Olympic Origins



With the 2026 Milano Cortina Winter Olympics fresh in our minds, it seems an opportune time to celebrate the founder of the modern Olympic Games, Baron Pierre de Coubertin. On June 23, 1894, Coubertin created the International Olympic Committee, the group organizing and maintaining the integrity of the Olympic Games.

Before the 1800s, many societies did not see any need for organized athletics. Sports were widely considered to be an unimportant diversion. Born in Paris to a wealthy, aristocratic family, Coubertin was expected to head into politics or a command position in the military. Instead, he went to school and focused on education, particularly physical education and the role of sports in society.

Coubertin believed that engaging school children in sports would physically, morally, and socially strengthen generations of French citizens and make France a more powerful nation. With the country still reeling from its defeat in the Franco-Prussian War, Coubertin thought sports could keep the French better prepared for battle. Sporting events were also democratic. Regardless of background or upbringing, any athlete could be victorious on the playing field.

In Coubertin's mind, ancient Greece was the perfect model of a society that took sport seriously. The gymnasiums of Athens were places where people exercised both their bodies and minds. In 1889, Coubertin gathered a number of athletes and advisers with the purpose of reviving the ancient Olympic Games. While many countries sponsored their own Olympic-style games, the notion of a world games was novel. At the 1894 meeting of his newly formed International Olympic Committee, it was decided that amateur athletics should occur every four years and competition should be in modern sports rather than ancient ones. Two years later, the first modern Summer Olympics was held in Athens, Greece.

June Birthdays

In astrology, those born between June 1–21 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Jerry Mathers (actor) – June 2, 1948
Frank Lloyd Wright (architect) – June 8, 1867
Judy Garland (actress) – June 10, 1922
Jim Nabors (actor) – June 12, 1930
Alois Alzheimer (doctor) – June 14, 1864
Moe Howard (comedian) – June 19, 1897
Meryl Streep (actress) – June 22, 1949
Pearl S. Buck (novelist) – June 26, 1892
Mel Brooks (actor) – June 28, 1926
Lena Horne (singer) – June 30, 1917

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.

June 2026

The Garnet of Casa Grande



510 E. 8th Street Casa Grande, AZ 85122 | (520) 876 - 4200

Celebrating June Birthdays

6/2 Brigitte Phillips

6/7 Paul Banwart

6/19 Jennie Garner

6/20 Barbara Goodwin

6/21 Marian Hopes

6/24 Lori Mecham

6/26 Delores Cooper

6/29 Emmy Banwart

Welcome New Residents

#204A Heidi James

#223 David Brock

THE GARNET OF CASA GRANDE
ASSISTED LIVING

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 Fishing and Boating Week, observed June 6–14, 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.

In the end, cruising Tahiti, Bora Bora, and Fiji isn't just about escape. It's about tracing old sea lanes, revisiting familiar songs and stories, and seeing why the South Pacific continues to anchor the idea of a true journey.

