

**LAUGHTER IS GOOD MEDICINE!!**

A lot of sickness in our world is simply because we don't have the joy that we should. When we live uptight and on edge. It causes headaches, digestive problems, lack of energy and we don't sleep well. One of the greatest stress relievers God has given us is laughter. Laughter is like taking medicine. It not only makes you feel better but, it actually releases healing throughout your system. When we laugh it restores and rejuvenates what the pressures of life have taken out.

Proverbs 17:22 puts it like this "A happy heart is like good medicine and a cheerful mind works healing." Laughter activates the body's natural tranquilizers that not only help us to calm down but it helps us to sleep better. pictured is one of the activities that make us laugh "The Laughing Basket"



*HAPPENINGS IN LINCOLN*

*Cruise the open seas day!!*

*EASTER EGG HUNT*

**ACTIVITIES**

Just a reminder to those that attend Catholic Mass/Communion, these are volunteer run programs and I can schedule them as close to the time as possible. Due to it being led by volunteers, they may be late and at times they may have to cancel at the last minute. We do our best to communicate with the church and if you have any questions regarding this please see Teresa. Thank You



*NATIONAL NURSES WEEK*

MAY 6th-12th  
So what does a nurse do? The answer is that it is often far more than a single patient realizes. They are a part of a support system that requires them to wear many hats from working with new technology to educating patients on healthcare. Nevertheless, all RN's have plenty of common qualities: They must be critical thinkers, problem solvers and perceptive of patient needs--even unspoken ones.

**NURSES INSPIRE, INNOVATE AND INFLUENCE**

PLEASE JOIN US FOR A CELEBRATION TO THANK ALL OF OUR NURSES FOR ALL THEY DO AND CELEBRATE NATIONAL NURSES WEEK.

**TUESDAY**  
MAY 8th, 2018  
9:30 AM  
**EVERYONE WELCOME TO ATTEND!!**  
Thanks to our nurses  
Kari Bartholomew, RNC  
12/8/204  
Kaylee Vculek, RN  
05/11/2005  
Candice Toombs, RN  
08/02/2004  
Whitney Holbert, RN  
10/28/2016



**MAY BIRTHDAYS**

**RESIDENT BIRTHDAYS**

ELIZABETH INGRAM 5/9  
 BETTY SPEIDELL 5/10  
 ELAINE BOHY 5/13

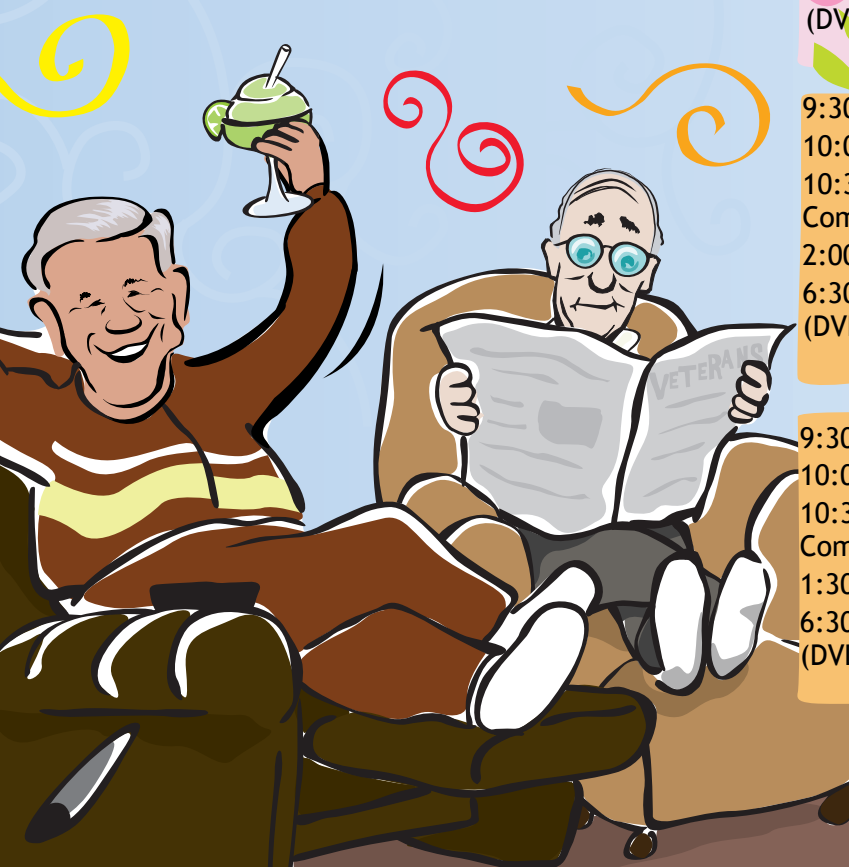
**BICKFORD FAMILY MEMBERS BIRTHDAYS**

SANDY FULLER 5/2  
 STACEY SHELDON 5/12  
 VERONICA CHAKOUR 5/12

**HAPPY MOTHER'S DAY**

Mother's Day is the special time of year when you get to celebrate your first best friend and the person you always turn to when you need advice. Mother's Day is also a great time to show your love for all the other women in your life (Mother, Grandmother, Aunts, Sisters and friends).

