

6033 E. Arbor Rose
Mesa, AZ 85206

Postage
Information

MAY 2018



6033 E. Arbor Ave. Mesa, AZ 85206 * (480) 654-8200 * (480) 981-9379 * www.arborroseseniorcare.com



Celebrating May

Global Health & Fitness Month
Inventors Month
Gifts from the Garden Month

May Day

May 1

International Firefighters Day

May 4

Cinco de Mayo

May 5

Wildflower Week

May 7–13

Mother's Day

May 13

Museum Day

May 18

Armed Forces Day (U.S.)

May 19

Ride a Unicycle Day

May 20

Victoria Day (Canada)

May 21

Memorial Day (U.S.)

May 28

Flower of the Month – Lily of the Valley

Lily of the valley, the birth flower for the month of May, got its name from early Christian monks. It probably references a quote from the biblical Song of Solomon: "I am the rose of Sharon and the lily of the valley." The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which probably refers to where it thrives and when it blooms.

These delicate, white, bell-shaped perennials are very fragrant. They signify purity and innocence, and also are said to bring luck in love. For these reasons, they are often the choice for bridal bouquets. When you give these pretty little lilies as a gift, you are saying, "I am humbled by my love for you" or "You've made my life complete." Either way, it's a lucky lady who receives a bouquet of lily of the valley from her sweetheart.

May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

What's Lucky in May?

Lucky Color: Lavender
Lucky Days: Tuesday and Saturday
Lucky Number: 5
Lucky Letter: M
Lucky Plant: Lily

Weather or Not

May 5 marks the midpoint of spring. It's no wonder that May is known as the month of mild days. The hottest place to be in the U.S. in May is Miami, Florida, where it averages 79 degrees. The coolest place to live is (you guessed it) Anchorage, Alaska, where the temperature hovers around 46 degrees.

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

Birthstone – Emerald

The emerald is the birthstone for May. This stone's name was derived from the Greek word *smaragdus*, which is a general term that was applied to several kinds of green stones. In the Middle Ages, it was believed that the stone held the power to foretell the future. It was also believed to cure epilepsy and fever and to protect the wearer from panic. Furthermore, Aristotle thought emeralds soothed eyesight. Emeralds frequently occur inside shale, a fine-grained sedimentary rock. They have been found in Brazil, Pakistan, Norway, Austria, Zambia, India, and Australia. Some are even found in North Carolina.

However, Colombia is known to mine the largest and highest quality emeralds, and is the home of the most famous emerald mine. This mine is named Muzo, after the Muzo Indians, who were the original discoverers of the mine.



May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Benjamin Spock (pediatrician) – May 2, 1903
Sugar Ray Robinson (boxer) – May 3, 1921
Sigmund Freud (psychoanalyst) – May 6, 1856
Fred Astaire (entertainer) – May 10, 1899
Yogi Berra (ballplayer) – May 12, 1925
George Lucas (film maker) – May 14, 1944
Cher (singer) – May 20, 1946
Bob Dylan (songwriter) – May 24, 1941
Walt Whitman (poet) – May 31, 1819

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for just about every culture. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance as a tribute to the month's namesake, Maia, goddess of the life cycle.

Arbor Announcements

Hello Family, Friends, And Neighbors!

It's May already and we have a lot of wonderful Opportunities for you to get active and get involved! Please see your activity calendar for a list of all of our upcoming events and see Lisa or Ruth with any questions you have.

Do you want to earn some extra cash? Refer a resident to Arbor Rose and earn a referral bonus! See Ellen for details.

May 6th through the 12th is National Nurses Week!

Amy Hobbs is our Health & Wellness Director and we appreciate the commitment, care, and compassion she has so passionately given to our community this past year.

Thank You Amy!

Best Wishes,
Shannon Thomas
Executive Director

May is Better Sleep Month!

It's important to get good quality sleep, regardless of age but as we age there are many things that can hinder our ability to do so. Almost half of people over the age of 65 claim to have at least one sleep problem, such as, insomnia, restless leg syndrome, sleep apnea, snoring, poor sleep habits, medication, anxiety, over active bladders, or any number of medical issues.

