

Creativity, Community, and a Life in Design: Meet Diane Bryant

Diane Bryant's path to Sterling Court has been shaped by creativity, family, politics, and a lifelong passion for bringing people together. Originally from outside Detroit, Michigan, Diane grew up in a family filled with artistic talent and imagination. Initially, Diane envisioned a future in law and attended Michigan State University as a pre-law student. However, during that era, professional fields like law were not always welcoming to women, and she eventually found herself drawn in a different direction. Encouraged by a family friend who worked in advertising for General Motors, Diane moved to Los Angeles to attend the renowned ArtCenter College of Design in Pasadena, where she studied painting and design. "The school was very professional," she says. "When you graduated, you were ready to work."

While there, Diane met her future husband, also a designer. The two married in 1969 and eventually built both a family and a business together. "We were a true partnership in every shape," Diane says warmly. After the birth of her two sons, Diane and her husband launched their own design firm on Wilshire Boulevard. Together, they built a successful business working with major clients across the U.S. Diane specialized in information, organization, writing, and color while her husband focused on illustration and design. "Everything about me is color," she says. "Beige does not live in my house." Even today, her vibrant personality shines through in colorful clothing, jewelry, and art.

Politics had also long been part of Diane's life. Her involvement began at just eight years old through an uncle in Michigan. After moving to Los Angeles, Diane initially hesitated to start over politically, but her husband encouraged her to

volunteer for a local campaign. That decision led to a remarkable career working on campaigns, creating advertising and event materials, writing press releases, and eventually serving as Assistant Press Officer for Los Angeles City Attorney Burt Pines. Later, she was recruited to run the Los Angeles office for California's State Treasurer. In 1984, she was hired to be in charge of the logo and all printed materials for the Democratic Convention here in San Francisco.

Her creative passions continue at Sterling Court. Diane enjoys jewelry making, painting, and working with natural stones. She even has an Etsy shop featuring her handmade jewelry designs. "I love creating pieces specifically for the person who will wear them," she explains.

Family remains at the center of Diane's life. One son lives in Hillsborough with his family, while the other resides in Washington, D.C. Both have successful careers, and Diane beams with pride when speaking about her four grandchildren.

Diane moved to Sterling Court about three and a half years ago. Downsizing dramatically was an adjustment, but one she handled with grace. "I thought it would be hard to adjust, but I adapted well," she says. Her beloved Cockapoo, Amy, now 10 years old, has been a comforting companion through every chapter.

When asked what she appreciates most about Sterling Court, Diane's answer comes quickly. "The staff is wonderful. Within a week, everyone called me by my name. They go out of their way to be helpful." She also praises the residents, describing them as "interesting, welcoming, warm people who want to share their lives with you."



Diane Bryant & Amy

Lifestyle



Mark Your Calendar

Friday, June 5	Communion with Father John
Thursday, June 11	Senior Day – San Mateo County Fair
Sunday, June 14	Flag Day
Sunday, June 14	Bonsai Show – San Mateo Garden Center
Friday, June 19	Juneteenth
Sunday, June 21	First Day of Summer
Sunday, June 21	Father's Day
Sunday, June 21	New York Steak and Egg Pancake Bingo
Wednesday, June 24	Trip to Graton Casino & Resort

Musical Notes

Enjoy a live musical performance on Tuesdays & Fridays at 3:00 p.m. & Saturdays at 3:30 p.m. in the Living Room.

Tuesday, June 2
Art McGaw – Piano

Friday, June 19
Lee Allen – Piano

Friday, June 5
Alex Bootzin – Piano

Saturday, June 20
Melodic Outreach Endeavor

Saturday, June 6
Melodic Outreach Endeavor

Tuesday, June 23
Randy Johnson – Piano & Banjo

Tuesday, June 9
Antoinette Kaufman – Piano

Friday, June 26
Kathleen Nelson – Piano

Friday, June 12
Eric Shifrin – Piano

Saturday, June 27
Melodic Outreach Endeavor

Saturday, June 13
Melodic Outreach Endeavor

Tuesday, June 30
Marilyn Cooney – Piano

Tuesday, June 16
Jeff Wessman – Vocal

Tech Tips & Tricks



TEXTING WITHOUT TYPING

A SIMPLE WAY TO STAY CONNECTED

Text messages can be sent without typing at all. On most smartphones, a small **microphone icon** appears on the keyboard when a message is being written. Tapping that microphone allows words to be spoken out loud while the phone converts speech into text almost instantly. Messages can be dictated just as they would be spoken in conversation. A few simple tips help make dictation even smoother:

- Speak at a natural pace – there is no need to rush
- Say punctuation out loud, such as “period” or “comma”
- Pause briefly between sentences for better accuracy

Edits can always be made before sending, but most messages come through surprisingly well on the first try. This feature is especially helpful for longer messages, quick replies while on the go, or anytime typing feels tedious. It also makes it easier to stay in regular contact with family and friends without the effort of using the keyboard.

