

## The Month of May:

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

**Flower:** Lily of the Valley-It is prized for it's sweet fragrance- once considered so precious that water laced with it's 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)

**Resident Birthdays in May:** Olga R. (5/11); Dianne H. (5/22); Mary Catherine M. (5/24); Doris W. (5/28); Florence M. (3/29)

MEMORIAL DAY

REMEMBER  
AND  
HONOR



*"Sweet May hath come to love us,  
Flowers, trees, their blossoms don;  
And through the blue heavens above us  
The very clouds move on."  
- Heinrich Heine, Book of Songs*

Thank you to all who joined us for our Easter Luncheon. It means so much to us and our residents to have families come and enjoy a holiday at their home!

### Special Events and Entertainment this month:

**May 3 @ 2 pm**  
- JT Trimmel-Musical Entertainment

**May 20 @ 2 pm**  
-Jill Hayman Aponte-Musical Entertainment

**May 26 @ 2 pm**  
-Resident Birthday Party with Music by Ken Tripp  
**Residents and families are welcomed to join us!**

### New Yoga Program!



We are happy to have Michael Jania lead a yoga class for us. He has many years of experience in teaching yoga and is volunteering his time to bring the many benefits of yoga to our residents. There is no charge for the class, so please feel free to come and give this new activity a try!



## May 2016

May is National Stroke Awareness Month. Here are some facts about stroke.

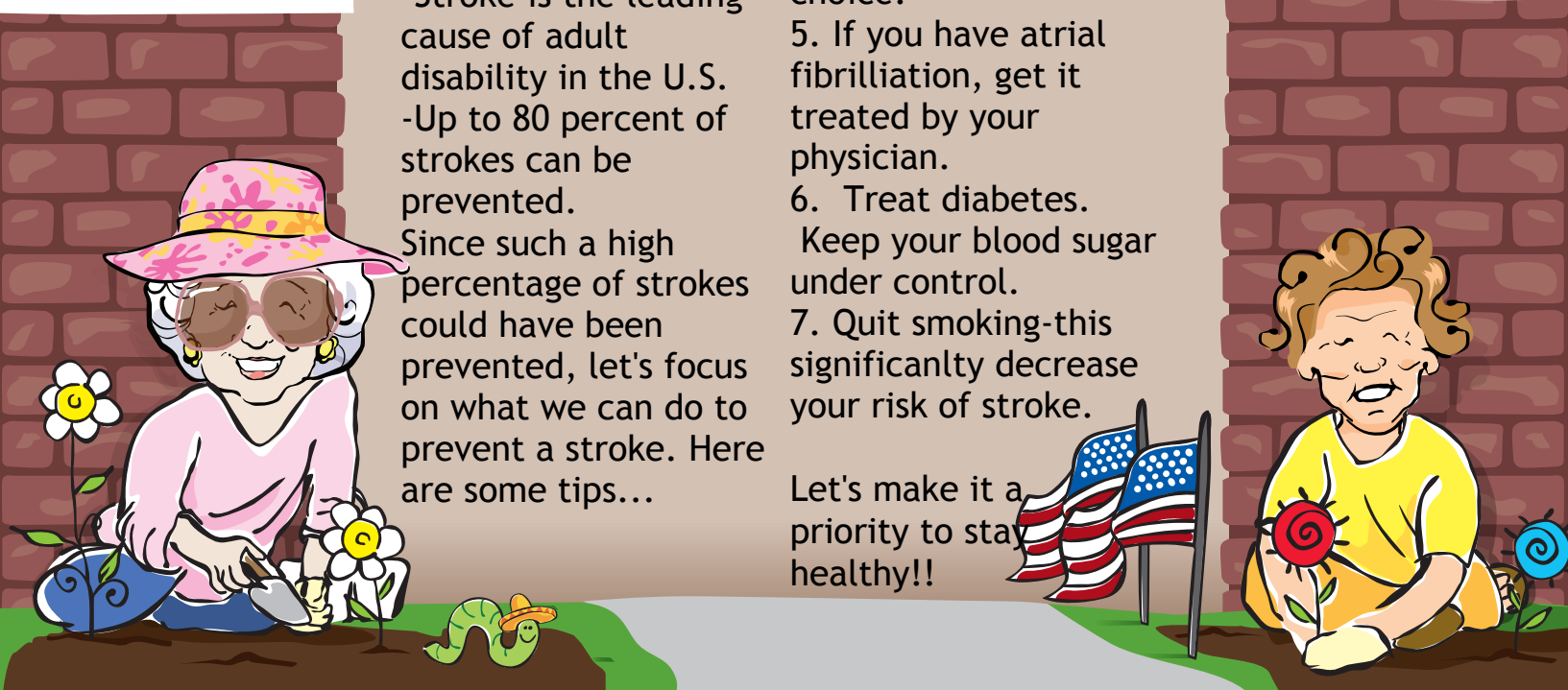
- Each year nearly 800,000 people experience a new or recurrent stroke.
  - A stroke happens every 40 seconds.
  - Stroke is the fifth leading cause of death in the U.S.
  - Stroke is the leading cause of adult disability in the U.S.
  - Up to 80 percent of strokes can be prevented.
- Since such a high percentage of strokes could have been prevented, let's focus on what we can do to prevent a stroke. Here are some tips...