Tips for more sleep:

- **Get set.** Wake up at the same hour every day and exercise and eat meals at set times to help get sleep back on track.
- **Get sun.** No matter your age, daylight is extremely important because it helps regulate the sleep/wake cycle.
- **Get checked.** Medications and medical conditions can interrupt sleep. Consult your doctor.
- **Keep your room quiet and dark.** Use earplugs to cut noise. Keep out light with window blinds, heavy curtains, or an eye mask. Don't turn on bright lights if you need to get up at night; use a small night-light instead.
- **Eat like a bird.** Avoid large meals within 2 hours of bedtime. If you are hungry, try a glass of milk. A natural chemical in milk, L-tryptophan, may help you sleep.
- **Time your sleep right.** Go to bed at about the same time every night. Try not to nap late in the afternoon. If you do nap, keep it short, just 10 to 15 minutes. A good time to nap is about 8 hours after you wake up.
- **Calm down before bedtime.** Stop working on any task an hour before bedtime, especially those that include computers and devices. Try to keep your mind off worries or things that upset you once you're in your bedroom. Avoid talking about emotional issues in bed.
- **Leave Fido and Fluffy out of the bedroom.** If your pet moves around on your bed, you may wake up. Pets also can affect sleep if they contribute to any allergies you have.
- **Keep your cool.** A good temperature for sleep is above 54 degrees Fahrenheit but below 75 degrees.
- **Practice relaxing.** Flexing your muscles, imagining a calming scene, or meditating can help you unwind and get ready to sleep.
- **Don't smoke.** Nicotine is a stimulant, which can keep you up. So reaching for a cigarette near bedtime or in the middle of the night can ruin sleep.
- **Stop having caffeine 4-6 hours before bed.** That includes coffee, cola, tea, and chocolate, and some over-the-counter medications, too. Cut back on caffeine gradually to help prevent headaches.
- **No nightcaps.** Alcohol may make you feel sleepy, but it doesn't make for a good night's sleep. As your body processes the alcohol, you may wake up more easily.

<https://blogs.webmd.com/sleep/>

Amy Hobbs
Health and Wellness Director

Dates to Remember:

- **May 7th & 21st** – Tai Chi Easy w/ Roxanne
 - 4:45PM-5:45PM in the Day Club. Free community event & open to all! Come join us!
- **May 8th** – Wear Red to support the Red Cross
- **May 15th** – Arbor Rose Support Group
 - 5PM-6PM in the Day Club Café. Open to all families, friends & neighbors who care for their loved ones at home. Come help us support each other.
- **May 16th** – Day Club Open House 4PM-6PM
 - Come down for a tour and see what we do! Bring a curious friend or family member! Open to all!
- **May 23rd** – Meet & Greet w/ Dr. Pettit, 4:30PM-6PM
 - Dr. Pettit is a local doctor who does “house calls” to our community and currently serves several of our residents. He will be in the day club ready to meet and answer any questions you may have.
- **May 28th** – DAY CLUB CLOSED in observance of Memorial Day
 - Have fun and be safe!
- **May 31st** – Participant/Resident Council – 1:30PM-2PM in the theatre room.
 - Open to all residents, participants, and families.

Outings:

- **May 3rd** – Movie Outing
- **May 8th** – Restaurant Outing – Mexican
- **May 17th** – Young Adults – TBD
- **May 25th** – Ft. McDowell Casino
- **May 31st** – Gilbert Historical Museum

A Long Time Ago...

"May the Fourth be with you." So say the millions of *Star Wars* fans who will celebrate Intergalactic *Star Wars* Day on May 4. What has made *Star Wars* one of the most beloved and successful film franchises in history? When it was released on May 25, 1977, it blew audiences away. In the middle of an era when dark and brooding films were all the rage, this space adventure with cutting-edge special effects, wild aliens, strange other worlds, funny banter, and an amazing musical score was a breath of fresh air. *Star Wars* creator George Lucas had mined both high- and low-brow sources for his space opera, paying homage to the filmmakers he had studied during his film school years. What grew out of that first film is a media empire as far-reaching as the evil Empire itself.



Victoria, Victorious

Queen Victoria's rule over the United Kingdom was so strong that the time period under her monarchy became known as the Victorian Era. Her 63 years of rule lasted from 1837 to 1901, during which England greatly expanded its empire and became a world leader in both industry and economy. She also survived several assassination attempts and guided Britain through the Great Famine of 1845. Her most lasting contribution may have been establishing the monarchy as a mainstay of English culture. When Victoria ascended the throne at age 18, many believed that England should no longer be ruled by a king or queen. During her rule, Victoria so influenced British society that the monarchy became a permanent fixture. If you, like so many others, adore British royalty, then get ready for Victoria Day on May 22.