EMERGENCY SOS – A SIMPLE FEATURE THAT CAN MAKE A BIG DIFFERENCE

In an emergency, a phone can call for help in seconds – no need to unlock the screen or dial a number. This built-in feature is called Emergency SOS, and it is designed to quickly contact emergency services when it matters most.

On an Apple iPhone, setting it up takes just a minute:

- Open **Settings**
- Scroll down and tap **Emergency SOS**
- Turn on **Call with Hold and Release** (the button will turn green)
- Turn on **Call with 5 Button Presses** (optional, but recommended)

Once enabled, help can be reached in two simple ways:

- Press and hold the **right side button** and a **volume button** until the Emergency SOS slider appears (note: pressing these two buttons quickly will take a screen shot so hold them both down)
- Or quickly press the right side button five times in a row

After the call, the phone can also notify emergency contacts and share location information, if that option is turned on. This is one of the easiest safety features to set up, yet one of the most important to have ready.





Activity Rooms

BR—Bristol Room
CY—Court Yard
DR—Dining Room
LB—Library
LR—Living Room
VR—Mt. Vernon Room
PDR—Private Dining Room
RR—Revere Room

BRC—Burl. Rec. Ctr.
SMSC—San Mateo
Senior Center

The Weekly

Check *The Weekly* for
current updates or changes
in schedule.

The Daily

Check our main board for
daily activities, located
opposite the Front Desk.

Scheduled Appointments

Transportation Provided
Monday–Thursday

Sunday	Monday	Tuesday
	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Art McGaw - Piano & Trumpet 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Antoinette Kaufman - Flute 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Bonsai Show Trip 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 12:00 New York Steak, Eggs and Pancake Bingo - DR 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Movie - RR / Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Randy Johnson - Piano & Banjo 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Bridgepointe 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Marilyn Cooney - Piano 7:00 Evening Movie - RR 7:00 Games - BR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
3 9:30 Chat w/Chef Denis Simon - RR 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR	4 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	5 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Arts & Crafts w/Mary L. - VR 1:00 Movie - RR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Movie - RR / Games - BR	6 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 1:15 Art w/Therese Curotto - VR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
10 10:00 Strength Training w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Movie - RR	11 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Senior Day at The San Mateo County Fair 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	12 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	13 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
17 10:00 Strength Training w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 June Birthday Bash 3:00 Book Review w/David Whitman - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR	18 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	19 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Lee Allen - Piano 7:00 Evening Movie - RR 7:00 Games - BR	20 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
24 9:00 Trip to Graton Casino & Resort 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR	25 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	26 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	27 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR

Classes & Lectures

The Svanevik History Hour

This renowned writer and historian will focus on revealing the hidden, interesting, sometimes controversial, always fascinating, behind-the-scenes history of San Mateo County and the State of California, it all happens on Mondays at 1:30 p.m. in the Revere Room, topics include:

- June 1 *Theodore Roosevelt's "Great White Fleet"*
- June 8 *The Honeymoon from Hell*
- June 15 *The Little Engine that Couldn't*
- June 22 *"Good By Si" said Wife Sighing*
- June 29 *Uncle Sam; America's Greatest Choral Director*

Lecture Series with Dick McKee

Dick McKee hosts series on Tuesdays at 11:00 a.m. in the Revere Room.

The Great Tours: Experiencing Medieval Europe
This course is taught by History Professor Kenneth R. Bartlett of the University of Toronto.

- June 2 *Barcelona: The Gothic Quarter*
- June 9 *Barcelona: Imagination and Inspiration*
- June 16 *Dubrovnik: Pearl of the Adriatic*
- June 23 *Dubrovnik: City of Seven Flags*
- June 30 *Krakow: The Royal Way*

Art Appreciation

This class explores the importance of recognizing and appreciating beauty in both art and nature by developing an "educated" eye and ear. Designed as an interactive conversation rather than a lecture, the course engages with iconic works of painting, sculpture, architecture, photography, and music. Artists such as Rembrandt, Johannes Vermeer, Édouard Manet, Pierre-Auguste Renoir, and Vincent van Gogh are discussed alongside architects Frank Lloyd Wright, Antoni Gaudí, and I. M. Pei, as well as photographer Richard Avedon. Rather than simply admiring these figures, participants are encouraged to engage with their work and ask thoughtful questions about the purpose of art, the intentions of artists, and the nature of modern art. The class also celebrates music, featuring jazz greats like Sarah Vaughan, Ella Fitzgerald, and Anita O'Day, emphasizing that music, too, belongs in the conversation about beauty and artistic expression. Join Adam on Thursday, June 4 & 18 at 1:30 p.m. in the Revere Room.

