

# Discovery Commons

AT SPRING CREEK - MEMORY CARE

3450 Wagon Wheel Road • Garland, TX 75044

May 2019

## Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

## A Figure of Speech

*Phrase:* Photo finish

*Meaning:* A close competition

*Origin:* Today, the phrase "photo finish" may describe any contest where the first- and second-place winners are separated by a very narrow margin. The phrase developed from 1930s horse racing, when cameras were installed at finish lines to capture picture proof of which horse crossed first. The advanced camera and video technology used in modern sporting events can determine a photo-finish winner by one-thousandth of a second.

## Coupon Tip

Before you throw away that expired coupon, ask if you can use it. Some retail stores, restaurants and local businesses may make an exception and apply the discount despite the late date.

## Thank a Teacher

Think back and remember your most memorable teachers. How did they inspire you to become the person you are today? Share your gratitude for educators past and present on May 7, National Teacher Day.



All smiles during pet therapy

## Walk On


It's spring. The grass is green, the flowers are blooming and the evenings are long. Enjoy the gorgeous weather by going for a walk with no particular destination in mind.

**Spring Scents**  
 From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.

**Queen Victoria's Birthday**  
 Britain will celebrate a bicentennial birthday on May 24 when it commemorates the 200th anniversary of Queen Victoria's birth. Before its current queen, Elizabeth II, became Britain's longest-reigning monarch, her great-great-grandmother held the record, serving for 63 years, from age 18 to 81.

**Meditating for Better Hearing**  
 Better Hearing Month and Meditation Month are both observed in May, and scientists say there could be a link between the two. Research shows that meditating regularly may improve the ability to focus on auditory cues and perceive sounds better, as well as increase blood flow to the ears.

**Summer Grillin'**  
 Memorial Day is one of the most popular holidays to fire up the grill. What's on the menu? Hamburgers, chicken and steak top the list of America's favorite grilled foods, according to surveys.

Sunday	Monday	Tuesday
<div>May</div>		(A) = Activity Room (BL) = Back Living Room (C) = Courtyard (D) = Diner (DR) = Dining Room (FL) = Front Living Room (S) = Sensory Room
<b>Happy Birthday! Evangeline</b> 5 8:30 Coffee Chat (DR) 10:00 Corner Stone Baptist Church (A) 10:30 Reminiscing (A) 2:30 Ice Cream Social (A) 3:30 Sunday Stroll 5:30 Sunday Movie (FL)	6 9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 Memory Games (A) 1:30 Trivia Time (FL) 2:30 Tasty Treat Social (A) 3:30 Tell Me About It - Reminiscing (A) 6:00 TV Classics (FL)	7 9:30 Sit and Be Fit (A) 10:00 Busy Hands (A) 10:30 Pamper Me Manicure (A) 1:30 Reading Group (FL) 2:30 Afternoon Social & Snack 3:30 Soothing Sounds (S) 6:00 Night at the Movies (FL)
<b>Mother's Day</b> 12 8:30 Coffee Chat (DR) 10:00 Corner Stone Baptist Church (A) 10:30 Reminiscing (A) 2:30 Ice Cream Social (A) 3:30 Sunday Stroll 5:30 Sunday Movie (FL)	13 9:30 Sit and Be Fit (A) 10:00 On This Day (A) 10:30 Pamper Me Manicure (A) 1:30 Reading Group (FL) 2:30 Courtyard Social & Snack 3:30 Soothing Sounds (S) 6:00 Night at the Movies (FL)	14 9:30 Sit and Be Fit (A) 10:00 Busy Hands (A) 10:30 Sing-A-Long (FL) 1:30 Relaxing Hand Massage (FL) 2:30 Afternoon Social & Snack 3:30 Counting My Steps 6:00 Evening Movie (FL)
<b>Happy Birthday! Delores</b> 19 8:30 Coffee Chat (DR) 10:00 Corner Stone Baptist Church (A) 10:30 Reminiscing (A) 2:30 Ice Cream Social (A) 3:30 Sunday Stroll 5:30 Sunday Movie (FL)	20 9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 Memory Games (A) 1:30 Trivia Time (FL) 2:30 Tasty Treat Social (A) 3:30 Tell Me About It - Reminiscing (A) 6:00 TV Classics (FL)	21 9:30 Sit and Be Fit (A) 10:00 Expressive Art (A) 10:30 Pamper Me Manicure (A) 1:30 Tell Me A Story (FL) 2:30 Afternoon Social & Snack 3:30 Soothing Sounds (S) 6:00 Night at the Movies (FL)
26 8:30 Coffee Chat (DR) 10:00 Corner Stone Baptist Church (A) 10:30 Reminiscing (A) 2:30 Ice Cream Social (A) 3:30 Sunday Stroll 5:30 Sunday Movie (FL)	<b>Memorial Day</b> 27 9:30 Sit and Be Fit (A) 10:00 History of Memorial Day 10:30 Busy Hands (A) 1:30 Reading Group (FL) 2:30 Afternoon Social & Snack 3:30 Check Out the Garden (C) 6:00 Night at the Movies (FL)	28 9:30 Sit and Be Fit (A) 10:00 Expressive Art (A) 10:30 Today in History (A) 1:30 Relaxing Hand Massage (FL) 2:30 Afternoon Social & Snack 3:30 Counting My Steps 6:00 Evening Movie (FL)