Victoria Day was established in Canada in 1845 as a means of unifying English and French Canadians. Both cultures understood and appreciated a monarchy, and loyalty to the queen was an important means for Canadians to distinguish themselves from the Americans to the south, who prided themselves on their revolution against a monarchy. The original date was May 24, the birthday of the queen. Other parts of England's vast Empire celebrated May 24 as Empire Day, but Canadians chose to honor Queen Victoria. She was, after all, Canada's "Mother of Confederation," the leader who urged Canadian unity and independence. While the date of Victoria Day may have changed to the Monday nearest the queen's birthday, it is still a day to celebrate everything royal. Indeed, *anglophilia* seems to have reached an all-time high now that young royals Princes William and Harry are marrying and starting families of their own. Brits are even conquering the television with hit shows like *Downton Abbey*, *Victoria*, *The Great British Bake Off*, and *The Crown*. It's all enough to make you want to sing "God Save the Queen"!

In the Good Old Days

In 1943 the average:

- Annual income was \$2,043
- Cost of a new house was \$3,600
- A loaf of bread was 9¢
- A gallon of milk was 62¢
- Stamps were 3¢ each
- A car cost \$1,100
- Gas was 21¢ per gallon
- A movie for 35¢

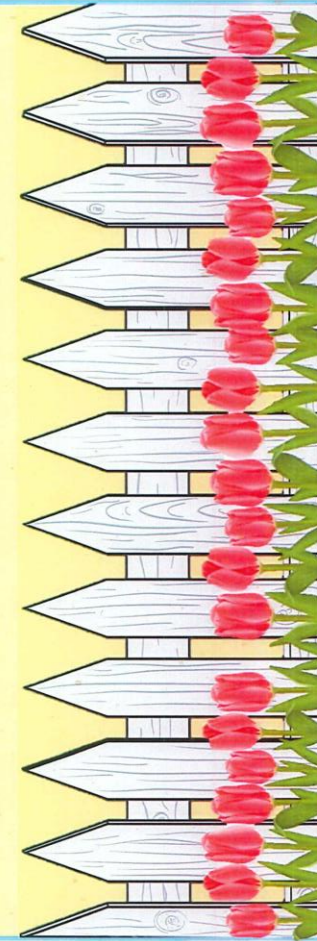
According to the Consumer Price Index Calculator, \$1 in 1943 is equivalent to \$14.15 today.

Arbor Rose Support Group

Tuesday, May 15th at 5pm

Join Us!

Our monthly support group are for any caregiver taking care of a loved one with any type of disabling condition. We give people the opportunity to be in a caring and understanding environment with others who are in similar situations. Ask questions, share challenges, techniques, and solutions. Have questions? Just give us a call. We are here to help.



Arbor Rose
Assisted Living * Memory Support * Adult Day Club

6033 E. Arbor Avenue, Mesa, AZ 85206
480-353-8055 SALES * 480-654-8200 MAIN * 480-981-9379 FAX

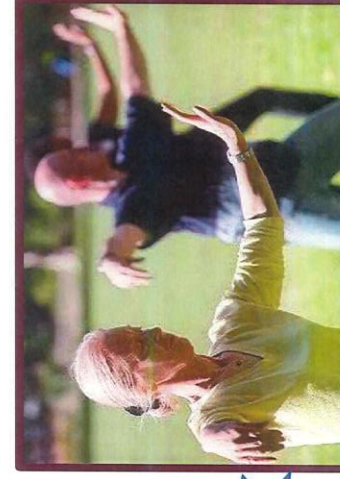
Changing Lives... One Heart at a Time.

Free
Community
Event

T'ai Chi Easy Class With Roxanne Reynolds

Monday, May 7th & 21st

4:45-5:45pm at Arbor Rose Senior Care



FREE
COMMUNITY
EVENT

DONATIONS
ACCEPTED

Join the fun... and reap the benefits!

T'ai Chi is a series of movements resembling a *slow-motion* dance. This can be done from a sitting or standing position. Come and enjoy the guided instruction to better living!

BRING A
FRIEND!

