

CLUBHOUSE SANDWICH

JUNE 2023



SPRING FEVER



JUNE IS THE SIXTH MONTH OF THE YEAR IN THE JULIAN AND GREGORIAN CALENDARS AND IS THE SECOND OF FOUR MONTHS TO HAVE A LENGTH OF 30 DAYS, AND THE THIRD OF FIVE MONTHS TO HAVE A LENGTH OF LESS THAN 31 DAYS. JUNE CONTAINS THE SUMMER SOLSTICE IN THE NORTHERN HEMISPHERE, THE DAY WITH THE MOST DAYLIGHT HOURS, AND THE WINTER SOLSTICE IN THE SOUTHERN HEMISPHERE, THE DAY WITH THE FEWEST DAYLIGHT HOURS (EXCLUDING POLAR REGIONS IN BOTH CASES). JUNE IN THE NORTHERN HEMISPHERE IS THE SEASONAL EQUIVALENT TO DECEMBER IN THE SOUTHERN HEMISPHERE AND VICE VERSA. IN THE NORTHERN HEMISPHERE, THE BEGINNING OF THE TRADITIONAL ASTRONOMICAL SUMMER IS 21 JUNE (METEOROLOGICAL SUMMER BEGINS ON 1 JUNE). IN THE SOUTHERN HEMISPHERE, METEOROLOGICAL WINTER BEGINS ON 1 JUNE.

AT THE START OF JUNE, THE SUN RISES IN THE CONSTELLATION OF TAURUS; AT THE END OF JUNE, THE SUN RISES IN THE CONSTELLATION OF GEMINI. HOWEVER, DUE TO THE PRECESSION OF THE EQUINOXES, JUNE BEGINS WITH THE SUN IN THE ASTROLOGICAL SIGN OF GEMINI, AND ENDS WITH THE SUN IN THE ASTROLOGICAL SIGN OF CANCER.

HAVE YOU EVER BEEN SO BUSY THAT YOU WISHED YOU COULD CLONE YOURSELF JUST TO GET EVERYTHING DONE? THAT'S THE GEMINI EXPERIENCE IN A NUTSHELL. APPROPRIATELY SYMBOLIZED BY THE CELESTIAL TWINS, THIS AIR SIGN WAS INTERESTED IN SO MANY PURSUITS THAT IT HAD TO DOUBLE ITSELF. BECAUSE OF GEMINIS' INTRINSIC DUALITY, THEY'RE OFTEN FALSELY MISREPRESENTED AS TWO-FACED. IN REALITY, HOWEVER, GEMINI RARELY HAS A HIDDEN AGENDA. PLAYFUL AND INTELLECTUALLY CURIOUS, GEMINI IS CONSTANTLY JUGGLING A VARIETY OF PASSIONS, HOBBIES, CAREERS, AND FRIEND GROUPS. THEY ARE THE SOCIAL BUTTERFLIES OF THE ZODIAC: THESE QUICK-WITTED TWINS CAN TALK TO ANYONE ABOUT ANYTHING. FIND THEM BUZZING BETWEEN HAPPY HOURS, DINNER PARTIES, AND DANCE FLOORS.

GEMINI SEASON BEGINS ON MAY 21, A DAY THAT USHERS IN THE HEAT AND ELECTRICITY OF SUMMER. GEMINI IS ACCORDINGLY EXCELLENT AT GUIDING CHANGE AND TRANSFORMATION. THESE CURIOUS TWINS ARE TERRIFIC PIONEERS, USING THEIR ENERGY TO SPEARHEAD INNOVATIVE CREATIVE PROJECTS. A FEARLESS THINKER, GEMINI IS ALWAYS DOWN TO TRY SOMETHING NEW. BUT AFTER THEY HAVE SHARED THEIR PROGRESSIVE VISION WITH THE WORLD, IT'S BEST TO LET THESE TWINS GET BACK TO IDEATING: THESE HYPERACTIVE AIR SIGNS HAVE SHORT ATTENTION SPANS AND ARE MOST SATISFIED WHEN THEY CAN MOVE FLUIDLY FROM ONE IDEA TO THE NEXT.

