



**The Month of May:**

**Birthstone:** Emerald- The ancient Egyptians began mining for Emeralds around 2,000 BC. This gem continues to shine as the birthstone of May and the heralding of all things green to come for this spring.

**Flower:** Lily of the Valley-It is prized for its sweet fragrance- once considered so precious that water laced with its essential oils was stored in gold and silver containers.

**Zodiacs-** Taurus (May 1-20) and Gemini (May 21-31)

**Famous May Birthdays:** James Brown-singer(1933), Henry Fonda-actor(1905), Jimmy Stewart-actor(1908), John Wayne-actor(1907)

*~We would like to thank all of our families and friends who joined us for our Easter luncheon! It was great to see so many of you here enjoying a delicious meal and quality time with your loved ones!*



*"The world's favorite season is the spring. All things seem possible in May." -Edwin Way Teale*

**Happy May Birthday** to our resident:  
Barb V. - 5/8  
**Welcome to our NEW RESIDENTS-**Leona B., Don C., and Sherry L.  
**Welcome to our new volunteers:** Lauren, Pat, and Faye.  
Thank you to all of our volunteers for your dedication!

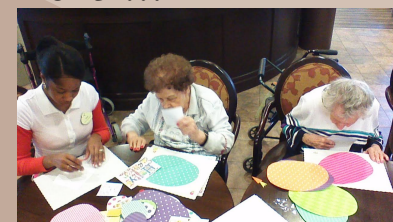
**Memorial Day Word Scramble:**  
FSLGA  
DSISLEOR  
REENMRMCEAB  
EOMMLAI ADY  
MAECRIA  
OHESRE  
NROOH  
**BFM Update:** Guy (chef) is our new Kitchen Manager! Congrats!

**Musical Entertainment this month:**  
-Ken and Mark- May 6th at 2 p.m. in Bistro  
-Jerry and Beverly Vernon- May 29th at 2 p.m. in the Bistro  
\*\*\*\*\*  
**Spiritual Enrichment:**  
**Rosary-** Wednesdays @ 11:30 a.m.  
Bible Study w/Rick- Wednesdays@10 a.m.  
Communion w/ Charles Thursdays @ 10 a.m.  
Worship Service w/Rick-Saturdays @ 9:30 a.m.

**Pictured Below:** Our Silver Sneakers Exercise program is growing!  
M-Th @11a.m.  
Sat @10:30 a.m.



BFM's and residents made Easter Placemats last month...



JT Trimmel sings and brings big smiles!

