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Stamp



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



# The Pioneer Post

**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

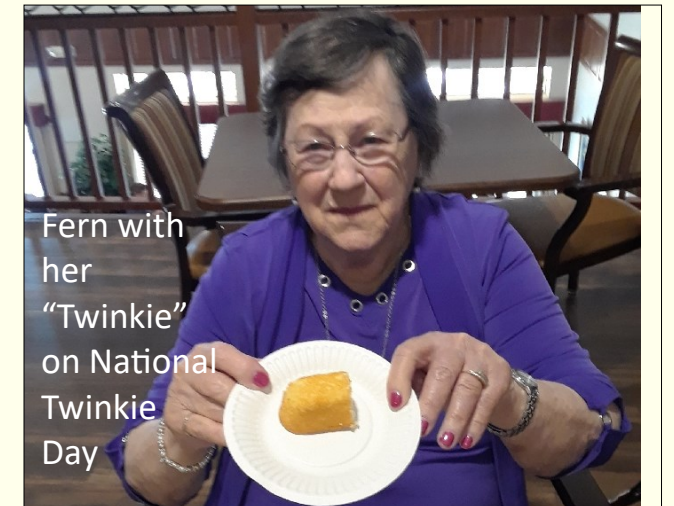
We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

# Special Moments



Shirley with her finished craft

"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Fern with her "Twinkie" on National Twinkie Day



The Easter Bunny visiting Mia & Jeanne



Love Friday Morning Donuts!



Louis Faro, beautiful.



All ready for Easter dinner.





# 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         | 20 Endangered Species Day; Pizza Party Day    |
| 02 Truffle Day; World Tuna Day                 | 21 Waiters' Day; Strawberries and Cream Day   |
| 03 Teachers Day; Two Different Shoes Day       | 22 Solitaire Day; Instrument Day              |
| 04 Firefighters' Day; Bird Day; Star Wars Day  | 23 Lucky Penny Day; Turtle Appreciation Day   |
| 05 Astronauts' Day; Hoagie Day                 | 24 Brothers' Day; Scavenger Hunt Day          |
| 06 Nurses' Day; Crepe Suzette Day              | 25 Tappers' Day; Senior Health & Fitness Day  |
| 07 Kentucky Derby Day; Fitness Day; Trains Day | 26 Paper Plane Day; Blueberry Cheesecake Day  |
| 08 Mother's Day; Coconut Cream Pie Day         | 27 Grape Popsicle Day; Road Trip Day          |
| 09 Lost Sock Memorial Day; Moscato Day         | 28 Brisket Day; Enjoy a Hamburger Day         |
| 10 Shrimp Day; Washington Day                  | 29 Paperclip Day; Coq Au Vin Day              |
| 11 Receptionists' Day; 3rd Shift Staff Day     | 30 Memorial Day; Creative Day; Mint Julep Day |
| 12 Intl. Nurse Day; Nutty Fudge Day            | 31 Macaroon Day; Save Your Hearing 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                       |   |



**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/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)**

## In Our Words

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

"Fruit, any kind" -Yvonne

"Mushrooms" -Vivian

"Long walks" -Brooks

"Walking my dog" -Juanita

"Granola mix" -Pam

"Any vegetable" -Pat M

"Avocados" -Nancy W

"Salads" -Linda B

"Chicken" -Constance

## April Showers Bring May Flowers



**Snapdragon-** come in almost every color. They make a good background for flowerbeds, it is a mid-sized plant around 12 inches tall, however they can grow as tall as 3 feet



**Carnations-**You can find them in many colors, however their natural colors are pinkish purple. The hardy carnation has been around for over 2,000 years.



**Lily of the Valley-**A woodland flowering plant, lightly scented with a white bloom. It can be fairly invasive, so planters work best for control.



**Sweet Peas-**Native to Sicily, Southern Italy, a very hardy plant despite their delicate look. They work well with a trellis to climb or make a great border.



