

★ Memorial Day

WE WILL NEVER FORGET

Memorial Day began in the 19th century as “Decoration Day,” when citizens were encouraged to decorate the graves of soldiers who died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America’s wars.

Decoration Day officially became Memorial Day in 1967. In 1968 the Uniform Holiday Act established it as one of three holidays (including Veteran’s Day and George Washington’s birthday, now called Presidents’ Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

Wearing poppies is a popular Memorial Day tradition. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem “In Flanders Fields,” by Canadian poet and doctor, John McCrae. The poem’s opening lines read:

*In Flanders Fields,
the poppies blow
Between the crosses,
row on row ...*

During the Overseas War Secretaries’ annual conference held in New York City in 1918, shortly before the signing of the armistice that ended the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself).

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.



THE SPLENDOR OF

Sunshine

AURORA BOREALIS
HELIOS
INSPIRE
LIGHT
MAGNETIC FIELDS
PHOTOSYNTHESIS
RA
RADIATION
SOL
SOLAR STORM
SUNBURST
SUNFLOWER
SUNSHINE
SURYA
ULTRAVIOLET

S	R	A	D	I	A	T	O	O	R	A	D	I	A	T	I	O	N	I	B	S
T	M	S	T	O	A	T	S	D	L	E	I	F	C	I	T	E	N	G	A	M
R	R	H	I	R	E	U	S	H	M	S	O	I	L	E	H	I	G	R	Y	S
I	N	S	S	N	S	T	R	L	S	N	T	S	R	A	L	O	S	M	R	A
E	I	I	S	I	A	U	R	O	R	A	B	O	R	E	A	L	I	S	S	H
A	R	S	U	N	S	H	I	N	R	L	I	G	H	T	R	G	U	U	C	N
S	E	I	N	H	M	E	E	O	S	A	T	E	L	S	N	L	I	O	T	N
U	N	I	P	A	N	H	H	E	M	E	B	I	H	G	I	L	S	S	T	T
N	I	I	O	S	L	O	W	T	L	R	R	O	N	P	E	G	R	S	O	B
F	H	L	E	T	N	O	T	O	N	U	O	I	R	H	I	U	P	I	T	M
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W	U	S	N	R	A	R	G	N	B	E	A	O	U	R	R	L	R	N	O	F
E	S	U	O	R	M	Y	A	B	R	U	Y	S	T	T	A	T	I	S	I	O
R	S	A	T	I	S	N	I	U	I	S	R	P	L	O	O	L	U	S	E	L
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I	M	R	N	T	P	E	B	T	S	T	A	I	I	T	R	L	U	T	I	S

ARBOR
OAKS

News

MAY 2023

3400 JOG ROAD • GREENACRES, FL 33467

OUR MANAGEMENT TEAM

Karen Gibbons
Executive Director

Shawn Holley
Nursing Director

Brenna Alvarez
Activities Director

Brenna Alvarez
Office Manager

Trevor Gibbons
Maintenance Director

Josh Feldman
Dietary Supervisor

ARBOR
OAKS
AT GREENACRES
An Assisted Living Residence
561-432-4700

May Fun Stuff

May 14 – 12:00 p.m.

Mother’s Day

Alfonso will entertain during lunch in the dining room.

May 17 – 3:00 p.m.

Happy Hour – Alfonso

May 25 – 3:00 p.m.

John Lobosco



THE SPLENDOR OF *Sunshine*

Transition is underway and it is almost time to segue into another season. The new life and glorious growth that emerged in spring is ready to receive the love and nourishment found in ample supply during summer. It comes in the form of sunshine. A requirement in the process of photosynthesis, light is a radiant fueling force that’s an irreplaceable, energy-producing, color-creating piece of the plant puzzle.

We can’t help but be drawn to the sunlight. For many, there’s an appeal to the senses in a metaphysical, spiritual or emotional way. It’s sacred and symbolic in many schools of theology. Light easily serves as a reminder that so much possibility exists in the world. It holds our dreams and hopes in its distinctly beaming rays that beautifully break through the cottony cumulus clouds layered against a cerulean sky. Can you picture it? That’s a backdrop meant to inspire, to help us take pause and notice the light coming from within ourselves. Is it dim, barely flickering, burning brightly? Why? Does it feel in sync with your whole being?

When we open ourselves up and share our inner light with those around us, we spread joy. Those simple moments of joy are restorative and reaffirming. They’re authentic gifts of love. Light and love—that’s what keeps us all afloat, isn’t it?

