



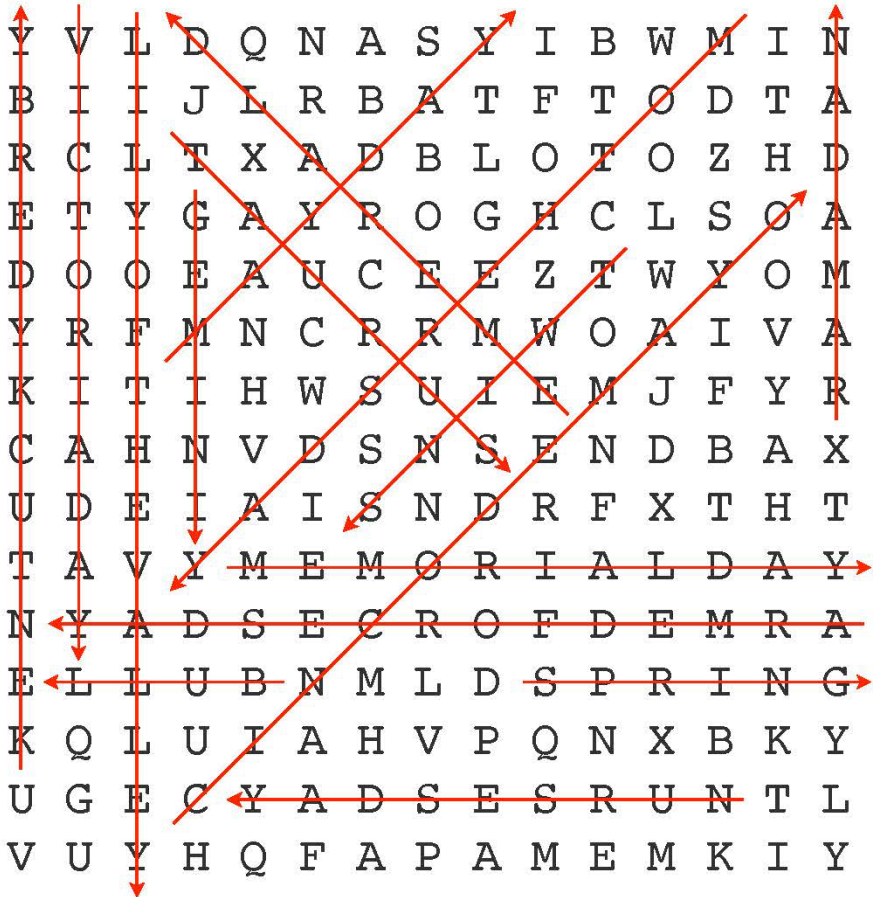
Notable
Quotable

“A good traveler
has no fixed
plans, and is
not intent on
arriving.”

~ Lao Tzu,
Chinese
philosopher

Searching for May

(solution)



Dancing *Ghawazee*

May 11 heralds the arrival of World Belly Dance Day. The term *belly dance* is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their hips and played brass cymbals or castanets with their hands. While men, women, and children alike enjoyed the popular art form, it was often frowned upon as improper.

By the early 1800s, Europeans became fascinated with all aspects of orientalism, or Eastern culture, including belly dancing. It was the French who first called it *danse de ventre*, or belly dance. In the 20th century, the dancing of the *ghawazee* evolved into *raqs sharqi*, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt’s golden age of film, but despite its popularity, *raqs sharqi* is still considered disreputable, much like the *ghawazee* of the previous century.

Arbor Hills Grapevine

May 2019



Arbor Hills Independent Living
Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Robin Moran
Community Director

Jerome Jackson
*Food Service
Director*

Ramon Miranda
Maintenance Director

C.J. Cale
Activities Director

Lori Merrill
Resident Relations

Physician Transport
with Paul

Wednesday and
Friday

Shopping
Monday

Beauty Shop
with Courtney

Open Tuesdays,
Thursdays & Fridays
9am-3pm

See receptionist to
book appts.

From the Community Director

May is a very busy month. We have much to celebrate and honor. We have Mother’s Day, Cinco De Mayo, Memorial Day and I will be celebrating my 20th wedding anniversary!

A Mother’s Love

Of all the special joys in life,
The big ones and the small,
A mother’s love and tenderness
Is the greatest of them all.
~ Anon.