1. Get your blood pressure under control. High BP is a risk factor.
2. Lose that extra weight- even 10 lbs makes a difference.
3. Exercise regularly- it can be as simple as walking every day.
4. Drink alcohol in moderation- red wine is the heart-healthiest choice.
5. If you have atrial fibrillation, get it treated by your physician.
6. Treat diabetes. Keep your blood sugar under control.
7. Quit smoking-this significantly decrease your risk of stroke.

Let's make it a priority to stay healthy!!



HAPPY MOTHER'S DAY



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May

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10:30a Colored Pencil Art  
2p Play Dominoes  
3p Play Pinochle  
Game Basket in Bistro

1

10:15a Devotion & Daily Chronicles  
10:30a Spelling Bee  
11a Exercise  
2p Decorate Derby Hats with Megan  
2:30 Moms' Photo Shoot

2

10:15a Devotion & Daily Chronicles  
10:30a Chat w/Linda  
11a Yoga w/Michael  
2p Musical Entertainment by JT Trimmel

3

10a Bible Study  
11a Exercise  
2p Derby Day Horse Races and Party w/Megan!  
6p Movie Night

4

10:15a Devotion & Daily Chronicles  
10:30a Hangman  
10:45a Communion  
11a Hot Potato  
3p Cinco de Mayo Social

5

10a Bingo w/Linda  
11a Move to the Music  
11:30a Lunch at The Island  
3p Resident Council  
3:30p Dominoes  
6p Friday Night Movie and Popcorn

6

9:30a Worship Service - Bistro  
10:30a BFM's Lead Activity!  
2p Travel Video on Big Screen  
Game Basket in Bistro

7

Mother's Day- Mom's Photo Shoot Photos on Display!  
10:30a Mimosas and Muffins with Mom and Family Hand Photo Shoot  
2p Play Dominoes  
3p 'Mom' Word Puzzles  
Game Basket in Bistro

10:15a Devotion & Daily Chronicles  
10:30a Guess the Spice  
11a Exercise  
2p Horseshoes w/Megan  
3p Shopping

9

10:15a Devotion & Daily Chronicles  
10:30a Trivia w/Linda  
11a Yoga w/Michael  
2p Dominoes  
Game Basket in Bistro

10

10a Dementia Support Group  
10a Bible Study  
11:30a Rosary  
2p Resident Choice w/Megan  
6p Movie Night  
Game Basket in Bistro

11

10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
10:45a Communion  
11a Balloon Volleyball  
2p Bingo  
3p Pinochle Club

12

10:15a Devotion & Daily Chronicles  
10:30a Linda's Pick  
11a Move to the Music  
3p Sing Along Video  
6p Friday Night Movie and Popcorn

13

9:30a Worship Service - Bistro  
10:30a BFM's Lead Activity!  
2p Travel Video on Big Screen  
Game Basket in Bistro

14

10:30a Sunday Paper Coupon Clipping  
2p Play Dominoes  
3p Puzzles  
Game Basket in Bistro

15

10:15 Residents Lead Card Game  
11a Balloon Volleyball w/BFMs  
2p Megan's Pick  
Game Basket in Bistro

16

10:15a Devotion & Daily Chronicles  
10:30a What's Yours Like? w/Linda  
11a Yoga w/Michael  
11:30 Lunch at Golden Apple  
3p Bunco

17

10a Bible Study  
11a Exercise  
11:30a Rosary  
2p Megan Visits  
3p Stories for Seniors w/Julie from CP Library  
6p Movie Night

18

9:30a Hat Craft w/Donna  
10:45a Communion  
11a Hot Potato  
2p Bingo  
3p Pinochle Club

19

10:15a Daily Chronicles  
10:30a Mad Lib w/Linda  
11a Move to the Music  
2p Musical Entertainment by Jill Hayman Aponte  
6p Friday Night Movie and Popcorn

20

9:30a Worship Service - Bistro  
10:30a BFM's Lead Activity!  
2p Travel Video on Big Screen  
Game Basket in Bistro

21

10:30a Group Word Searches  
2p Play Dominoes  
3p Play Pinochle  
Game Basket in Bistro

22

10:15a Devotion & Daily Chronicles  
10:30a What's In the Bag?  
11a Exercise  
2p Left Right Center w/Megan

23

10:15a Devotion & Daily Chronicles  
10:30a Courtyard Chat w/Linda  
11a Yoga w/Michael  
2p Shopping  
3p Sing Along

24

10a Bible Study  
11a Exercise  
11:30a Rosary  
2p Memorial Day Art w/Megan  
6p Movie Night

25

10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
10:45a Communion  
11a Balloon Volleyball  
2p Resident Birthday Party w/ Music by Ken Tripp

26

10a Bingo w/Linda  
11a Move to the Music  
2:30p Horseshoes in the Courtyard  
3p Happy Hour  
6p Friday Night Movie and Popcorn

27

9:30a Worship Service - Bistro  
10:30a BFM's Lead Activity!  
2p Travel Video on Big Screen  
Game Basket in Bistro

28

10:30a Color By Number  
2p Play Dominoes  
3p Puzzles  
Game Basket in Bistro

29

Memorial Day  
10:15a Patriotic Sing Along  
2p Memorial Day Word Puzzles  
3p Pinochle Club  
Game Basket in Bistro

30

10:15a Devotion & Daily Chronicles  
10:30a Spelling Bee  
11a Yoga w/Michael  
11:30a Lunch Outing  
3p Bunco

31

Hair stylist here Thursdays and Fridays- sign up to get your hair done!

Outing sign-up sheet is in the activity room

All activities subject to change