May Holidays & Events

- 1 – May Day
 - HAWAIIAN LEI DAY**
 - Mother Goose Day
- 2 – Brothers and Sisters Day
- 4 – National Day of Prayer
- 5 – Cinco de Mayo
 - National Hoagie Day
- 6 – **KENTUCKY DERBY DAY**
 - National Nurses’ Day
- 8 – V-E Day
 - World Red Cross Day / World Red Crescent Day
- 9 – National Teacher’s Day
- 10 – National Receptionist Day
- 12 –International Nurses’ Day
- 13 – **LEPRECHAUN DAY**
- 14 – Mother’s Day
- 15 – National Chocolate Chip Day
 - National Slider Day
- 19 – National Bike to Work Day
 - National Endangered Species Day
- 20 – Armed Forces Day
- 21 – National Waiters and Waitresses Day
- 23 – World Turtle Day
- 25 – National Missing Children’s Day
 - National Wine Day
- 28 – National Hamburger Day
- 29 – Memorial Day
- Birthstone: Emerald
- Flower: Lily of the Valley
- Zodiac Signs: Taurus/Gemini



HAWAIIAN LEI DAY

Lei Day is a statewide celebration in Hawaii. The celebration begins in the morning of May first and continues into the next day. Lei day was established as a holiday in 1929. Each Hawaiian island has a different type of lei (a Polynesian garland of flowers) for its people to wear in the celebration. Lei day was first held in the Courts and Town Halls but has since been moved to Kapi'olani Park. A famous song captures the essence of May Day best, “May Day is Lei Day in Hawaii, garlands of flowers everywhere, all of the colors in the rainbow, maidens with blossoms in their hair.”

KENTUCKY DERBY DAY

The Kentucky Derby is a horse race for three-year-old Thoroughbreds and is held annually at Churchill Downs in Louisville, Kentucky, the first Saturday in May, and is the Grand Finale of the two-week-long Kentucky Derby Festival.

The race is also known as "The Run for the Roses" (because of the blanket of roses draped over the winner's withers), "The Most Exciting Two Minutes in Sports," or "The Fastest Two Minutes in Sports" (because of the time of the race). It is the first leg of the American Triple Crown, followed by the Preakness Stakes (Baltimore, Maryland), and then the Belmont Stakes (Belmont, New York). Of the three Triple Crown races, The Kentucky Derby has the distinction as the only uninterrupted race since its inaugural race in 1875. Even during the COVID-19 pandemic in 2020, the race was rescheduled to September.

LEPRECHAUNS' DAY

One icon of the Irish holiday is the Leprechaun (the history of National Leprechaun Day not known). The original Irish name for these figures in folklore is “lobaircin,” meaning “small-bodied fellow.” Belief in leprechauns stems from the Celtic belief in fairies, tiny men and women who could use their magical powers for good or evil. Many believe it is just a day of mischief. It is a day dedicated to celebrating leprechauns, the supernatural beings of Irish folklore. The legend can be traced back to the 8th century when folklore was said to spread among the Celts.

Surprising FACTS ABOUT Mothers

- A Russian woman in the 18th century is said to have given birth to the most children. She was the wife of Feodor Vassilyev, and she produced a total of 69 children, including 16 pairs of twins, seven sets of triplets and four sets of quadruplets. Of those, 67 are said to have survived infancy.
- In 340 B.C., Aristotle observed that dolphins gave birth to live young that were attached to their mothers by umbilical cords. For this reason, he considered dolphins and related creatures to be mammals. Biologists agreed with him—24 centuries later.
- Polar bear moms put on around 400 pounds during their pregnancy.
- Modern moms in the U.S. have an average of 2 kids. In the 1950s, they had an average of 3.5 kids. In the 1700s, they had 7–10 kids.
- The mother who gives birth to the largest baby on Earth is a mother elephant. After enduring 22 months of pregnancy, she gives birth to a blind, 200-pound calf.
- The first woman to give birth in the White House was Martha Randolph, daughter of President Thomas Jefferson, on January 17, 1806.
- The first woman to give birth in an airplane was Mrs. T.W. Evans on October 28, 1929, over Miami.