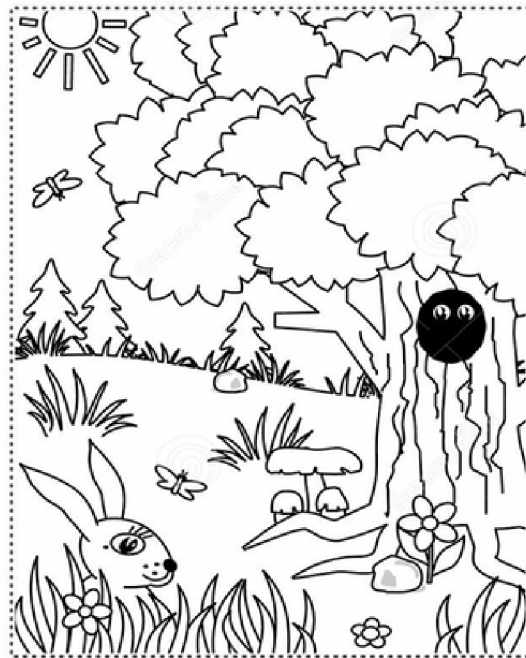
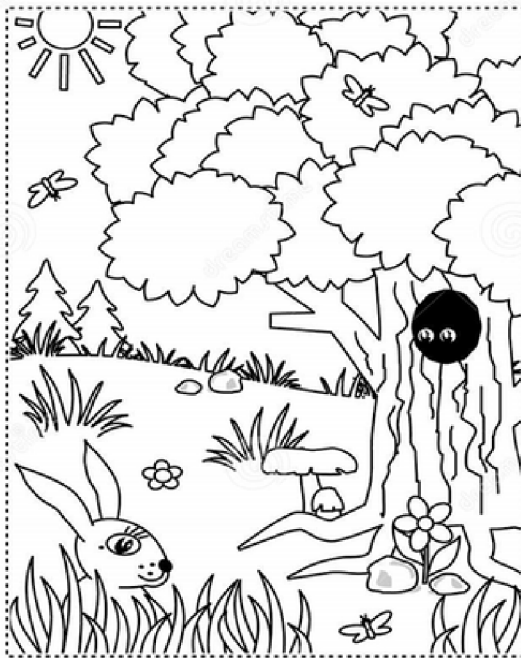


GEMINI



BOTH GEMINI AND VIRGO ARE GOVERNED BY MERCURY, THE MESSENGER PLANET OF COMMUNICATION. DESPITE SHARING A PLANETARY RULER, HOWEVER, THESE TWO SIGNS ARE OPPOSITE IN THEIR APPROACHES: GEMINI EXPRESSES EMOTIONS EXTERNALLY, WHEREAS VIRGO PROCESSES INTERNALLY. GEMINI IS ALL ABOUT OUTPUT, SO THESE TWINS LOVE TO CHAT AND OFTEN SPEAK WITH THEIR HANDS (WHICH HAPPENS TO BE THE BODY PART ASSOCIATED WITH GEMINI). COMMUNICATION IS PARAMOUNT FOR THEM, AND THEY REQUIRE FLUENT STREAMS OF TRANSMISSION. THEY LOVE TEXTING AND TWEETING ALMOST AS MUCH AS THEY LOVE TALKING IRL. IN FACT, THE ACT OF EXPRESSION IS OFTEN EVEN MORE IMPORTANT TO LOQUACIOUS GEMINI THAN WHAT IS ACTUALLY BEING SAID – AND THEY MUST REMEMBER TO BE THOUGHTFUL WITH THEIR WORDS. ANOTHER INCREDIBLE GEMINI QUALITY, HOWEVER, IS THAT THESE NATURAL CHAMELEONS CAN QUICKLY RECOVER FROM EVEN THE MOST SHAMEFUL FOOT-IN-MOUTH MOMENTS. GEMINI MOVES TOO FAST TO CARE ABOUT EMBARRASSING MISSTEPS: THEY SIMPLY MOVE ON.

Find the ten differences between the two pictures.