Arbor
Rose

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CALL FOR
DETAILS!

Lei of the Land



Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at

birthdays, weddings, retirements, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei's history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Pikake* is the flower of romance, worn at weddings. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food for all.

Dreaming of a White Christmas

Bing Crosby had no idea that on May 29, 1942, his recording of Irving Berlin's "White Christmas" would become the world's most popular song. The recording took Crosby just 18 minutes, as part of an album for the movie musical *Holiday Inn*, and neither he nor Berlin thought the song was a hit. However, it went on to win the Academy Award for Best Original Song, and it hit number one on the pop charts in October of 1942, two months before Christmas. Irving Berlin, as a Jewish-American, did not celebrate Christmas, but he sure knew how to write a hit song, even one without any mention of magical characters or religion. The song's slow and melancholy longing for the cozy holidays of yesteryear was what audiences craved. What really propelled the song to superstardom was its inclusion on Armed Forces Radio. GIs fighting overseas during World War II loved the song, and Crosby performed it regularly for them. Audiences still love "White Christmas." With over 100 million copies sold worldwide, it remains the best-selling song of all time.

Everything Old Is New Again



Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The average American throws out

81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills. I Need a Patch for That Day, on May 21, is a day to reverse this trend. Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evmu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?

Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe's "Low Countries" (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity.

Wind turbines are often grouped in "wind farms," or arrays of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. As the wind turns the blades, a rotor spins a generator, which creates electricity. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.



Lucky Lindy



On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France. A crowd of 100,000

greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion, offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many attempted the flight and failed, but Lindbergh would succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Arbor Announcements

	<p>May 1</p> <p>Green Salad Grilled London Broil Mashed Potatoes/Gravy Green Beans with Fresh Tomatoes Baked Roll Chocolate Peanut Butter Pie</p>	<p>2</p> <p>Zesty Cucumber Salad Rosemary Roasted Chicken Thighs Creamy AuGratin Potatoes Garlic Zucchini Sauté Cherry Angel Cake</p>	<p>3</p> <p>Green Salad Hamburger Steak/Onions Red Potatoes Roasted Carrots Baked Roll Italian Ice</p>	<p>4</p> <p>New England Clam Chowder Sole Florentine Rice Pilaf Sweet Slaw Baked Roll Cake Chocolates</p>
<p>5</p> <p>Coleslaw Baked Honey Mustard Chicken Mashed Potatoes/Gravy Green Beans/Bacon Biscuits Peach Crisp</p>	<p>8</p> <p>Roasted Rosemary Pork Dill New Potatoes Buttery Carrots Baked Roll Banana Sheet Cake</p>	<p>9</p> <p>Caesar Salad Beefy Baked Ravioli Monte Carlo Blend Garlic Bread Carrot Cake</p>	<p>10</p> <p>Garden Green Salad Chicken/Lime and Cilantro Spanish Rice Mexicali Corn Banana Chocolate Split Dessert</p>	<p>11</p> <p>Tomato Soup Cajun Seasoned Fish Ranch Potato Wedges Chef's Steamed Vegetable Baked Roll Chocolate Cream Pie</p>
<p>14</p> <p>Green Salad Rosemary Roasted Chicken Thighs Cheery Scalloped Potatoes Winter Sunset Blend Baked Roll Cherry Angel Cake</p>	<p>15</p> <p>Caesar Salad Grilled Fish/Aioli Sauce Lemon Pesto Rice California Normandy Blend Pecan Pie</p>	<p>16</p> <p>Navy Bean Soup Homestyle Turkey/Gravy Cranberry Sage Dressing Capri Blend Baked Roll Pear Cobbler</p>	<p>17</p> <p>Garlic Chicken Mushroom Risotto Chef's Steamed Vegetable Mandarin Orange Chiffon Pie</p>	<p>18</p> <p>Coleslaw Seasoned Baked Sole Rice Pilaf Caribbean Blend Baked Roll Maple Bread Pudding</p>
<p>21</p> <p>Green Salad Meatloaf Classic Mashed Potatoes Chef's Steamed Vegetable Baked Roll Carrot Cake</p>	<p>22</p> <p>Spinach Salad Penne Pasta and Sausage Roasted Summer Squash Garlic Bread Pecan Pie</p>	<p>23</p> <p>Green Salad Brown Sugar Ham Fresh Cooked Yams Green Bean and Bacon Casserole Baked Roll Cherry Angel Cake</p>	<p>24</p> <p>Lettuce Tomato Cucumber Salad Roast Beef Sour Cream Potatoes Capri Blend Baked Roll Brownies</p>	<p>25</p> <p>Green Salad Baked Chicken on Rice Spanish Rice Monte Carlo Blend German Chocolate Cake</p>
<p>28</p> <p>Potato Salad Cheeseburger 'N Fixin's Baked Beans Corn on the Cob Oreo Ice Cream</p>	<p>29</p> <p>Green Salad Turkey Roast/Stuffing Mashed Yams Garden Blend Baked Roll Chocolate Eclair</p>	<p>30</p> <p>Chicken Vegetable Soup Beef on Drobe Rice Mixed Vegetables Baked Roll Banana Cream Pie</p>	<p>31</p> <p>Caesar Salad Lemon Grilled Chicken Parsley Rice California Normandy Blend Chef's Dessert</p>	

