



SUMMER FLING PARTY!!

We will be having games, water fun, SNOW CONES, drinks, and snacks. If there is ONE thing we know how to do at AVIVA Granbury, IT'S PARTY!!! Party starts at 2:00 PM on JUNE 20th with snow cones out front and we will go to the main courtyard where the outdoor fun will begin!!!!

``We don't stop playing because we grow old; we grow old because we stop playing."



Let's DANCE!

Dancing is an aerobic activity that improves heart health, circulation, and blood pressure.

Dance will engage various muscle groups, enhancing strength and flexibility.

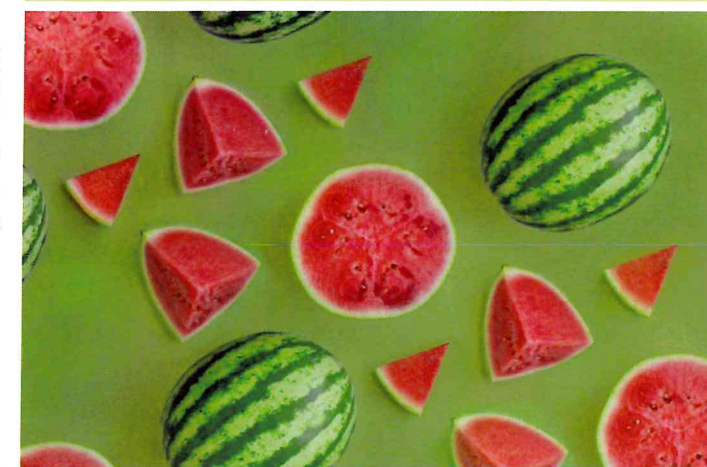
Dancing burns calories and aids in weight loss. Come get together for our Live Music and get in a few moves!

From Bus Rides, to Socials, we have you covered!



AVIVA Granbury

June 2025



Have you tried this??

Being social offers numerous benefits for mental and physical health, including improved well-being, reduced stress, and boosted immunity. Social interactions also promote cognitive health, reduce the risk of dementia, and contribute to a longer, healthier life!

A strong social network can provide invaluable support during challenging times.

Social connections can foster a sense of safety, belonging, and security, providing a sense of purpose in life.

Positive social interactions can lower stress levels, which in turn boosts the immune system.

Just in case you wanted to know!

A study in the UK found that babies born in June tend to be taller adults than those born in other months.

The June birthstones are pearl, moonstone, and alexandrite, while the June birth flowers are the rose and honeysuckle.

In the Northern Hemisphere, June marks the start of summer and the day with the longest daylight hours of the year, the summer solstice

In the Southern Hemisphere, June marks the start of winter and the day with the shortest daylight hours of the year, the winter solstice



Come join us! Check the Calendar to see what is happening at AVIVA Granbury!!!!!!

3rd- Hope Singers

4th- Cracker Barrel Lunch Outing

10th- Frosted Cookie Social

11th- Walmart Run

12th- Sonny Morgan

13th- Father's Day Social with Whitleigh

17th- Apple Strudel Social

18th- Beehive Cafe Lunch Outing

Mexican Train- Sun Mon and Fri

19th- Kirk Fiddle Player

20th- SUMMER FLING PARTY

24th- Resident Council

25th-Walmart Run

26th- Make Your Own Cocktail

Mon- Mimosas, Bus Ride

Tues & Wed- BINGO

Thurs- Manicures and Thisty Thursday

Fri- Bible Study, Special Drink Soical

Father's Day Social

Father's Day is a holiday honoring one's father, as well as fatherhood, paternal bonds, and the influence of fathers in society. We at AVIVA want to honor the fathers, grandfathers, step-grandpas, and the men we love and cherish so much.

Please join us on Friday, June 13, at 2:30 in the Great Room so you can be celebrated!

