketed overnight, and he would return to Niagara again and again, with his highwire stunts becoming ever more absurd. It is estimated that he made the crossing 300 times over his lifetime.

The Great Blondin's feats over Niagara were by no means the last. As recently as June 15, 2012, an aerialist by the name of Nik Wallenda crossed over Niagara on a two-inch-wide wire—but he crossed directly over the falls as opposed to farther down the gorge, entering the history books as the first

Congratulations to Adam Daniels!



Adam was voted as employee of the month!

Adam has been a part of the Gardens team for 12 years; he is adored by our residents, and always willing to assist when you need a helping hand.

When Adam isn't with us, he spends his time with his wife, Tabitha, and baby girl, Maddie Mae.

Adam, we are so glad you are here!

Happy Birthday to Whom?



On June 27, 1859, a schoolteacher named Mildred J. Hill composed a tune she called "Good Morning to All." Her younger sister, Patty Hill, wrote some cheerful lyrics that the two could sing to their students upon their arrival at school. In 1924, however, the song underwent a dramatic change. A verse was added with the line "Happy birthday to you." Soon, it became the most popular song in the world, sung on everyone's birthday. Yet the song was never credited or copyrighted. In 1935, the Summy Company decided to register a copyright to the song, and then in 1988, Warner/Chappell Music purchased the company owning the copyright, claiming ownership of the song. While Warner/Chappell claims that a royalty of \$700 is owed each time the song is sung, no one is going to let an exorbitant fee like that spoil the pleasure of singing "Happy Birthday to You" at a loved one's birthday party.