I am blessed to have an amazing mom who taught me right from wrong and worked very hard to give my brother and me what we needed. We didn’t have much growing up but what we did have, my mom made special. From picnics that didn’t cost anything to wrapping each pair of socks separately so we would have more presents to open Christmas morning, she did everything she could to make us feel special. I am very blessed to have the mom I have and could not imagine having anyone else. I want to take a moment to wish all of the amazing Arbor Hills moms a very HAPPY MOTHER’S DAY!

Cinco de Mayo is observed to commemorate the Mexican Army’s victory over the French Empire at the Battle of Puebla, on May 5, 1862. For us as Americans though, it has become a day to celebrate Mexican-American Culture. So have a margarita at happy hour and celebrate!

Memorial Day is considered to be the official start to summer. There will be pool parties, trips to the beach and barbeques to celebrate. More importantly, it is a day to remember all of those who gave the ultimate sacrifice. The men and women who fought bravely for us, to have the freedoms that we all enjoy and did not come home, should be remembered and honored. Our activities department has a special day planned for you to remember our fallen soldiers. If you have a loved one you would like to honor, please see Jo and let her know so they can be included.

My husband and I are celebrating our 20th anniversary this month. We are taking this very special time and going on a cruise to Dominican Republic and Grand Turk. I will be taking lots of pictures to share with you when I get back. If you need anything in my absence, both Mary and Lori will be here to assist you. May you all have a great month!



BABY UPDATE:

Diana is now at 32 weeks! Baby Pedro is still growing strong. They estimate his weight now at about 3 pounds. Only 8 more weeks and Diana and Pedro will be welcoming their little bundle of joy into the world. It is so exciting.
(The sonogram pictures actually shows his face. Technology sure has come a long way!)

Resident Spotlight



This month’s resident spotlight shines on two really fun and interesting residents, Bob and Anne Van Eijk. Bob and Anne were both born in Rotterdam, Holland. They met in the early 1950s as they passed each other on the street going to and from home. Anne said they had passed each other at least on one previous occasion, but neither spoke. Until the day that Bob approached Anne and asked her if she would like to go on a date. Anne playing it cool said, “Yeah sure...why not?”. She was calm on the surface but said that her heart was racing because she thought Bob was very handsome. Anne explained that in those days (at least in Holland) the gentlemen did not pick up the lady at her home. Instead she would tell the gentlemen where to meet her and at what time. Anne told Bob to pick her up a few blocks away from her house. Anne purposely was fifteen minutes late to see if Bob would wait for her. She explained that by doing this, it would tell if he was really interested in her or not. Anne showed up fifteen minutes late and there was Bob waiting for her. The rest is history. They were married in 1957 and have spent the last sixty-one, going on sixty-two years by each others’ side.

Bob and Anne came to America in 1958. Bob said that he only had \$2.75 and two packs of cigarettes in his pocket. They flew to New York where they were originally going to meet up with a “friend of a friend” from Holland. Well, that never happned and after only being in America for a few hours, they didn’t know what to do. They called their friend who told them to go to Chicago instead. Bob and Anne lucked out and Chicago was great. Bob was a barber back in Holland, but in America he could not find steady work. So a friend of his got him a job with the Pittsburg Plate Glass company. Through hard work Bob moved up the ranks and after only a couple of years, he was a foreman and supervisor of all operations. He continued to work there for thirty years.

Bob and Anne moved to Lakeland twenty-two years ago. They originally settled in Sandpiper Estates, but found Arbor Hills and moved in right around one year ago. They said what they like most about Arbor Hills is that everyone is very friendly and there’s always something going on with plenty to do. They truly enjoy being here and we at Arbor Hills feel lucky to have them.

Words of Wisdom:
“Find what makes you happy, and always try to help others.”

Favorite Recipe

Dutch Biefstuk

Ingredients

- 4 steaks of your choice
- 1 teaspoon salt
- Freshly ground black pepper
- 40g butter
- 30ml milk

Directions

1. Rub the steaks on both sides with salt and pepper.
2. Heat the butter in a frying pan until very hot.
3. Sauté the steaks on each side until they are cooked to your liking.
4. Remove them from the pan and wrap in foil to rest for a few minutes.
5. Add the milk to the pan and stir up the brown bits on the bottom to make sauce.
6. Plate up the steaks and pour the sauce over them.



May Horoscopes and Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs nurturing.

