### The JCA Kensington Clubs

**June 2020**

**KC On-Screen & Activities Calendar**

During COVID-19

*Please let us know if you did not receive the KC On-Screen June Activities Packet. These activities are mailed via USPS and coordinate with the Tuesday video each week.*

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**June 2020 KC On-Screen & Activities Calendar**

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<thead>
<tr>
<th>Monday</th>
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</table>
|        | **Say Something Nice Day:**  
In honor of this day, say an extra kind word or two to a family member.  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 2 **KC On-Screen Video Today!**  
(check your Inbox for YouTube link)  
**Help Us Welcome Summer Vacations!**  
Use the balloon in your packet and send us a 10 second (or less) video of you hitting the balloon. We will put all the videos together to form a balloon hitting chain! Videos due to ckemp@accessjca.org on Friday, June 11.  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 3 **National Cheese Day:**  
What is your favorite type of cheese?  
***Cheese is an excellent source of protein and calcium.***  
**Dancer Josephine Baker** was born on this day in the year 1906.  
Take a look at this video from 1925.  
**Safe & Seated Tap Dance Lesson Led by Recreation Therapist**  
https://www.youtube.com/watch?v=XBPHcQg_6IQ  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 4 **Special KC On-Screen Today!**  
(check your Inbox for YouTube link)  
**Shalom from Israel: Summer Sing Along with Liz Kruger!**  
**Check your Inbox for song lyrics to print two songs!**  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! |
| 5 **Upsy Daisy Day:**  
This day is remind us to get up each morning with a grateful and happy attitude  
**Architect Frank Lloyd Wright** was born June 8, 1867  
https://www.youtube.com/watch?v=Vt8-ISHuCx8  
Complete your Flag Day Activities in your June Activities Packet today! | 6 **Celebrate Flag Day!**  
**KC On-Screen Video Today!**  
(check your Inbox for YouTube link)  
Complete your origami heart and mail it into JCA today! Envelope provided. We will make a collage and air it on June 30 KC On-Screen for you to see.  
**“From Our Hearts To Your Hearts”**  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 7 **National Iced Tea Day:**  
What is your favorite tea flavor? Do you like your tea sweetened or unsweetened? However you like it, grab a glass today.  
**The benefits of iced tea include:**  
keeping you hydrated, boosting your antioxidants, it may help your teeth, can chill the nerves, and could lower your blood pressure.  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 8 **Did you know on this day in 1927 Charles A. Lindbergh was presented the first Distinguished Flying Cross?**  
https://www.youtube.com/watch?v=Yl8-ISHuCx8  
Complete your Flag Day Activities in your June Activities Packet today! | 9 **National Donut Day**  
The earliest origins to the modern doughnuts are generally traced back to the olykoek (“oil(y) cake”) Dutch settlers brought with them to early New York (or New Amsterdam). Hanson Gregory, an American, claimed to have invented the ring-shaped doughnut in 1847 aboard a lime-trading ship when he was 16 years old.  
**Sketch your favorite type donut.**  
This one is just waiting for color.  
https://www.youtube.com/watch?v=Vt8-ISHuCx8  
**Who is Juno? Who Shares Your June birthday?**  
Complete your June 2 Activities today! |
| 10 **National Peanut Butter Cookie Day**  
Colleen’s Healthy Peanut Butter Cookies  
1 cup creamy salted peanut butter  
1 cup brown sugar  
2 1/2 tablespoons applesauce  
2 teaspoons vanilla  
1 cup rolled oats, blended into flour (pulse oats in blender 30 sec)  
1 teaspoon baking soda  
1/8 tsp salt  
Bake 350 for 10 min. Enjoy!  
**Who Shares Your June birthday?**  
Complete your June 2 Activities today! | 11 **Did you know on this day in 1927 Charles A. Lindbergh was presented the first Distinguished Flying Cross?**  
