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Maintenance Director:  
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Our mission is to create and  
sustain comfortable,  
caring environments for those  
who depend on us.

# News from New Dawn

May 2022 Newsletter



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# Creative Fitness & Hydration Ideas for Older Adults

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

## Fun Fitness

For most of us, there's some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It's Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

## Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

## Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn't have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

## Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

## Special Moments



## Happy Birthday!

**Linda: May 19th**

**Jim: May 25th**

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!





# May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day  
02 Truffle Day; World Tuna Day  
03 Teachers' Day; Two Different Shoes Day  
04 Firefighters' Day; Bird Day; Star Wars Day  
05 Astronauts' Day; Hoagie Day  
06 Nurses' Day; Crepe Suzette Day  
07 Kentucky Derby Day; Fitness Day; Trains Day  
08 Mother's Day; Coconut Cream Pie Day  
09 Lost Sock Memorial Day; Moscato Day  
10 Shrimp Day; Washington Day  
11 Receptionists' Day; 3rd Shift Staff Day  
12 Intl. Nurse Day; Nutty Fudge Day  
13 Apple Pie Day; Fruit Cocktail Day  
14 Buttermilk Biscuit Day; Dog Mom Day  
15 Chocolate Chip Day; World Baking Day  
16 BBQ Day; Sea Monkey Day  
17 Cherry Cobbler Day; Walnut Day; Idaho Day  
18 Museum Day; Juice Slushies Day  
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day  
21 Waiters' Day; Strawberries and Cream Day  
22 Solitaire Day; Instrument Day  
23 Lucky Penny Day; Turtle Appreciation Day  
24 Brothers' Day; Scavenger Hunt Day  
25 Tappers' Day; Senior Health & Fitness Day  
26 Paper Plane Day; Blueberry Cheesecake Day  
27 Grape Popsicle Day; Road Trip Day  
28 Brisket Day; Enjoy a Hamburger Day  
29 Paperclip Day; Coq Au Vin Day  
30 Memorial Day; Creative Day; Mint Julep Day  
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all the moms out there!

## Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Visit our facebook at: [Facebook.com/NewDawnColoradoSprings](https://www.facebook.com/NewDawnColoradoSprings)

## In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

"Asparagus" -Dawn

"Avocado's" -Alyssa

"Chicken" -Anny

"Walking" -Bill

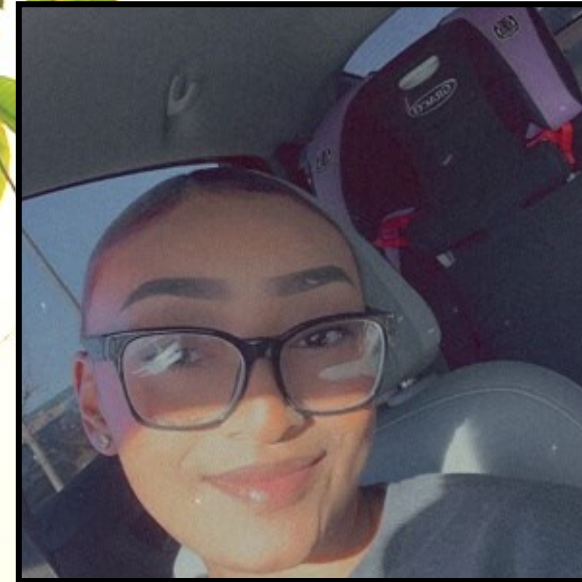
"Salad" -Libby

"Carrot's" -Brady

" Apples" -Steve

"Greens" -Dorothy

"Celery & Ranch" -Tamia



## Staff Spotlight: Tracy

Tracy is our employee of the month. Her passion is to be in health care as a nurse. She likes to eat, fish, camp and watch movies - mostly comedies and thrillers.

Tracy has been a QMAP and care giver for New Dawn for the past 3 months but she has been doing this for 3 years. Tracy likes doing self care with the residents and is very dedicated. The residents love her. Tracy goes above and beyond when asked to help out on various shifts and is truly an asset to New Dawn.



## Resident Spotlight: Helen

Helen was born in Kansas City, Missouri, and spent many years teaching school in Kansas City and Colorado Springs. She loved being a teacher and still likes to talk about her students.

She married her husband Art in Colorado Springs in 1985, and they had three beautiful children: Summer, Shannon and Nicholas. Her husband's job took them to many places in the United States, including Michigan, California and Louisiana. After he passed away, she returned to the place she loves most, Colorado, where she can enjoy the beautiful mountain scenery and wonderful weather.