- Jack Paar – May 1, 1918
- Bing Crosby – May 3, 1903
- Audrey Hepburn – May 4, 1929
- Nellie Bly – May 5, 1864
- Orson Welles – May 6, 1915
- J.M. Barrie – May 9, 1860
- Salvador Dali – May 11, 1904
- Florence Nightingale – May 12, 1820
- Liberace – May 16, 1919
- Lorraine Hansberry – May 19, 1930
- Bob Dylan – May 24, 1941
- Peggy Lee – May 26, 1920
- Bob Hope – May 29, 1903



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|--------------------|------|
| Les White | 5/9 |
| Arthur Lockridge | 5/10 |
| Jean Cox | 5/11 |
| Annie Gard | 5/17 |
| Herb Scribner | 5/17 |
| Robert Isbell | 5/19 |
| Charlotte Campbell | 5/20 |



Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



ARMED FORCES DAY
BULL (Taurus)
CINCO DE MAYO
EMERALD
GEMINI
KENTUCKY DERBY
LILY OF THE VALLEY
MAY DAY



MEMORIAL DAY
MOTHER'S DAY
NURSES DAY
RAMADAN
SPRING
TAURUS
TWINS (Gemini)
VICTORIA DAY

Road Trip to the Odd and Awesome

May 5–11 is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls, Mount Rushmore, or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America’s odd and awesome roadside attractions.

In Houston, Texas, you’ll find the home of John Milkovisch. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape his yard entirely in brick, marbles, concrete, rock, and wood. He didn’t stop there: Milkovisch continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both

insulate and decorate his home. The “Beer Can House” is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you’re interested in giant-sized sculptures, options abound along America’s highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa,



The Beer Can House
Houston, TX

The Big Cheese

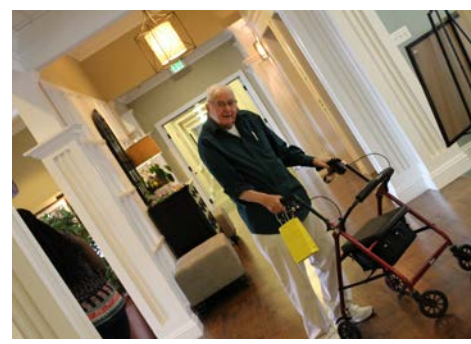


Cheese rolling has taken place since the 15th century.

Every May a wide field of intrepid contestants converges on Cooper’s Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling. No one knows how this strange pastime originated. Some say that it came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside to represent the rebirth of spring after the dead of winter. After the burning bundle was rolled down the hill, buns, biscuits, and sweets were scattered over the hilltop as an offering to the spirits and to ensure a plentiful harvest. Likewise, no one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded

for posterity in 1826. The event is simple. Contestants assemble at the top of Cooper’s Hill and wait for the master of ceremonies to push the cheese down the slope. After the cheese is released, the contestants follow. The first to grab the cheese is the winner. However, the cheese may roll up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner.. Each year, many people suffer serious injuries. Paramedics wait at the hill’s foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, in an attempt to mitigate the risk, the speeding wheel of cheese was swapped with a foam replica. Not to worry, the grand prize still remains. Winners, of course, get to take home the cheese.

Past Activities / Events



Activities Bulletin

- Wednesday May. 1st – Help our newest residents feel welcome at the New Resident Reception in the Community Center at 1:00pm
- Thursday May 2nd – Join the competition of bidders at the Lima Bean Auction held in the Community Center at 3:00pm
- Friday May 3rd - Happy Hour with Tommy Allison. Cinco De Mayo Celebration. 3:45pm in the Community Center
- Tuesday May 7th – Let your voice be heard in the Town Hall Meeting. 10:15am in the Community Center
- Friday May 10th - Mother's Day Muffins and Mimosas. 9:30am in the Community Center
- Friday May 10th - Happy Hour with Sherrie Nosal. 3:45pm in the Community Center
- Sunday May 12th - Mother's Day
- Friday May 17th – Happy Hour with Larry Pelton. 3:45pm in the Community Center
- Thursday May 23rd - Coffee & Conversation with Physican House Call in the Community Center
- Friday May 24th – Happy Hour with Angel Tuider 3:45pm in the Community Center
- Monday May 27th – Memorial Day: Indoor Picnic and Candle Lighting Ceremony at 12:00pm in the Dining Room.
- Friday May 31st – Happy Hour with Eddy Rivers. 3:45pm in the Community Center