**"SUCCESSFUL MOTHER'S ARE NOT THE ONES THAT HAVE NEVER STRUGGLED. THEY ARE THE ONES THAT NEVER GAVE UP DESPITE THE STRUGGLES."**



*May*

**\*\*Handworking (Knitting, Crocheting, etc) Club to meet by the Bird Avairy every Tuesday @3:30pm**

**\*\*Every Tues & Thurs moring at 8:30am Exercise Video**

9:30 Balloon Toss  
 10:00 Devotions  
 10:30 Catholic Communion  
 2:00 Ice Cream Social  
 6:30 Carol Burnett (DVD) **6**

9:45 Catholic Mass w/Father Bourek  
 10:30 Yoga w/Anita  
 1:30 Manicures  
 3:00 Lemonade & Cookies  
 6:30 Golfing in the Courtyard **7**

9:45 Coffee Social (May Trivia)  
 10:30 Current Events  
 2:00 Bingo w/Pam  
 6:00 Nat King Cole "Afraid of the Dark" (N) **1**

9:45 Let's Walk  
 10:15 Scattorgories  
 2:00 Old Time Music  
 6:30 Painting  
 \*Book Club 3:30 in Private Dining Room **2**

9:45 Chicken Soup for the Soul  
 10:15 Chapel Service w/Communion  
 1:30 Resident Shopping  
 2:00 Movie & Popcorn  
 6:30 Bingo w/Pam **3**

9:45 Food Council Meeting  
 10:00 Catholic Comm  
 10:30 Yoga w/Anita  
 2:00 Making Flower Vases  
 6:30 Sing Alongs **4**

9:45 Core Exercises  
 10:30 Word Games  
 2:00 Kentucky Derby Day  
 6:30 Adult Coloring **5**

9:30 Balloon Toss  
 10:00 Devotions  
 10:30 Catholic Communion  
 2:00 Mother's Day Tea  
 6:30 Carol Burnett (DVD) **13**

9:45 Catholic Mass w/Father Bourek  
 10:30 Yoga w/Anita  
 1:30 Manicures  
 3:00 Lemonade & Cookies  
 6:30 Golfing in the Courtyard **14**

9:45 Coffee Social (Trivia)  
 10:30 Current Events  
 NOON Resident Choice Meal  
 2:00 Bingo w/Pam  
 6:30 Just Us **15**

\*Book Club 3:30 in Private Dining Room  
 9:30 Outing to Thrive  
 9:45 Exercise Video  
 2:00 The Rockenbachs  
 6:30 Painting  
 \*Book Club 3:30 in Private Dining Room **16**

9:45 Chicken Soup for the Soul  
 10:15 Chapel Service  
 1:30 Resident Shopping  
 2:00 Movie & Popcorn  
 6:30 Bingo w/Pam **17**

9:45 Laughing Basket  
 10:30 Yoga w/Anita  
 2:00 Fun w/Food (National Salsa Month)  
 6:30 Sing Alongs **18**

9:45 Core Exercises  
 10:30 Word Games  
 2:00 Crafts  
 6:30 Adult Coloring **19**

9:30 Balloon Toss  
 10:00 Devotions  
 10:30 Catholic Communion  
 2:00 Ice Cream Social  
 6:30 Carol Burnett (DVD) **20**

9:45 Catholic Mass w/Father Bourek  
 10:30 Yoga w/Anita  
 1:30 Manicures  
 3:00 Resident Council Meeting  
 6:30 Golfing in the Courtyard **21**

9:45 Coffee Social (Trivia)  
 10:30 Current Events  
 2:00 Bingo w/Pam  
 6:30 Just Us **22**

9:45 Let's Walk  
 10:15 Scattorgories  
 2:00 Music by Pickle  
 6:30 Painting  
 \*Book Club 3:30 in Private Dining Room **23**

9:45 Chicken Soup for the Soul  
 10:15 Chapel Service w/Communion  
 2:00 Movie & Popcorn  
 6:30 Bingo w/Pam **24**

9:45 Laughing Basket  
 10:30 Yoga w/Anita  
 2:00 Fun w/Food (National Strawberry Month)  
 6:30 Sing Alongs **25**

9:45 Core Exercises  
 10:30 Word Games  
 2:00 Crafts  
 6:30 Adult Coloring **26**

9:30 Balloon Toss  
 10:00 Devotions  
 10:30 Catholic Communion  
 1:30 Manicures  
 6:30 Carol Burnett (DVD) **27**

**MEMORIAL DAY**  
 9:45 Exercise Video  
 2:00 Ice Cream Social **28**

9:45 Coffee Social (Trivia)  
 10:30 Current Events  
 2:00 Bingo w/Pam  
 6:30 Just Us **29**

9:45 Let's Walk  
 10:15 Scattorgories  
 2:00 Bill Chrastil  
 6:30 Painting  
 \*Book Club 3:30 in Private Dining Room **30**

9:45 Chicken Soup for the Soul  
 10:15 Chapel Service  
 1:30 Resident Shopping (Dollar Tree)  
 2:00 Movie & Popcorn  
 6:30 Bingo w/Pam **31**