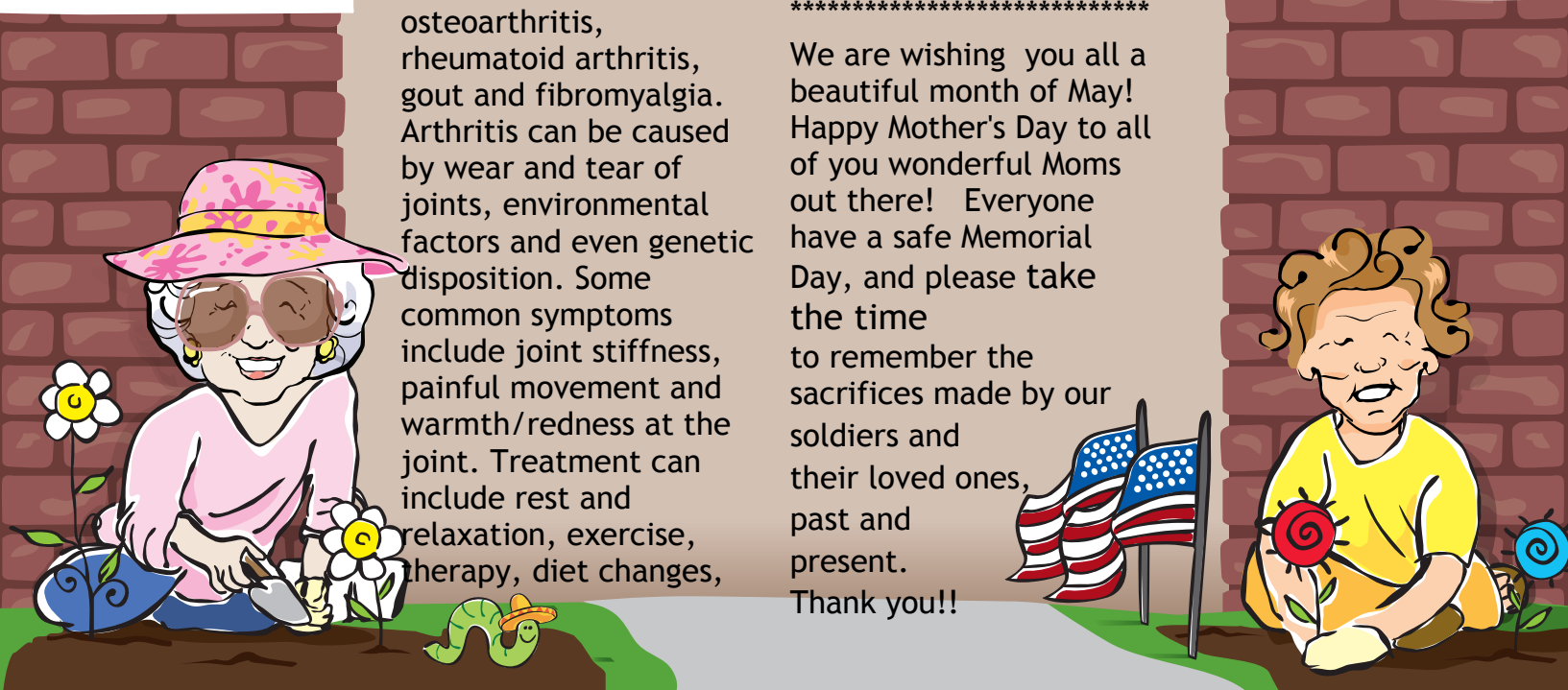


*May 2015*

**Let's Learn About.... Arthritis**  
May is Arthritis Awareness month. Many of our elderly experience some type of arthritis, so we would like to share some general information. Arthritis is a serious disease that can have a debilitating effect on those who have it. There are many forms of arthritis, some more common forms are osteoarthritis, rheumatoid arthritis, gout and fibromyalgia. Arthritis can be caused by wear and tear of joints, environmental factors and even genetic disposition. Some common symptoms include joint stiffness, painful movement and warmth/redness at the joint. Treatment can include rest and relaxation, exercise, therapy, diet changes,

special devices (such as jar-opening aids), medications and surgery. If you suffer from arthritis talk to your doctor before beginning any type of treatment plan. Some helpful resources for arthritis information are: The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) and Web MD ([www.webmd.com/arthritis](http://www.webmd.com/arthritis)).  
\*\*\*\*\*

We are wishing you all a beautiful month of May! Happy Mother's Day to all of you wonderful Moms out there! Everyone have a safe Memorial Day, and please take the time to remember the sacrifices made by our soldiers and their loved ones, past and present. Thank you!!



**All gave some...  
Some gave all**

**Remember them this Memorial Day**





S

10a Residents Lead Trivia\*  
Volunteers Visit  
2p Residents Lead Sunday Card Sharks\*  
Game Basket in Bistro

31

M

All activities subject to change: See daily schedule for details!

T

Key:  
\* = Residents Lead the Activity  
C= Courtyard (outdoors activities are weather permitting)

W

May is Healthy Vision Month, BBQ Month, Salad Month and Arthritis Awareness Month.

T

May

F

10a Shopping Outing  
10:15a Chronicles & Devotion  
10:30a Make a Pinata!  
2p Bunco  
6p Friday Night Movie and Popcorn

1

S

9:30a Worship Service in Bistro Area  
10:30a Silver Sneakers  
1:30p Play a Game w/Volunteers-Mary B's Game Basket- Bistro

2

10a Residents Lead Game of Choice\*  
Volunteers Visit  
2p Lawrence Welk Video on Big Screen\*  
Game Basket in Bistro

3

10:15a Devotion & Daily Chronicles  
10:30a Current Events  
11a Senior Stretches  
2p Creative Time w/ Megan  
3p Katelyn Visits

4

10:15a Devotion & Daily Chronicles  
10:30a Break the Pinata!  
11a Silver Sneakers  
1:30p Mary B's Afternoon Ride  
3p Bingo

5

10a Bible Study w/Rick  
11a Senior Stretches  
11:30a Rosary  
**2p Live Music: Ken & Mark Entertain in Bistro!!**  
6p Movie Night

6

10a 'National Day of Prayer' Group Prayer w/Rick-all residents are welcomed!  
11a Senior Stretches  
2p Popsicles in the Courtyard  
Salon Stylist Here