June 4 | THE BUILDING OF THE PANAMA CANAL: *a triumph of human courage, imagination and engineering genius that changed the face of the earth. Be prepared to be flabbergasted!!*

June 18 | THE ART OF PAINTING: *A masterpiece from the Golden Age of Dutch Painting, by Johannes Vermeer. A stunning genius for painting atmosphere and detail: one of the first great European painters whose pictures contain the mystery of the cinema.*

Art with Therese Curotto

Therese discovered her love for art at a young age, selling her first painting at 12 and later studying at the Scripps Institute of Art in La Jolla. While balancing interests in medicine and a career with a major airline, art remained her "happy place." She also studied at the Academy of Art University and won a contest that displayed her artwork in the Governor's office. Her artistic journey has included teaching grammar school art, designing book and CD covers, and creating textile and environmental art for her church. She is especially proud of developing an art program for burn patients at age 18 and later creating a mentoring art program for juvenile delinquents, for which she received a Congressional Award. For Therese, the greatest reward is sharing her gifts and bringing smiles to others. Join Therese on Saturday, June 6 for the second acrylic painting class of "Summertime", a tribute to Mary Cassatt from 1:15 p.m. to 3:00 p.m. in the Mount Vernon Room. Please sign up at the Front Desk.

Bridge Class with Ed Lechner

Ed has been playing bridge for nearly 60 years and joined the American Contract Bridge League (ACBL) about 20 years ago. He began playing club games 10 years ago and has competed in regional and national tournaments for the past five years. He has earned approximately 550 master points – more than half of them Gold – and has achieved 24 Red Ribbon qualifiers and four Blue Ribbon qualifiers. Ed has won gold using several bidding systems, including Standard American, 2/1, Precision, and Kaplan-Sheinwold. Ed is a licensed director and certified ACBL Best Practices Teacher, Audrey Grant Teacher, and Patty Tucker Learn Bridge in a Day Instructor. He currently teaches beginning bridge lessons at Ivy Park in Belmont and presents mini-lessons before the Junior game at the Palo Alto Bridge Club. Join Ed on Wednesdays June 10 & 24 at 12:45 p.m. in the Bristol Room.

Exploring The Scripture

With Martha, Barbara and Blanche, they are currently examining the life and teaching of Jesus as given in the Gospel of Luke. Their emphasis is on the heart of the Christian message: "God is Love" (1 John 4:8). They are an ecumenical group, and everyone is welcome, regardless of background. They would love have you to join them! Thursday, June 11 & 25 at 2:00 p.m. in the Bristol Room.

Please sign up
for all events
in the Activity
Book located at
the Front Desk

Library Book Review

Mark your calendar for June 17, David Whitman from the Burlingame Library will be joining us to review a selection of books. Residents will also have the opportunity to check out books and keep them until next month, meet him at 3:00 p.m. in the Revere Room.

Arts and Crafts

Join us for a fun and creative Arts & Crafts class! All materials will be provided along with help for whoever needs it, and themes will be announced for each class. Please come and join us in the Mount Vernon Room on Friday, June 5 at 1:00 p.m. Please sign up at the Front Desk.

Fitness & Exercise

Strength Training Exercise with Holly Roser Fitness

Holly, John and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, and flexibility, muscle and bone strength, circulation, and heart health in order to enhance function in common activities such as going up and downstairs, squatting to lift objects, and even playing with young children. Join us every day; please see “The Weekly” for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:30 a.m.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Sterling Walkers

Go for a walk with Dmitry, at Coyote Point Park or Foster City Park, weather permitting, Sundays at 1:00 p.m. (not on Pancake Bingo days and/or Hillbarn Theater days)

Wellness Support

Chat with Executive Chef Denis

Every first Wednesday of the month Denis will announce the upcoming culinary special events and ask for review of the past month special events. After that he will open up the meeting for any suggestions, comments or concerns. Denis' meetings are run just as efficiently as his kitchen

and dining room, please arrive on time. Join Denis on Wednesday, June 3 at 9:30 a.m. in the Revere Room.

Sterling Court Games

Are you interested in playing games such as Bridge, Dominos, Pinochle, Mahjong, Chinese Checkers, Scrabble, Rummikub, etc.? If so, we have two Residents, Ruth Kahoun and Norma Galvin, who have (graciously) volunteered to facilitate the getting together of Residents who would like to play any of the games listed above and any others. Please contact Ruth Kahoun at 650-867-7203 or Norma Galvin at 650-636-3614 if you would like to meet other Residents who want to play the same games of which you are interested in.