WORD SEARCH

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 N T J G Z O U Q L U L P B A L Z A I W H G V F E M
 E L Q K X N W W V Q Z Y G K L S T H L R B L S E Z
 W Y Q U S S D A F F O D I L T O Y A E X R T S E J
 N X Q H H K R W G F O T O E J L S E A Y E Q J J V
 K J I X L X D E E R L M R W F L N H Y T E G N B J
 B N I C A W S W R L D B R T A Z K E D Z L V R I
 E B R I C O G X J O Q G E P O M L R W S E G B E T
 R P F H B F I A V A L T C L Q B N Y D C T O P A U
 A L Q N K Y U H Q A T F P Y N B L O O M S O J P O
 X X I S R N B J I U Y A L T Y H X C P X W J V F R
 G A T X A V E G B I D Y J F E X J H T B W Q U M P
 R S O T L B X Q C H C S B F G U O I R C P J A N S
 C E Y T Y J J V H T F C X W U W N C M U L F N W E
 D L N I A R R V U C T T I B B A R K P G F N D Z U
 A D J F O R A T N O R A U K F J X O P E N G R O W
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 D E Q H I V A B C Z S B O P F O Y P W Z B G T A A
 Y I C P P F T S H O W E R S T Q W N O O W U J M J
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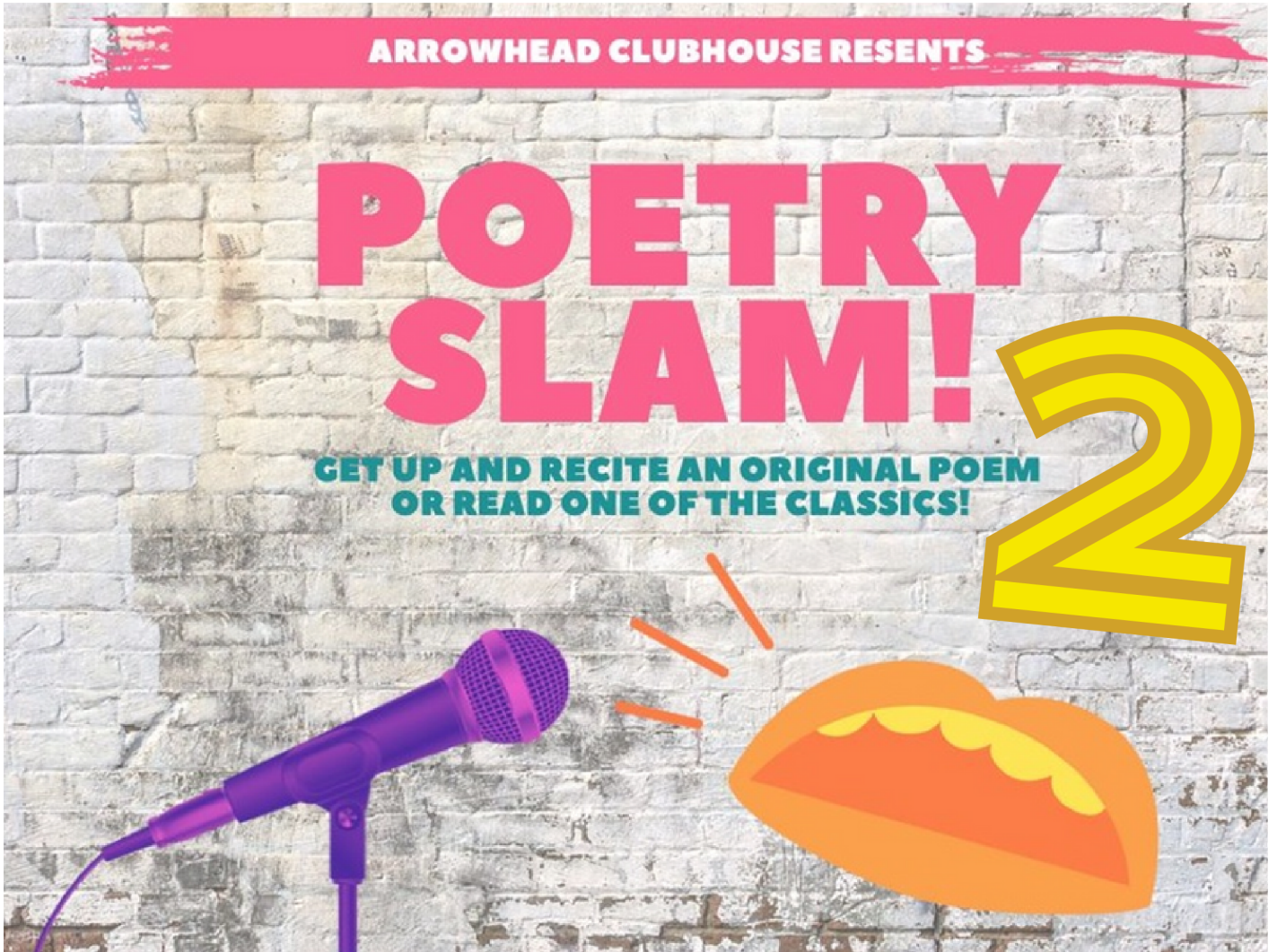
APRIL
 BLOOM
 BREEZE
 BUNNY
 BUTTERFLY
 CHICK
 DAFFODIL
 EASTER
 FLOWERS
 GALOSHES
 GREEN
 GRASS
 GROW
 JUNE
 LAMB
 MARCH
 MAY
 NEST
 PUDDLES
 RABBIT
 RAIN
 RAINBOW
 RAINCOAT
 SHOWERS
 SPRING
 SPROUT
 SUNSHINE
 TADPOLE
 TULIP
 UMBRELLA
 WINDY
 WORM

ARROWHEAD CLUBHOUSE RESENTS

POETRY SLAM!