7

10a Shopping Outing  
10:15a Chronicles & Devotion-C  
10:30a Ball Toss- C  
2p Bunco  
6p Friday Night Movie and Popcorn

8

9:30a Worship Service in Bistro Area  
10:30a Silver Sneakers  
1:30p Play a Game w/Volunteers-Mary B's  
6p After Dinner BINGO w/Pat and Faye!!  
Game Basket- Bistro

9

Mother's Day  
10a Residents Lead Mother's Day Crossword\*  
Volunteers Visit  
12:00 Mother's Day Theme Lunch  
2p Chat Among Friends\*  
Game Basket- Bistro

10

10:15a Devotion & Daily Chronicles  
10:30a Mind Stretch  
11a Senior Stretches  
2p Spring Fling Game w/Megan  
3p Katelyn Visits

11

10:15a Devotion & Daily Chronicles  
10:30a May Trivia w/Linda  
11a Silver Sneakers  
1:30p Mary B's Afternoon Ride  
3p Bunco

12

10a Bible Study w/Rick  
10a Alzheimer's & Dementia Support Grp  
11a Senior Stretches  
11:30a Rosary  
2p Ice Cream Social and White Elephant Game  
6p Movie Night

13

10:15a Devotion & Daily Chronicles  
10:30a News for You  
11a Senior Stretches  
2p Iced Tea Time in the Courtyard  
Salon Stylist here

14

10a Shopping Outing  
10:15a Chronicles & Devotions- C  
10:30a Parachute-C  
2p Dominos  
6p Friday Night Movie and Popcorn

15

9:30a Worship Service in Bistro Area  
10:30a Silver Sneakers  
1:30p Play a Game w/Volunteers-Mary B's  
6p After Dinner BINGO w/Pat and Faye!!  
Game Basket- Bistro

16

10a Residents Lead Card Game of Choice\*  
Volunteers Visit  
2p Lawrence Welk Video on Big Screen\*  
Game Basket in Bistro

17

10:15a Devotion & Daily Chronicles  
10:30a Q&A  
11a Senior Stretches  
2p Get Crafty w/Megan  
3p Katelyn Visits

18

10:15a Devotion & Daily Chronicles  
10:30a Let's Talk Flowers w/Linda  
11a Silver Sneakers  
1:30p Mary B's Afternoon Ride  
3p Pokeno

19

10a Bible Study w/Rick  
11a Senior Stretches  
11:30a Rosary  
2p Red Hat Society w/Megan  
6p Movie Night

20

10:15a Devotion & Daily Chronicles  
10:30a Current Events  
11a Senior Stretches  
2p Lemonade Social in the Courtyard  
Salon Stylist Here

21

10a Shopping Outing  
10:15a Chronicles & Devotions- C  
10:30 BagToss- C  
2p Resident Council  
2:30p Dominos  
6p Friday Night Movie and Popcorn

22

9:30a Worship Service in Bistro Area  
10:30a Silver Sneakers  
1:30p Play a Game w/Volunteers-Mary B's  
6p After Dinner BINGO w/Pat and Faye!!  
Game Basket- Bistro

23

10a Residents Lead Group Crossword\*  
Volunteers Visit  
2p Residents Lead Game of Choice\*  
Game Basket in Bistro

24

Memorial Day  
10a Residents Lead Dominos\*  
2p Lawrence Welk 'To America with Love' on Big Screen\*  
Game Basket in Bistro

25

10:15a Devotion & Daily Chronicles  
10:30a Chat w/Linda  
11a Silver Sneakers  
1:30 Mary B's Afternoon Ride  
3p Bunco

26

10a Bible Study w/Rick  
11a Senior Stretches  
11:30a Rosary  
2p Watermelon Social in Courtyard  
6p Movie Night

27

10:15a Devotion & Daily Chronicles  
10:30a Finish the Phrase  
11a Senior Stretches  
2p Bingo  
Salon Stylist Here

28

10a Shopping Outing  
10:15a Chronicles -C  
10:30a Noodle Balloon Baseball-C  
**2p Live Music: Jerry Vernon Entertains in Bistro!!**  
6p Friday Night Movie and Popcorn

29

9:30a Worship Service in Bistro Area  
10:30a Silver Sneakers  
1:30p Play a Game w/Volunteers-Mary B's  
6p After Dinner BINGO w/Pat and Faye!!  
Game Basket- Bistro

30