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> <div>8:45 News &amp; Coffee AL</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Gentleman's Club TF</div> <div>4:00 IN2L Classic TV AL</div>	<b>2</b> <div>9:00 Morning Exercise B</div> <div>10:00 IN2L Travel AL</div> <div>11:30 Truffles Day DR</div> <div>1:30 Monday Matinee CR</div> <div>Double Feature</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Resident Council B</div> <div>4:00 IN2L Karaoke AL</div>	<b>3</b> <div>9:00 Morning Tea AL</div> <div>10:00 Crocheting with NancyBL</div> <div>11:00 One on One Visits</div> <div>1:00 Wii Bowling TF</div> <div>2:00 IN2L Residents Choice AL</div> <div>2:00 Menu Meeting B</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div>	<b>4</b> <div>9:00 Morning Exercise B</div> <div>10:00 Rain Rock Casino</div> <div>11:30 Candied Orange Peel DR</div> <div>1:30 Co-ed Poker TF</div> <div>2:00 Afternoon Exercise B</div> <div>2:00 Welcome Comm B</div> <div>3:00 Scenic Drive</div> <div>4:00 IN2L Travel AL</div> <div>Happy Birthday Marjorie N</div>	<b>5</b> <div>8:30 Morning Espresso AL</div> <div>10:00 Poetry Reading CR</div> <div>11:00 One on One Visits</div> <div>11:30 Cinco de Mayo Buffet DR</div> <div>1:00 BINGO B</div> <div>2:00 Parkinson's Support CR</div> <div>2:00 Craft Time B</div> <div>3:00 IN2L Travel USA AL</div> <div>4:00 IN2L Trivia AL</div>	<b>6</b> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:30 PV Cookbook Project B</div> <div>11:30 Beverage Day DR</div> <div>1:00 Board Games TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Music Social B Bobbie Anne</div> <div>6:00 Friday Night Movie CR</div>	<b>7</b> <div>9:00 IN2L Tia Chi B</div> <div>9:30 Color Time AL</div> <div>10:00 Shopping BiMart</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
<b>8</b> <div>8:45 News &amp; Coffee AL</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:00 Mothers Day Brunch Dr</div> <div>1:00 Co-Ed Poker TF</div> <div>2:00 IN2L Travel AL</div> <div>3:00 IN2L Music Time AL</div> <div>4:00 IN2L Classic TV AL</div>	<b>9</b> <div>9:00 Morning Exercise B</div> <div>10:00 IN2L Travel AL</div> <div>11:30 Shrimp Day DR</div> <div>1:30 Monday Matinee CR</div> <div>Double Feature</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Afternoon Walk AL</div> <div>4:00 IN2L Karaoke AL</div>	<b>10</b> <div>9:00 Morning Tea AL</div> <div>10:00 Crocheting with NancyBL</div> <div>11:00 One on One Visits</div> <div>1:00 Wii Bowling TF</div> <div>2:00 IN2L Residents Choice AL</div> <div>2:00 Menu Meeting B</div> <div>3:00 Creekside Chat B</div> <div>4:00 IN2L Classic TV AL</div>	<b>11</b> <div>9:00 Morning Exercise B</div> <div>10:30 Out to Lunch Cracker Barrel</div> <div>11:30 Hostess Cupcake Day DR</div> <div>1:30 Co-ed Poker TF</div> <div>2:00 Afternoon Exercise B</div> <div>2:00 Activity Meeting BL</div> <div>3:00 Scenic Drive</div> <div>4:00 IN2L Travel AL</div>	<b>12</b> <div>8:30 Morning Espresso AL</div> <div>10:00 Poetry Reading CR</div> <div>11:00 One on One Visits</div> <div>1:00 Louis Faro BL</div> <div>2:00 Craft Time B</div> <div>3:00 Carole Nielsen B</div> <div>The Yucatan &amp; Maya Civilization</div> <div>4:00 IN2L Trivia AL</div>	<b>13</b> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:30 Woman's Book Club B</div> <div>11:30 Hummus Day DR</div> <div>1:00 Board Games TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Music Social B Tracy Davey</div> <div>6:00 Friday Night Movie CR</div>	<b>14</b> <div>9:00 IN2L Tia Chi B</div> <div>9:30 Color Time AL</div> <div>10:00 Shopping Target</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
<b>15</b> <div>8:45 News &amp; Coffee AL</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Gentleman's Club TF</div> <div>4:00 IN2L Classic TV AL</div>	<b>16</b> <div>9:00 Morning Exercise B</div> <div>10:00 IN2L Travel AL</div> <div>11:30 Pickle Day DR</div> <div>1:30 Monday Matinee CR</div> <div>Double Feature</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Afternoon Walk AL</div> <div>4:00 IN2L Karaoke AL</div>	<b>17</b> <div>9:00 Morning Tea AL</div> <div>10:00 Crocheting with NancyBL</div> <div>11:00 One on One Visits</div> <div>1:00 Wii Bowling TF</div> <div>2:00 IN2L Residents Choice AL</div> <div>2:00 Menu Meeting B</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div>	<b>18</b> <div>9:00 Morning Exercise B</div> <div>10:00 