Wednesday	Thursday	Friday	Saturday
<div>1</div> <p>9:30 Sit and Be Fit (A) 10:00 Morning Scenic Drive 10:30 Pamper Me Manicures 1:30 Creative Moments (A) 2:30 Social &amp; Snack With Friends 3:30 Walk &amp; Talk With Me 6:00 TV Classics (FL)</p>	<div>2</div> <p>9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 Famous Faces (A) 1:30 Floral Design (D) 2:30 Tasty Treat Social (A) 3:30 Counting My Steps 6:00 Evening Movie (FL)</p>	<div>3</div> <p>9:30 Sit and Be Fit (A) 10:00 What's in the News (A) 10:30 Sing-A-Long (FL) 1:30 Reading Group (BL) 2:30 Social &amp; Snack With Friends (D) 3:30 Tell Me About It - Reminiscing (FL) 6:00 TV Classics (FL)</p>	<div>4</div> <p>9:30 Sit and Be Fit (A) 10:00 On This Date (A) 10:30 Word Games (A) 1:00 Twisted Creekers (A) 2:30 Afternoon Social &amp; Snack 3:30 Counting My Steps 6:00 Evening Movie (FL)</p>
<div>8</div> <p>9:30 Sit and Be Fit (A) 10:00 On This Date (A) 10:30 Sing-A-Long (FL) 11:30 Lunch Outing 2:30 Creative Moments (A) 3:30 Counting My Steps 6:00 Evening Movie (FL)</p>	<div>9</div> <p>9:30 Sit and Be Fit (A) 10:00 What's in Your Garden? 10:30 Let's See Your Green Thumb 1:30 Reading Group (FL) 2:30 Courtyard Social &amp; Snack (C) 3:30 Walk &amp; Talk With Me 6:00 TV Classics (FL)</p>	<div>10</div> <p>9:30 Sit and Be Fit (A) 10:00 Stay-at-Home Moms (A) 10:30 Flowers for Mom (A) 1:30 Memory Jar Read Aloud (FL) 2:30 Mother's Day Social (D) 3:30 Walk &amp; Talk With Me 6:00 Evening Movie (FL)</p>	<div>11</div> <p>9:30 Sit and Be Fit (A) 10:00 Daily Chronicle (A) 10:30 Table Games (A) 1:30 Hand Massages (FL) 2:30 Afternoon Social &amp; Snack 3:30 Walk &amp; Talk With Me 6:00 Evening Movie (FL)</p>
<div>15</div> <p>9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 Memory Games (A) 1:30 Relaxation With Music (BL) 2:30 Tasty Treat Social (D) 3:30 Tell Me About It - Reminiscing (D) 6:00 TV Classics (FL)</p>	<div>16</div> <p>9:30 Sit and Be Fit (A) 10:00 Best Advise-Reminiscing 10:30 Handmade With Love (A) 1:30 Memory Jar Read Aloud 2:30 Afternoon Social &amp; Snack 3:30 Walk &amp; Talk With Me 6:00 Evening Movie (FL)</p>	<div>17</div> <p>9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 What A Great Idea (A) 1:30 Cake Decorating (A) 2:30 Surprise Social With Friends (A) 3:30 Soothing Sounds (S) 6:00 Night at the Movies (FL)</p>	<div>18</div> <p>9:30 Sit and Be Fit (A) 10:00 On This Day (A) 10:30 Busy Hands (FL) 1:30 Hand Massages (FL) 2:30 Afternoon Social &amp; Snack 3:30 Counting My Steps 6:00 Evening Movie (FL)</p>