Melodic Outreach Endeavor

Anson Yu and Matthew Wang have generously volunteered to share their love of music with our community. In their words: “We began our journey as two high school students passionate about music. Then, we dedicated that passion to performing music for senior communities. Now, we travel around the Bay Area to senior centers, increasing members and impact along the way.” These young musicians bring beautiful piano performances and uplifting energy to the community, creating a wonderful opportunity to relax, listen, and enjoy live music together. Join us every Saturday from 3:30 p.m. to 4:30 p.m. in the Living Room

Sterling Stitchers

Joyce Bausch and Carole Young are bringing together a community of needlework enthusiasts (knitting, crocheting, embroidery, cross stitch, hemming, etc) to exchange tips, works in progress and support one another in their stitching journeys. Whether you are a beginner or an expert, you belong here. Please join us every Sunday at 1:00 p.m. in the Mount Vernon Room, please sign up at the Front Desk.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Program Highlights

Senior Day at the San Mateo County Fair

New this year, the Community Expo at the Fair will feature local resources and businesses for everyone with a dedicated section for seniors. This is a powerful opportunity to be at the Fair. Thursday, June 11 offers free fair admission for seniors (62 & up) making it one of the busiest days at the Fair. The Expo will be centrally situated in Fiesta Hall with the Senior Section in an adjacent room allowing for easier engagement with seniors. Residents at Sterling Court departure time will be at 1:00 p.m., please sign up at the Front Desk.

continued on reverse...



...continued from reverse

Program Highlights

Bonsai Show

Watch a Bonsai Workshop on Sunday, June 14 led by Valerie Monroe at San Mateo Garden Center, long-standing spot where people can gather to enjoy nature. Residents at Sterling Court departure time will be at 1:00 p.m., please sign up at the Front Desk.

Father's Day

Join us for a special pancake bingo for Father's Day, we will serve New York Steak, Egg and Pancake; and enjoy a lively game of Bingo. The cost for Bingo is \$2.00 and includes a delicious breakfast; Sunday, June 21 from 12:00 p.m. to 1:00 p.m.

A Fun Day at Graton Resort & Casino

Join us for a fun day out at Graton Resort & Casino! Enjoy an afternoon of games, great food, relaxing scenery, and good company. Whether you like the excitement of the casino, walking around the resort, or simply getting out for the day, there's something for everyone to enjoy. Try your luck on the slots, grab a bite to eat, and spend time with friends. It's the perfect excuse for a little adventure and a lot of fun! Wednesday, June 24, the departure time is 9:00 a.m. and the returning time from the casino is at 2:30 p.m. Please sign up at the Front Desk.

WHY DO WE SAY THAT?

TO PULL OUT ALL THE STOPS

Pipe organs are musical instruments that produce sound by pushing pressurized air through pipes. The pipes have knobs that control the tone and volume of the instrument. These knobs are known as "stops" and when they are pulled out, the instrument can play all tones at the same time and produce the highest volume possible. This is the original of the idiom "to pull out all the stops," which means to make the maximum possible effort to achieve something.

THE WRITING IS ON THE WALL

We use the idiom "the writing is on the wall" to mean that a certain

result has become inevitable, or that a potentially dangerous situation has become imminent, and apparently unavoidable. This phrase originates from the Bible, specifically in the book of Daniel. Belshazzar, a corrupt, unjust, and unworthy king, was debasing sacred objects and spending his time drinking and reveling instead of leading his people. During one such debauchery-filled event, a disembodied hand (supposedly the hand of God) appeared and wrote an ominous warning on the palace wall. The prophet Daniel was brought in to interpret the writing, and he explained that God passed judgment

June Birthdays

June Birthday Bash will be on Wednesday, June 17.

June 2	Colin Pegley
June 5	Marc Pasquini
June 5	Ed Johnson
June 8	Barbara Rodrigues
June 9	Joan Warner
June 14	Barbara Saunders
June 15	Antje Hjerpe
June 15	Barbara Gabriel
June 18	Gloria Dreon
June 22	Phil Bohaboy
June 24	Carole Young
June 25	Richard Kenmotsu
June 28	Tom Yanagihara

Anniversary

Happy 70th Wedding Anniversary to Irene & Virgilio Casaccia on June 16.

Welcome

Please give a warm welcome and introduce yourself to our new resident:
#418 Monica Morhaim

on the king and his kingdom, found them wanting, and decided to break the kingdom apart and hand over control to foreigners. The writing on the wall was effectively a final judgment, one that the king had no power to get around; it was inevitable.