

June Events

Crafts
Tuesdays
12:45 PM

Bingo
Wednesdays
1:00 PM

Blood Pressure Check
Wednesdays
11:00 AM

Closed Juneteenth
Friday, June 19th

Summer BBQ
Wednesday, June 24th

Birthday Celebration
Thursday, June 25th



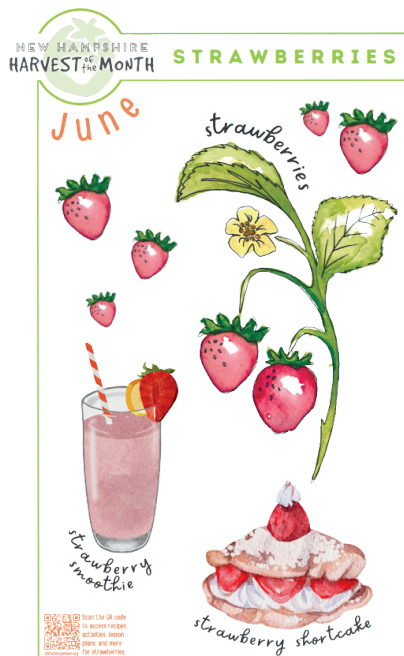
Don't forget your Raffle Basket tickets!

\$1 each
\$5 for 6

Available at the Berlin Senior Center.

Proceeds benefit Senior Meals of Coös County.

Over \$500 in prizes.
Drawing June 22!



HARVEST OF THE MONTH: STRAWBERRIES

The strawberry is a member of the rose family. Wild strawberries are indigenous to North and South America, as well as Europe and Asia.

The cultivated strawberry originated in Europe in the 1300's when wild strawberries were transplanted into the garden. The large, tasty, and hardy strawberries we eat today are a cross between Chilean and Virginian, an American variety.

Strawberries are one of the first fruits to ripen in the spring. They have a short growing and harvesting season, about 3 weeks. In addition to red, strawberries can be white, pink, yellow, or golden.

Strawberries contain more Vitamin C than oranges.

In Ukraine, buckwheat dumplings called Vareniki, are filled with strawberries and farmers' cheese.

Sample the monthly harvest and try our Strawberry Shortcake on June 17!



HOT WEATHER TIPS FOR OLDER ADULTS

Enjoy the nice weather, but please be safe!

- Do not stay home alone during a summer power outage or an extreme heat event, especially if your home does not have air conditioning.
- Make sure a trusted friend or relative has an extra key to your home, knows where you keep your emergency supplies, and can use lifesaving equipment or administer medicine.
- Drink fluids regularly to avoid getting dehydrated and overheated. Talk to your doctor about whether you need fluids with extra electrolytes in the heat.
- Be careful with the amount of time you spend outdoors. Take frequent breaks in air conditioning to cool off, and drink fluids that don't have caffeine.