May is herb month!

Herbs have been used for thousands of years in medicine, perfumes, and culinary. Some common herbs and their uses are:

Thyme - makes an effective tea for coughs, congestion, and colds.

Sage - best known to prevent colds, aid rheumatism, and is especially effective against indigestion.

Cilantro - been shown to have antibacterial properties

Oregano - known as an anti-viral and anti-fungal and has also been found to soothe bee stings or snake bites.

Parsley - known to ward off bad breath when chewed after a meal.

Rosemary - has a long history of relieving stomach upsets, digestive disorders and headaches and also thought to aid memory and other brain functions.

Basil - contain anti-inflammatory properties and antioxidants and is reported to fight or ward off infections and influenza.

May is also Salsa Month!

Try one of these delicious recipes:



Watermelon Strawberry Mint Salsa

1 cup diced watermelon (seeds removed)
 3/4 cup diced strawberries
 1/4 cup diced red onion
 2 tablespoons chopped fresh mint leaves
 2 tablespoons diced seeded jalapeno chile
 1 tablespoon lime juice
 1 teaspoon sugar (optional, to taste)

Cowboy Caviar

For the Dressing:

1/3 c. extra-virgin olive oil
 1/3 c. lime juice
 3 tbsp. chopped fresh cilantro
 1 tbsp. hot sauce (such as Cholula)
 1/2 tsp. cumin
 1 tsp. kosher salt

For the Salad:


1 c. black beans
 1 small red onion, finely chopped
 1 c. corn
 1 c. cherry tomatoes, quartered
 1 c. black eyed peas
 2 orange bell peppers, chopped
 1 avocado, chopped
 Corn chips, for serving

RAINBOW SALSA

- 3 roma tomatoes, cored and diced
- 1-2 jalapeno peppers, stems removed, seeded and diced
- 1 large red bell pepper, cored and diced
- 1 large orange bell pepper, cored and diced
- 1 large yellow bell pepper, cored and diced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can whole kernel corn, drained
- 1 cup chopped fresh cilantro, loosely-packed
- 2/3 cup chopped red onion
- 2 tablespoons freshly-squeezed lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 small bag Corn Tortilla Chips