# MAY 2022

New Dawn

• Breckenridge Cottage

• 4185 Briargate Parkways

• Phone 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1 MAY DAY</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 11:00 Games On the IN2I 1:00 Popcorn and a Movie 3:00 May Day Craft 4:00 Bible Study 6:00 Sunday Night Movie	<b>2</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Morning Stretch 11:00 Poetry Reading 1:00 Sing-a-Long to the 50's 2:00 Snack & Reminisce 2:30 Favorite Jokes 3:00 Manicure & Massages 6:00 Monday Musical	<b>3</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 Residents Choice Movie	<b>4</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Time to Plant a Garden 1:30 Yahtzee 2:00 Snack & Finish the Lyrics 3:00 Manicure & Massages 4:00 Sing Old Favorite Songs 6:00 Movie Night	<b>5 Happy Cinco de Mayo</b> 9:30 Sing Favorite Hymns 10:00 Catholic Communion <b>10:30 Music with Gus Mesa</b> 11:00 Bingo 1:00 Arts & Crafts 2:00 Popcorn & a Movie <b>3:00 Cinco de Mayo Party</b> 4:00 Finish the Lines 6:00 Residents Choice Movie	<b>6</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Chat 10:30 Morning Stretch <b>11:00 Visit by The Order of Malta</b> 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Games on IN2L 6:00 Favorite Shows	<b>7 Kentucky Derby Day</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Dancercise <b>11:00 Make Kentucky Derby Hats</b> 1:00 Make Derby Hats 2:00 Movie & Popcorn <b>3:00 Kentucky Derby</b> 4:00 50's Music & Dancing 6:00 Thursday Night Movie
<b>8 Happy Mothers Day</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 11:00 Games On the IN2I 1:00 Popcorn and a Movie <b>3:00 Mothers Day Tea Party</b> 4:00 Bible Study 6:00 Sunday Night Movie	<b>9</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Morning Stretch 11:00 Poetry Reading 1:00 Sing-a-Long to the 50's 2:00 Snack & Reminisce 2:30 Favorite Jokes 3:00 Manicure & Massages 6:00 Monday Musical	<b>10</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 Residents Choice Movie	<b>11</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Tend To The Garden 1:30 Sorry the Game 2:00 Snack & Finish the Lyrics 3:00 Afternoon Stroll 4:00 Sing Old Favorite Songs 6:00 Movie Night	<b>12</b> 9:30 Sing Favorite Hymns <b>10:00 Music with Ginger</b> 10:30 Dancercise 11:00 Bingo 1:30 Outside Stroll 2:00 Snack & Chat <b>3:00 Spring Tea Party</b> 4:00 Finish the Lines 6:00 Residents Choice Movie	<b>13</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Chat 10:30 Morning Stretch 11:00 Tend to the Garden 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Games on IN2L 6:00 Favorite Shows	<b>14</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Dancercise <b>11:00 Sing a Long with Charles</b> 1:00 Comedy Hour on the IN2L 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 50's Music & Dancing 6:00 Thursday Night Movie
<b>15</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 11:00 Games On the IN2I 1:00 Popcorn and a Movie 3:00 Arm Chair Travel IN2L 4:00 Bible Study 6:00 Sunday Night Movie	<b>16</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Morning Stretch 11:00 Poetry Reading 1:00 Sing-a-Long to the 50's 2:00 Snack & Reminisce 2:30 Favorite Jokes 3:00 Manicure & Massages 6:00 Monday Musical	<b>17 Cherry Cobbler Day</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat <b>2:30 Hymns with Gordon</b> 4:00 Balloon Volleyball 6:00 Residents Choice Movie	<b>18</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Tend to the Garden 1:30 Yahtzee 2:00 Snack & Finish the Lyrics 3:00 Afternoon Stroll 4:00 Sing Old Favorite Songs 6:00 Movie Night	<b>19</b> 9:30 Sing Favorite Hymns 10:00 Catholic Communion 10:30 Dancercise 11:00 Bingo 1:30 Outside Stroll 2:00 Popcorn & a Movie 3:00 Chicken Soup Stories 4:00 Finish the Lines 6:00 Residents Choice Movie	<b>20 TEAM DOG VISITS</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Chat <b>10:30 Team Dog Visits</b> 11:00 Card Games 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Games on IN2L 6:00 Favorite Shows	<b>21</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Dancercise 11:00 Sorry the Game 1:00 Comedy Hour on the IN2L 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 50's Music & Dancing 6:00 Thursday Night Movie
<b>22 Vanilla Pudding Day</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 11:00 Games On the IN2I 1:00 Popcorn and a Movie 3:00 Arm Chair Travel IN2L 4:00 Bible Study 6:00 Sunday Night Movie	<b>23</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Morning Stretch 11:00 Poetry Reading 1:00 Sing-a-Long to the 50's 2:00 Snack & Reminisce 2:30 Favorite Jokes 3:00 Manicure & Massages 6:00 Monday Musical	<b>24</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 Residents Choice Movie	<b>25 Senior Health &amp; Fitness Day</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Tend to the Garden 1:30 Sorry the Game 2:00 Snack & Finish the Lyrics 3:00 Ring Toss Challenge 4:00 Sing Old Favorite Songs 6:00 Movie Night	<b>26</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:30 Outside Stroll 2:00 Popcorn & a Movie 3:00 Chicken Soup Stories 4:00 Finish the Lines 6:00 Residents Choice Movie	<b>27</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Chat <b>10:30 Stories with Denise &amp; her Famous Dogs</b> 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Games on IN2L 6:00 Favorite Shows	<b>28</b> 9:30 Sing Favorite Hymns/IN2L 10:00 Snack & Reminisce 10:30 Dancercise 11:00 Sorry the Game 1:00 Comedy Hour on the IN2L 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 50's Music & Dancing 6:00 Thursday Night Movie
<b>29</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 11:00 Games On the IN2I 1:00 Popcorn and a Movie 3:00 Arm Chair Travel IN2L 4:00 Bible Study 6:00 Sunday Night Movie	<b>30</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Morning Stretch 11:00 Poetry Reading 1:00 Sing-a-Long to the 50's 2:00 Snack & Reminisce 2:30 Favorite Jokes 3:00 Manicure & Massages 6:00 Monday Musical	<b>31</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 Residents Choice Movie				All activities subject to change per mandated health guidelines.