**GET UP AND RECITE AN ORIGINAL POEM
OR READ ONE OF THE CLASSICS!**

2



TUESDAY JUNE 27TH - 1:00PM

THIS MONTH SAW OUR FIRST EVER POETRY SLAM (THANK YOU SUZY FOR SUCH A GREAT IDEA!) AND IT WAS A HIT! THE FOLLOWING ARE EXAMPLES OF SOME OF THE MEMBERS OWN WRITTEN(OR IN THE CASE OF JILL STOLEN POEMS THAT HIT HOME) AMAZING POETRY. AND FOYE READ A POEM WRITTEN BY LARRY. WE WILL MISS YOU, OLD FRIEND.

PLEASE READ LARRY'S POEM ON THE NEXT PAGE...

I know the true meaning of being afraid and alone,
The desperation and despair that sets the tone,
The tone of destruction that tears a man apart,
That bleeds his soul and break his heart.

But that my friend doesn't have to be,
For if you want living proof, just look at me,
'Cus there is a way that I have found, To help you
also to stand on firm ground.

That way my friend is through the lord,
His words and truth can be your shield and sword,
Just like he's shown me, from that very day I got
down on my knees,

I still sit in prison, but I am truly free,
And I am never alone, 'cus the lord's with me.

L J Yadernuk
Arrowhead Member
Written in 1997

**JILL STOLE THESE TWO FROM THE
INTERNET:
DEDICATED TO ALL OUR MEMBERS THAT
RISE TO FACE EACH AND EVERY DAY!**

"RISK" BY ANAIS NIN

**AND THEN THE DAY CAME
WHEN THE RISK TO REMAIN TIGHT
IN A BUD
WAS MORE PAINFUL THAN THE RISK
IT TOOK TO BLOSSOM.**



ANAIS NIN

"STILL I RISE" BY MAYA ANGELOU

**YOU MAY WRITE ME DOWN IN HISTORY.
WITH YOUR BITTER, TWISTED LIES,
YOU MAY TROD ME IN THE VERY DIRT
BUT STILL, LIKE DUST, I RISE.**

MAYA ANGELO



AN ORIGINAL FROM SHAMUS:

ATTENTION!

**AN AMERICAN QUEEN IS MISSING!
HER NAME IS LINDA BROWN, SHE'S
NEW IN TOWN. AND I JUST FOUND
HER LAST NIGHT ON EAST
THIRTEENTH.**

**SHE HIDES HER EYES EVERY TIME
SHE CRIES, AND SEEKS TO CONFIDE,
TRUTH TOLD DENIED.**

**A SOUL FOUND WHOLE
QUESTIONS, THE WITCH ANSWERS,
WITH THE PENANCE OF A DEATH,
CAUSED BY CANCERS!**

**WITH HER HOLLYWOOD LOOKS
AND EAST VAN EYES, SHE WEARS
HIGH HEELS, WALKS IN AND STEALS.
BUILT MORE BEAUTY VERY FIRST
PRIZE!**