https://www.youtube.com/watch?v=Yl8-ISHuCx8  
Complete your Flag Day Activities in your June Activities Packet today! |
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<td><strong>15</strong>&lt;br&gt;<strong>National Banana Day:</strong>&lt;br&gt;Do you like bananas? Do you eat them plain? Do you like them in cereal? Bananas have lots of potassium, create energy and aid in the digestion of foods.&lt;br&gt;&lt;br&gt;<strong>Complete your Father’s Day Activities in your May Activities Packet today!</strong></td>
<td><strong>16</strong>&lt;br&gt;&lt;br&gt;<strong>KC On-Screen Video Today!</strong>&lt;br&gt;<em>(check your Inbox for YouTube link)</em>&lt;br&gt;&lt;br&gt;<strong>Can’t Forget the Men: Happy Father’s Day</strong></td>
<td><strong>17</strong>&lt;br&gt;&lt;br&gt;<strong>National Apple Strudel Day:</strong>&lt;br&gt;In german, the word strudel means whirlpool or eddy. This dessert is described by its German language as the sweet mixture of fruit, sugar, spices and layers of thin dough. Sounds yummy!&lt;br&gt;&lt;br&gt;<strong><a href="https://www.youtube.com/watch?v=5Q_FrbY8XM">https://www.youtube.com/watch?v=5Q_FrbY8XM</a></strong></td>
<td><strong>18</strong>&lt;br&gt;&lt;br&gt;<strong>International Picnic Day:</strong>&lt;br&gt;According to the Guiness Book of World Records, the largest picnic in the world was held in Lisbon, Portugal in the year 2009. Over 22,000 people attended a picnic. If you have a safe spot to have an outdoor picnic, plan one today. Indoor picnics are fun too! Write out a menu with your favorite picnic foods.</td>
<td><strong>19</strong>&lt;br&gt;<strong>Last Day of Spring! Summer begins tomorrow.</strong></td>
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<td><strong>22</strong>&lt;br&gt;<strong>Discovery Day in Canada? Have you traveled to Canada?</strong>&lt;br&gt;&lt;br&gt;<strong><a href="https://www.youtube.com/watch?v=ZsiH3PMU">https://www.youtube.com/watch?v=ZsiH3PMU</a></strong>&lt;br&gt;&lt;br&gt;<strong>Complete your Favorite Summertime activities in your June Activities Packet today!</strong></td>
<td><strong>23</strong>&lt;br&gt;&lt;br&gt;<strong>KC On-Screen Video Today!</strong>&lt;br&gt;<em>(check your Inbox for YouTube link)</em>&lt;br&gt;&lt;br&gt;<strong>What is Your Favorite Summertime Tradition?</strong></td>
<td><strong>24</strong>&lt;br&gt;&lt;br&gt;<strong>Today in History:</strong>&lt;br&gt;June 24, 1830 the first passenger railroad service began in the United States</td>
<td><strong>25</strong>&lt;br&gt;&lt;br&gt;<strong>National Handshake Day:</strong>&lt;br&gt;This year in honor of National Handshake Day, let's give each other a virtual handshake.</td>
<td><strong>26</strong>&lt;br&gt;<strong>American writer and novelist Pearl S.Buck was born in 1892. She is known for her book The Good Earth</strong>&lt;br&gt;&lt;br&gt;<strong><a href="https://www.youtube.com/watch?v=Y2T4-M1PntM">https://www.youtube.com/watch?v=Y2T4-M1PntM</a></strong></td>
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<td><strong>29</strong>&lt;br&gt;<strong>National Camera Day</strong>&lt;br&gt;The camera as we know today was invented by French inventor Joseph Nicéphore Nièpce in (about) 1816. Nièpce technically took the first photo on a homemade camera, with silver chloride covered paper. Take out some old photos to browse today.&lt;br&gt;&lt;br&gt;<strong>Complete your 4th of July activities in your June Activities Packet today!</strong></td>
<td><strong>30</strong>&lt;br&gt;&lt;br&gt;<strong>KC On-Screen Video Today!</strong>&lt;br&gt;<em>(check your Inbox for YouTube link)</em>&lt;br&gt;&lt;br&gt;<strong>Let’s Celebrate the 4th of July</strong>&lt;br&gt;&lt;br&gt;July KC On-Screen Packet should arrive this week!</td>
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<td><strong>Happy Birthday This Month to KC Members: Joanne and Diane</strong></td>
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