<div>22</div> <p>9:30 Sit and Be Fit (A) 10:00 What's Happening? (A) 10:30 Table Games (A) 1:30 Busy Hands (A) 2:30 National Vanilla Pudding Day Social (D) 3:30 Checking the Garden 6:00 TV Classics</p>	<div>23</div> <p>9:30 Sit and Be Fit (A) 10:00 Busy Hands (A) 10:30 Sing-A-Long (FL) 1:30 Travel - Reminiscing (FL) 2:30 Afternoon Social &amp; Snack 3:30 Counting My Steps 6:00 Evening Movie (FL)</p>	<div>24</div> <p>9:30 Sit and Be Fit (A) 10:00 What's in the News? (A) 10:30 Table Games (A) 1:30 Famous Place &amp; Things 2:30 Popcorn &amp; Soda Social (D) 3:30 Walk in the Courtyard 6:00 TV Classics (FL)</p>	<div>25</div> <p>9:30 Sit and Be Fit (A) 10:00 Daily Chronicle (A) 10:30 Expressive Art (A) 1:30 Hand Massages (FL) 2:30 Afternoon Social &amp; Snack 3:30 Walk &amp; Talk With Me 6:00 Evening Movie (FL)</p>
<div>29</div> <p>9:30 Sit and Be Fit (A) 10:00 Bob Hope..Thanks for the Memories (A) 10:30 Creative Moments (A) 1:30 Tell Me A Story (BL) 2:30 Social &amp; Snack With Friends 3:30 Soothing Sounds (S) 6:00 Night at the Movie (FL)</p>	<div>30</div> <p>9:30 Sit and Be Fit (A) 10:00 Baking Group (A) 10:30 Balloon Noodle Ball (A) 1:30 Pamper Me Manicures (FL) 2:30 Tasty Treat Social (A) 3:30 Counting My Steps 6:00 TV Classics (FL)</p>	<div>31</div> <p>9:30 Sit and Be Fit (A) 10:00 Today in History (A) 10:30 Sing-A-Long (FL) 1:30 Reading Group (FL) 2:30 Smoothie Social Time (D) 3:30 Stroll the Garden (C) 6:00 Evening Movie (FL)</p>	<p><b>Activities are subject to change to fit the needs of our residents. Thank you for your understanding.</b></p>



## Fragrances of the Famous

Many celebrities have put their names on perfume bottles and released their own fragrances. Sniff out these popular scents from some of the world's biggest stars.

Year	Fragrance Name	Celebrity
1957	Teddy Bear	Elvis Presley
1957	L'Interdit	Audrey Hepburn
1981	Sophia	Sophia Loren
1987	Uninhibited	Cher
1991	White Diamonds	Elizabeth Taylor
1997	Legend	Michael Jordan
2002	Glow	Jennifer Lopez
2005	Instinct	David Beckham
2014	Rise	Beyoncé

## "This Month In History" MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

**1935:** Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball's first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

**1977:** With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

**2003:** Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2018:** "The Rivals," a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.