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*A Place To Call Home*

Find us on 

**Your Friendly Team**

**General Manager**

OPEN

**Office Manager**

Tanesha Harris

**Resident Care Director**

Kay Holmes, LPN

**Maintenance Director**

Chip McKenney

**Sales Director**

OPEN

**Dining Services Director**

Rinesa Harrison

**Activities Director**

Henry Young

**Wellness Coordinator**

Cheri Strachan



**Celebrating Moms**

Greeting cards, flowers and special outings are the top three most popular purchases for Mother’s Day gifts. According to the National Retail Federation, U.S. consumers spend more than \$34 billion celebrating the moms in their lives.

**Contactless Payment**

Many experts recommend contactless credit and debit card payment, rather than swiping or inserting the card in the chip reader, to prevent credit card information theft. Simply hold the card near the payment terminal at the time of purchase.

**Maypole Mayhem**

May Day on May 1 is an ancient celebration of the start of summer, and maypoles—tall wooden poles traditionally made of stripped trees—are erected in villages throughout Europe. In the 1800s, some British pranksters would steal maypoles from rival towns.

**Memorial Day**

A day to remember the sacrifice of the country’s fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

**Ease Aches With Avocado**

Feel free to indulge in guacamole during your Cinco de Mayo celebrations, especially if you suffer from stiff or achy joints. The avocado in the dip contains anti-inflammatory omega-3 fatty acids and vitamin E, which can help repair damaged cartilage.



**Walk It Off**

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.

**Outrageous Outfits**

The Met Gala is famous for celebrities modeling designers’ strangest looks. Held the first Monday in May at New York City’s Metropolitan Museum of Art, the benefit holds to an annual theme for guests to interpret via fashion.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 BRIDGE (4) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	2 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
3 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 6:30 HAND AND FOOT (4)	4 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	5 9:00 COMMUNITY JIGSAW PUZZLE (A) 3:00 BRIDGE (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	6 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 1:30 BOCCE BALL (IL-2) 3:00 CORNHOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	7 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 10:30 FRONT LOBBY POPCORN (L) 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	8 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 BRIDGE (4) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	9 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 MUSICAL MEMORIES WITH RAY (DR) 6:30 SKYJO (4)
10 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 6:30 HAND AND FOOT (4)	11 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO / PRIZES (AL-1) 1:30 BINGO MANIA / PRIZES (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	12 9:00 COMMUNITY JIGSAW PUZZLE (A) 3:00 BRIDGE (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	13 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 1:30 BOCCE BALL (IL-2) 3:00 CORNHOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	14 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 10:30 FRONT LOBBY POPCORN (L) 1:15 MEN'S POKER GROUP (AL-2) 1:30 CROSSWORD PUZZLES (A) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	15 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / FUN WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 BRIDGE (4) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES OF LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A)	16 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
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31 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 6:30 HAND AND FOOT (4)						



### A Water Thief of Sleep

About 2,500 years ago, ancient philosopher Plato invented a hydraulic alarm clock named “clepsydra,” from the Greek word for “water thief.” The water slowly transferred from one container to the next depending on the hours desired for sleeping and then whistled like a teakettle when it was time to rise for Plato’s sunrise lectures. Unfortunately for ancient college students, the clepsydra lacked a snooze button.

### A Figure of Speech

*Phrase:* Penny-wise but pound-foolish.

*Meaning:* A decision that saves a little money in the short term but will cost a lot of money in the future.

*Origin:* The exact origins of the saying are unknown, but it is believed to have originated in 14th century England.

### Brainteaser

Q. I am a protector. I sit on a bridge. One person can see right through me, while others wonder what I hide. What am I?

A. Sunglasses.



## Health & Wellness

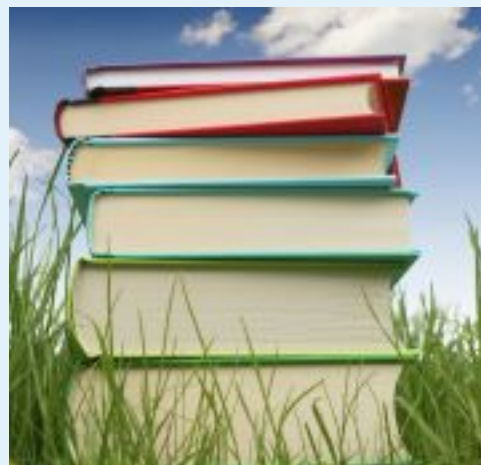
### Hobbies for Health and Happiness

Hobby trends come and go, but research shows that some tried-and-true pastimes can improve overall health and happiness. Before you impulse buy that mushroom growing kit or photography drone, consider these pursuits:

*Reading.* A 2021 study conducted over 14 years found that participants who read at least once a week were at lower risk for cognitive decline, regardless of educational background.

*Dancing.* A 2019 research review found that the practice of dancing regularly improved memory, attention and balance.

*Learning a new language.* Research shows there are cognitive benefits of learning a new language at any age. A 2019 study found that participants 59 to 79 years old experienced improved cognition after just a 4-month language course.



### Hats Off to This Dance

Mexico’s national folk dance “Jarabe Tapatío”—sometimes called the Mexican hat dance in the U.S.—is a traditional courtship dance in which the man places his hat on the floor for the couple to dance around. When the dance ends, the woman uses the hat to cover both dancers’ faces, suggesting a hidden kiss.

### Popcorn Pick: ‘The Joy Luck Club’

Novelist Amy Tan writes, “A mother is always the beginning. She is how things begin.” That is the premise of this 1993 drama, based on Tan’s bestselling novel of the same name. It explores mother-daughter relationships and the blending of cultures and generations by tracing the stories of four mothers, all Chinese immigrants living in San Francisco. In flashback scenes of their lives in China, each mother reveals a history of heartbreak and joy that has shaped the life of her adult American-born daughter.