**BECAUSE SHE IS AN AMERICAN
QUEEN BABY!**

**HERE'S LINDA BROWN, WHERE HAS
SHE BEEN? YOU'LL NEVER KNOW,
ALL SHE'S SEEN,**

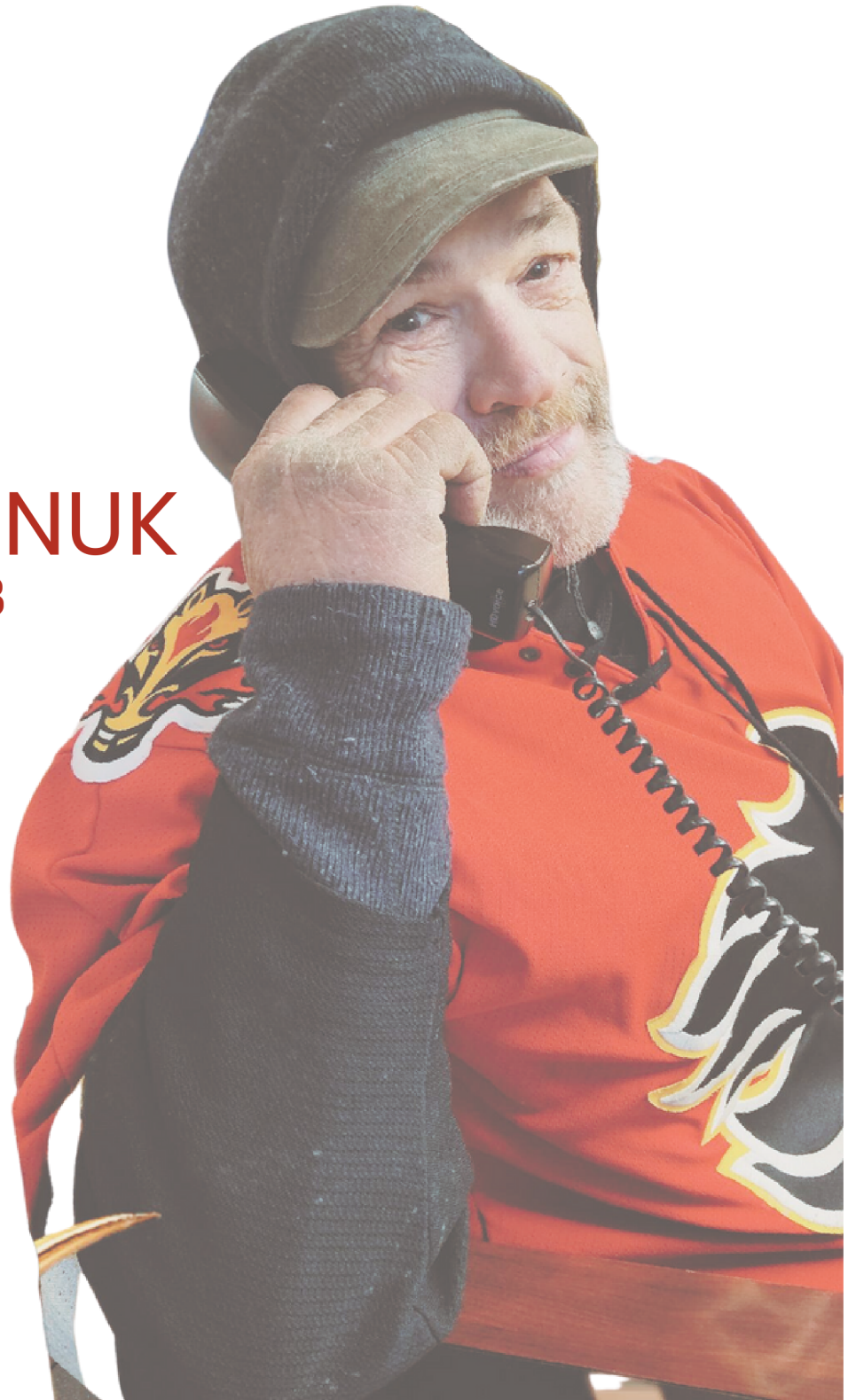
**BECAUSE SHE'S AN AMERICAN
QUEEN BABY.**

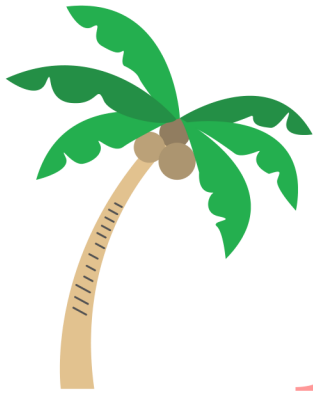
**EAST THIRTEENTH AFTER HOURS
CHANGED TWENTY TWO, 5 7 1
ALTOGETHER THIRTEEN.**

**FOREVER, SAID A 1959 AMERICAN
QUEEN, BABY!**

IN MEMORIAM

LARRY
YADERNUK
1962-2023





JUNE DATES TO REMEMBER

DRAMA – 11AM – TUESDAYS

MUSIC – 11AM – THURSDAYS

YOGA – 11AM – FRIDAYS

FRIDAY 2ND – ARROWHEAD GIVES BACK – FREE CAR WASH – 1PM

MONDAY 5TH – 11AM – CELEBRATION OF LIFE FOR LARRY YADERNUK

FRIDAY 16TH – 1PM – GRIEF WORKSHOP

SATURDAY 17TH – ARROWHEAD STAFF AT THE SEHELTS FARMERS MARKET

TUESDAY 27TH – 1PM POETRY SLAM II

WEDNESDAY 28TH – 11.30AM – HEARING TESTS AT ARROWHEAD