# MAY 2022

New Dawn

• Canyon Cottage

• 4185 Briargate Parkways

• Phone 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> <b>May Day</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 10:30 Hand Massages 11:00 Games On the IN2L 1:00 Popcorn and a Movie 3:00 Spring Craft 4:00 Bible Study 6:00 Sunday Night Movie	<b>2</b> 9:30 Gratitude Roundup 10:00 Snacks 10:30 Morning Stretch 11:00 Poetry Reading 1:30 Sing-a-Long to the 50's 2:00 Snack & Reminisce 3:00 Manicure & Massages 4:00 Favorite jokes 6:00 Favorite Classics	<b>3</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:30 Finish the Lyrics 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 TV Land Shows	<b>4</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Poetry Reading 1:30 Play Cards 2:00 Snack & Reminisce 3:00 Sing Old Favorite Songs 4:00 Manicure & Massages 6:00 Favorite Classics	<b>5</b> <b>Happy Cinco de Mayo</b> 9:30 Sing Favorite Hymns <b>10:00 Music with Gus Mesa</b> 10:30 Dancercise 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat <b>3:00 Cinco de Mayo Party</b> 4:00 Finish the Lyrics 6:00 Favorite Classics	<b>6</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Morning Stretch 11:00 Visit by The Order of Malta 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Watch Shows on TV Land 6:00 Favorite Shows	<b>7</b> <b>Kentucky Derby Day</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Dancercise 11:00 Make Derby Hats 1:00 Comedy Hour on the IN2L 2:00 Movie & Popcorn <b>3:00 Kentucky Derby</b> 4:00 50's Music & Dancing 6:00 Favorite Classics
<b>8</b> <b>Happy Mothers Day</b> 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 10:30 Hand Massages 11:00 Games On the IN2L 1:00 Popcorn and a Movie <b>3:00 Mothers Day Tea Party</b> 4:00 Bible Study 6:00 Sunday Night Movie	<b>9</b> 9:30 Gratitude Roundup 10:00 Snacks 10:30 Morning Stretch 11:00 Green Thumb Club 1:30 Sing-a-Long to the 50's 2:00 Snack & Reminisce 3:00 Afternoon Stroll 4:00 Favorite jokes 6:00 Favorite Classics	<b>10</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Dancercise 11:00 Bingo 1:30 Finish the Lyrics 2:00 Snack & Chat 3:00 Color your Favorite Flower 4:00 Balloon Volleyball 6:00 TV Land Shows	<b>11</b> 9:30 Sing Favorite Hymns 10:00 Snacks 10:30 Morning Stretch 11:00 Green Thumb Club 1:30 Play Cards 2:00 Snack & Reminisce 3:00 Sing Old Favorite Songs 4:00 Manicure & Massages 6:00 Favorite Classics	<b>12</b> <b>Spring Tea Party</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat <b>10:30 Music With Ginger</b> 11:00 Bingo 1:00 Favorite Show 2:00 Snack & Chat <b>3:00 Spring Tea Party</b> 4:00 Finish the Lyrics 6:00 Favorite Classics	<b>13</b> 9:30 Sing Favorite Hymns 10:00 Snack & Chat 10:30 Morning Stretch 11:00 Card Games 1:30 Arts & Crafts 2:00 Snack & Socialize 3:00 Afternoon Stroll 4:00 Watch Shows on TV Land 6:00 Favorite Shows	<b>14</b> 9:30 Sing Favorite Hymns 10:00 Snack & Reminisce 10:30 Dancercise <b>11:30 Sing a Long with Charles</b> 1:00 Comedy Hour on the IN2L 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 50's Music & Dancing 6:00 Favorite Classics
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