QUIPS AND QUOTES

“We know what we are, but know not what we may be.”
— William Shakespeare

“A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying.”
— B. F. Skinner


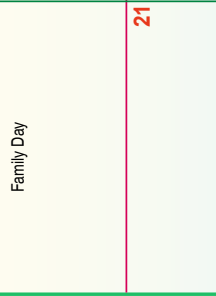
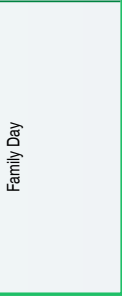

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.”
Romans 15:13

Happy Birthday!

Elba Lopez	05/06/1931	Eugene Hawryluk.....	05/21/1943
John Webb	05/07/1959	Shari Headrick	05/22/1943
Jimmy Huffstickler	05/10/1942	Raymond DeSchene.....	05/23/1940
Jean Darnell	05/16/1928	Dawn Kaufman.....	05/26/1945
Rita DiBella	05/18/1930	Jeffrey Alshin.....	05/28/1949



Arbor Oaks Green Acres - Arbor Oaks Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Exercise 10:30 Pencil Art 11:00 Black Jack 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Painting Class 1:30 Bingo 2:30 Mahjong 3:30 Cards	10:00 Exercise 10:30 Trivia 11:00 Pencil Art 1:30 Bingo 3:00 Ice Cream Social	10:00 Aromatherpy / Nifty Nails 11:00 Black Jack 1:30 Bingo 2:30 Hard & Foot 3:00 Ice Cream Social	10:00 Exercise 10:30 News & Coffee 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
	7	8	9	10	11	12
	10:00 Exercise 10:30 Pencil Art 11:00 Black Jack 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Painting Class 1:30 Bingo 2:30 Mahjong 3:30 Cards	10:00 Exercise 10:30 Trivia 11:00 Pencil Art 1:30 Bingo 3:00 Ice Cream Social	10:00 Aromatherapy w/ Nifty Nails 11:00 Black Jack 1:30 Bingo 2:30 Hard & Foot 3:00 Ice Cream Social	10:00 Exercise 10:30 News & Coffee 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
	14	15	16	17	18	19
	10:00 Exercise 10:30 Pencil Art 11:00 Black Jack 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Painting Class 1:30 Bingo 2:30 Mahjong 3:30 Cards	10:00 Exercise 10:30 Trivia 11:00 Pencil Art 1:30 Bingo 3:00 Ice Cream Social	10:00 Aromatherapy / Nifty Nails 11:00 Black Jack 1:30 Bingo 2:30 Hard & Foot 3:00 Ice Cream Social	10:00 Exercise 10:30 News & Coffee 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
	21	22	23	24	25	26
	10:00 Exercise 10:30 Pencil Art 11:00 Black Jack 1:30 Jackpot Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Painting Class 1:30 Bingo 2:30 Mahjong 3:30 Cards	10:00 Exercise 10:30 Trivia 11:00 Pencil Art 1:30 Bingo 3:00 Ice Cream Social	10:00 Aromatherapy / Nifty Nails 11:00 Black Jack 1:30 Bingo 2:30 Hard & Foot 3:00 Ice Cream Social	10:00 Exercise 10:30 News & Coffee 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social	10:00 Exercise 11:00 Black Jack 1:30 Bingo 3:00 Ice Cream Social
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ACTIVITIES ARE SUBJECT TO CHANGE

ARBOROKSGREEN - AOCAL

Arbor Oaks Green Acres - Evergreen Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Sing-A-Long 11:30 Remember When? 12:00 Lunch 1:30 Bingo 2:30 Balloon Volleyball 3:00 Ice Cream Social	10:00 Exercise 11:00 Trivia 11:30 Kickball 12:00 Lunch 1:30 Crafty Tuesday 2:30 Sing-A-Long 3:00 Refreshments on the Patio	10:00 Exercise 11:00 Balloon Volleyball 11:30 Current Events 12:00 Lunch 1:30 Bingo 2:30 Jingle Jam 3:00 Ice Cream Social	10:00 Exercise 10:00 Kickball 11:30 Joke & Riddles 12:00 Lunch 1:30 Water Colors 2:30 Jingle Jam 3:00 Lets Take A Stroll	10:00 Exercise 11:00 Ball Toss 11:30 Trivia 12:00 Lunch 1:30 Drawing Circle 2:30 Puzzles 3:00 Ice Cream Social	10:00 Kickball 11:30 Jingle Jam 12:00 Lunch 1:30 Finger Painting 2:00 Jokes & Riddles 2:30 Lets Take A Stroll 3:00 Movie Matinee
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28	29	30	31			
						

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ACTIVITIES ARE SUBJECT TO CHANGE

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