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COLOR KEY CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT All Events are Subject to Change	**1** 10:00 Quarter Bingo 12:30 Outing: Spa Day 1:00 Indep. Canasta 3:00 Checkers 5:30 Movie Time 6:30 Games & Puzzles	**2** 10:00 Pool Aerobics 1:00 Chair Yoga- 1/2 HR 2:30 Social Hour 5:30 Movie Time 6:30 Puzzles	**3** 10:00 Rummikub 12:00 Outing: Casino 1:00 Mexican Train 2:30 SkipBo Cards 5:30 Movie Time 6:30 Indep. Dominoes	**4** 10:00 5 Crowns 1:00 SkipBo 2:00 Jokers & Marbles 5:30 Movie Time 6:30 Word Search	**5** 10:00 Pool Aerobics 1:00 Pretty Nails 1:30 SkipBo- Social Hour 2:30 Chair Volleyball 5:30 Movie Time 6:30 Indep. Games	**6** 10:00 Quarter Bingo 1:00 Phase 10 2:00 Wii Bowling 5:30 Movie Time 6:30 Puzzles
7 10:00 5 Crowns 12:30 Movie Time 2:30 Church at Garnet 5:30 Mini Golf 6:30 Billiards	**8** 10:00 Quarter Bingo 1:00 Canasta 2:30 Chair Volleyball- 1/2 HR 5:30 Movie Time 6:30 Puzzles	**9** 10:00 Pool Aerobics 1:00 Chair Yoga- 1/2 HR 2:00 Social Hour Desert Melodies 5:30 Movie Time 6:30 Checkers	**10** 10:00 Dominoes 1:00 Aggravation 2:00 Phase 10 Tiles 5:30 Movie Time 6:30 Independent Ping Pong	**11** 10:00 Phase 10 Tiles 1:00 Canasta 2:30 Rummy 4:30 Dinner & Music 5:30 Movie Time 6:30 Indep. Games	**12** 10:00 Pool Aerobics 1:00 Bingo with Desiree From Agape 2:00 Jokers & Marbles 5:30 Movie Time 6:30 Checkers	**13** 10:00 Quarter Bingo 1:00 Mexican Train 2:00 SkipBo 3:00 Mini Golf 5:30 Movie Time 6:30 Indep. Cards
14 10:00 Rummy 12:30 Movie Time 2:30 Church at Garnet 5:30 Billiards 6:30 Puzzles Flag Day	**15** 10:00 Quarter Bingo 1:00 Indep. Rummikub 12:30 Outing: Target 3:00 Mini Golf 5:30 Movie Time 6:30 Creative Coloring	**16** 10:00 Pool Aerobics 1:30 Resident Council 2:30 Social Hour Resident Birthday 5:30 Movie Time 6:30 Indep. Uno	**17** 8:30 Coffee & Chat 10:00 Wii Bowling 1:00 Jokers & Marbles 2:30 SkipBo 5:30 Movie Time 6:30 Sudoku	**18** 10:00 Concentration 1:00 Canasta 2:30 5 Crowns 5:30 Movie Time 6:30 Puzzles	**19** 10:00 Pool Aerobics 1:00 Pretty Nails 2:30 Father's Day Social 5:30 Movie Time 6:30 Indep. Dominoes Juneteenth	**20** 10:00 Quarter Bingo 1:00 Rummikub 2:30 Chair Volleyball 1/2 HR 5:30 Movie Time 6:30 Games & Puzzles
21 10:00 SkipBo 12:30 Movie Time 2:30 Church at Garnet 5:30 Independent Ping Pong 6:30 Word Searches Father's Day	**22** 10:00 Quarter Bingo 1:00 Mexican Train 2:30 Chair Volleyball- 1/2 HR 5:30 Movie Time 6:30 Indep. Cards	**23** 10:00 Pool Aerobics 12:00 Dimensions of Wellness: Occuptional 1:00 Indep. Uno 2:30 Social Hour: Ruan Hooks 5:30 Movie Time	**24** 10:00 Phase 10- Tiles 1:00 Canasta 2:30 5 Crowns 5:30 Movie Time 6:30 Puzzles	**25** 10:00 SkipBo 1:00 Presentation: Erin from Angel Care 2:30 Rummikub 5:30 Movie Time 6:30 Checkers	**26** 10:00 Pool Aerobics 1:00 Dominoes 2:00 Rummikub 5:30 Movie Time 6:30 Games & Puzzles	**27** 10:00 Quarter Bingo 1:00 Uno 2:00 Wii Bowling 3:00 Resident Choice 5:30 Movie Time 6:30 Sudoku
28 10:00 Rummikub 12:30 Movie Time 2:30 Church at Garnet 5:30 Indep. Ping Pong 6:30 Puzzles	**29** 10:00 Quarter Bingo 1:00 Outing: Dairy Queen 1:00 Indep. Canasta 2:00 Indep. Uno 5:30 Movie Time 6:30 Indep. Phase 10	**30** 10:00 Pool Aerobics 1:00 Chair Yoga-1/2 HR 2:30 Social Hour 5:30 Movie Time 6:30 Indep. 5 Crowns				

Garnet's Gem of the Month



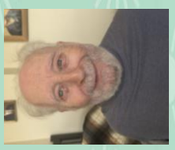
William "Will" Weythman, Cook

Congratulations to William, our Garnet Gem for the month of June! William has been a part of our team since the beginning of this year and has quickly become such a valued member of the Garnet family. Residents always enjoy the delicious meals he prepares, and his positive attitude and teamwork never go unnoticed.

During his downtime, William enjoys playing video games and softball whenever he gets the chance. Although he may be quiet, he has a wonderful sense of humor. He is also a very proud cat dad to his cat, Leann.

Thank you, William, for all your hard work and dedication to our residents and team. We appreciate you!

Silver Star Resident



Louis Zidle

Louis Zidle, our June Silver Star Resident, is originally from Haverhill, Massachusetts. He earned his Bachelor of Business Administration degree from the University of Miami. Louis is a proud second-generation American; his grandmother was from Poland, and his grandfather was from Russia.

One of Louis' favorite hobbies is being an amateur radio operator. He loves talking with others, sharing stories, and reminiscing about the past. He also enjoys spending time watching videos on YouTube.

Louis loves everything about The Garnet and says the residents and staff are the very best. We are proud to recognize Louis as our Silver Star Resident for the month of June!

A Message from the Executive Director



Tammy Nash, Executive Director

At The Garnet, wellness means more than physical health. One important part of overall well-being is occupational wellness, staying engaged in meaningful activities that bring purpose, accomplishment, and enjoyment to our daily lives.

Occupational wellness is not just about having a job. For seniors, it can include volunteering, hobbies, mentoring others, learning new skills, helping around the community, participating in activities, or simply having a daily routine that feels fulfilling. It is about continuing to grow, contribute, and feel connected.

When individuals have opportunities to stay mentally and socially engaged, it can improve confidence, reduce stress, and increase overall happiness. Something as simple as helping set tables for an event, attending a craft class, gardening, participating in resident council, or sharing life experiences with others can create a strong sense of purpose.

Our residents inspire us every day by remaining active in ways that are meaningful to them. Whether it's participating in games, music programs, outings, creative projects, or lending a helping hand to a friend, these moments support emotional health and create a stronger sense of community.

Occupational wellness also reminds us of the importance of balance. Rest, relaxation, social connection, and enjoyable activities all work together to help create a healthy and fulfilling lifestyle. We encourage residents to continue exploring interests, trying new experiences, and embracing opportunities that bring them joy.

As we focus on all dimensions of wellness, occupational wellness serves as a reminder that purpose does not retire. Every stage of life offers opportunities to learn, connect, contribute, and thrive.