May 2018

Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200</p>		9:30 Morning movement w/Matt 1 10:00 May Day/Lei Day 10:30 LL Bingo 1:00 CC Ent. <i>Billy Pepper</i> 2:00 May IQ 3:30 Wonderful Wildflowers	9:30 Morning movement w/Matt 2 10:00 What am I? 10:45 SS Church w/ Ginny 1:00 Just Fine & Dandelion 2:00 PE Balloon Baseball 3:30 Grump-Out Day	Movie Outing 3 9:30 Morning movement w/Matt 10:00 Gardening Club 11:00 AE Cherry Blossom Craft 2:00 CE Name that Tune - Valli vs. Brown 3:30 Chicken Soup for the Soul	9:30 Morning movement w/Matt 4 10:00 Flowers in Art Day 10:30 CC Bible Study 1:00 Bingo 2:00 Cinco de Mayo Social 3:30 Cards	Day Club Closed 5
Day Club Closed 6	9:30 Morning movement w/Matt 7 10:00 Bingo 11:00 Happy Nurses Week! 1:00 <i>ENT. Nashville Tunes</i> 2:00 AE Take Your Best Shot 3:30 Tabletop Football 4:45 Easy Tai Chi w/ Roxanne (Open to All)	WEAR RED DAY! (support the Red Cross) 8 Restaurant Outing - Mexican 9:30 Morning movement w/Matt 10:00 Nat'l Teacher Day 10:30 LL Bingo 1:00 Pet Therapy w/ Nino 1:00 A Dog's Day 2:00 Photo Craft 3:30 Secret Elixirs	9:30 Morning movement w/Matt 9 10:00 Creative Beginnings 10:45 SS Church w/ Ginny 1:00 Breathe Easy 2:00 NOC Shift & Receptionist Appreciation Day 3:30 Biggest Little City	9:30 Morning movement w/Matt 10 10:00 PE Tai Chi w/ Roxanne 11:00 Who am I? 1:00 Mother Ocean Day 2:00 Root Beer Float Social 2:30 Vesak Celebration 3:30 Bingo	9:30 Morning movement w/Matt 11 9:45 Music Therapy w/ Joel 10:30 CC Bible Study 1:00 Bingo 2:00 CE Fintastic Friday 3:30 Minnesota Day	Day Club Closed 12
Day Club Closed 13 Mother's Day	9:30 Morning movement w/Matt 14 10:00 Bingo 1:00 Make a Kite Monday 2:00 CE Get Your ZZZ's Day 3:30 Getting to Know You	9:30 Morning movement w/Matt 15 10:00 Tiptoe Thru the Tulips - Gardening Club 10:30 LL Bingo 1:00 Shutterbug Day 2:00 Wheel of Fortune 3:30 Chocolate Chip Day 5:00 Arbor Rose Support Group (Open to All)	9:30 Morning movement w/Matt 16 10:00 Military Appreciation Month 10:45 SS Church w/ Ginny 1:00 Horseshoes 2:00 Love a Tree Day 3:30 Drawing & Painting 4:00 Day Club Open House (Open to All)	Young Adults Outing - TBA 17 9:30 Morning movement w/Matt 10:00 AE A Berry Nice Day - Cooking Club 1:00 Flower Power 2:00 PE Balloon Volleyball 3:30 Ad-Lib/Mad-Lib - Creative Writing	9:30 Morning movement w/Matt 18 10:30 CC Bible Study 1:00 Bingo 2:00 Pizza Party Social 3:30 We're Punny	Day Club Closed 19
Day Club Closed 20	9:30 Morning movement w/Matt 21 10:00 Bingo 11:00 Who am I? 1:00 Backyard Games 2:00 AE Scrapbooking Club 3:30 Double Trouble 5:30 Easy Tai Chi w/ Roxanne (Open to All)	9:30 Morning movement w/Matt 22 10:30 LL Bingo 1:00 <i>ENT Dan Weibe</i> 2:00 Golf 3:30 Sherlock Mysteries	9:30 Morning movement w/Matt 23 10:00 World Turtle Day 10:45 SS Church w/ Ginny 1:00 Lucky Penny Day 2:00 Jazz it up - Music & Movement 3:30 Reading Roundtable 4:30 Meet & Greet w/ Dr. Pettit	9:30 Morning movement w/Matt 24 10:00 PE Tai Chi w/ Roxanne 11:00 Red Nose & Tiara Day 1:00 Ladies Tea Party 2:00 CE Bermuda Triangle 3:30 Bingo	Ft. McDowell Casino 25 9:30 Morning movement w/Matt 9:45 Music Therapy w/ Joel 10:30 CC Bible Study 1:00 Bingo 2:00 In a Pickle 3:30 Lilac Day	Day Club Closed 26
Day Club Closed 27	Day Club Closed 28 Memorial Day	9:30 Morning movement w/Matt 29 10:30 LL Bingo 11:00 Flower Moon 12:30 CC <i>ENT. Nashville Tunes</i> 2:00 Riveters & Paper Clips 3:30 Help Me Rhonda	9:30 Morning movement w/Matt 30 10:00 Swingin to the Oldies 10:45 SS Church w/ Ginny 1:00 Sit & Be Fit 2:00 May Birthday Party 3:30 CE Spelling Day	Gilbert Historical Museum 31 9:30 PE Morning movement w/Matt 10:00 Make My Day 11:00 Mugsy Party 1:30 Resident/Participant Council 3:30 AE Patio Poetry	AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	