The Glass Forge</div> <div>11:30 Reese's Day DR</div> <div>1:30 Co-ed Poker TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Scenic Drive</div> <div>4:00 IN2L Travel AL</div>	<b>19</b> <div>8:30 Morning Espresso AL</div> <div>10:00 Poetry Reading CR</div> <div>11:00 One on One Visits</div> <div>1:00 BINGO B</div> <div>2:00 Parkinson's Support CR</div> <div>2:00 Craft Time B</div> <div>3:00 IN2L Travel USA AL</div> <div>4:00 IN2L Trivia AL</div> <div>Happy Birthday Diana S (cook)</div>	<b>20</b> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:30 PV Cookbook Project B</div> <div>11:30 Salsa Month DR</div> <div>1:00 Board Games TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Music Social B Joshua Paul</div> <div>6:00 Friday Night Movie CR</div> <div>Happy Birthday Brooks M</div>	<b>21</b> <div>9:00 IN2L Tia Chi B</div> <div>9:30 Color Time AL</div> <div>10:00 Shopping Trader Joe's</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
<b>22</b> <div>8:45 News &amp; Coffee AL</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Gentleman's Club TF</div> <div>4:00 IN2L Classic TV AL</div> <div>Happy Birthday Joan K</div>	<b>23</b> <div>9:00 Morning Exercise B</div> <div>10:00 IN2L Travel AL</div> <div>11:30 Taffy Day DR</div> <div>1:30 Monday Matinee CR</div> <div>Double Feature</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Afternoon Walk AL</div> <div>4:00 IN2L Karaoke AL</div>	<b>24</b> <div>9:00 Morning Tea AL</div> <div>10:00 Crocheting with NancyBL</div> <div>11:00 One on One Visits</div> <div>1:00 Wii Bowling TF</div> <div>2:00 IN2L Residents Choice AL</div> <div>2:00 Menu Meeting B</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div> <div>Happy Birthday Yvonne M</div> <div>Happy Birthday Juanita M</div>	<b>25</b> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>11:30 Wine Day DR</div> <div>1:30 Co-ed Poker TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Meet &amp; Greet B</div> <div>3:00 Birthday Party B</div> <div>4:00 IN2L Travel AL</div> <div>Happy Birthday Tiffany (Care)</div>	<b>26</b> <div>8:30 Morning Espresso AL</div> <div>10:00 Poetry Reading CR</div> <div>11:00 One on One Visits</div> <div>1:00 BINGO B</div> <div>2:00 Craft Time B</div> <div>3:00 Carole Nielsen B</div> <div>Peru-Empire of the Incas</div> <div>4:00 IN2L Trivia AL</div> <div>Happy Birthday Rita F</div>	<b>27</b> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:30 Woman's Book Club B</div> <div>11:30 Popsicle Day DR</div> <div>1:00 Board Games TF</div> <div>2:00 Afternoon Exercise B</div> <div>3:00 Music Social B Sheila Winn</div> <div>6:00 Friday Night Movie CR</div> <div>Happy Birthday Georgianna</div>	<b>28</b> <div>9:00 IN2L Tia Chi B</div> <div>9:30 Color Time AL</div> <div>10:00 Shopping Hobby Lobby</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
<b>29</b> <div>8:45 News &amp; Coffee AL</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Decorate B</div> <div>Walkers, Wheel Chairs, Scooters</div> <div>4:00 IN2L Classic TV AL</div> <div>Happy Birthday JoAnn R</div>	<b>30</b> <div>9:00 Morning Exercise B</div> <div>10:00 Memorial Day Parade</div> <div>11:30 Memorial Day BBQ DR</div> <div>1:30 Monday Matinee CR</div> <div>Double Feature</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Afternoon Walk AL</div> <div>4:00 IN2L Karaoke AL</div> <div>Happy Birthday Ruth K</div>	<b>31</b> <div>9:00 Morning Tea AL</div> <div>10:00 Crocheting with NancyBL</div> <div>11:00 One on One Visits</div> <div>1:00 Wii Bowling TF</div> <div>2:00 IN2L Residents Choice AL</div> <div>2:00 Menu Meeting B</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div>	<b>Friday Night Movie</b> <div>5/6Emma</div> <div>5/13Tea with Mussolini</div> <div>5/20Little Princess</div> <div>5/27Fabulous Dorseys</div>	<b>Saturday Night Movie</b> <div>5/7The Marring Man</div> <div>5/14The Notebook</div> <div>5/21Shrek 2</div> <div>5/28The Ox-Bow Incident</div>	<b>Transportation</b> <div>Monday, Tuesday &amp; Thursday</div> <div>8:30am to 3:00pm</div> <div>🚶🚶🚶🚶🚶🚶🚶🚶🚶🚶🚶🚶</div> <div>AL-A building Lobby</div> <div>DR-Dining Room</div> <div>UDR-Upstairs Dining</div> <div>AK-Activity Kitchen</div> <div>TF-Third Floor</div> <div>B-Bistro</div> <div>CR-Cinema Room</div> <div>BL-B building Lobby</div>	<div>All activities</div> <div>subject to change</div> <div>per mandated</div> <div>health guidelines.</div>