

## Spiritual Care in our Chapel

Mon. May 5, 11:00am Protestant Service & Communion

Tues. May 6, 13, 20, 27 3:30pm Catholic Mass

Sat. May 17, 10:00am St. Therese Music Eucharistic Service

Mondays in May 6:00pm Rosary, Chapel

*Upright is the word of the Lord, and all his works are trustworthy. The earth is full of the goodness of the Lord. Psalm 33:2*

## Notable Highlights

### Docuseries: Great British Castles

Every Friday in May at 11:00am, Theater

Join historian Dan Jones on a journey back in time to the zenith of Britain's most iconic structures and their infamous inhabitants.

### Watercolor Show at Mtka Art Center and Lunch at Culver's

Thursday, May 8 at 10:00am, Lobby

The Watercolor Society's annual event where Shirley Hogan's daughter's painting will be on display, and lunch at Culver's! Kindly sign up.

### MacPhail Unwrapping Music

Wednesday May 13 at 1:30pm, Comm. Rm

Andrea unveils Country Western music and it's musicians.

### Homeschool Kids and Games

Thurs., May 15 at 1:30pm, Community Rm

Our homeschooled students return to play table games with you, and you may learn something new!

### MN Ombudsman Workshop-Resident Rights

Wednesday, May 28, at 1:15pm, Community Room

Tammy returns to present important information on your rights as a resident in senior living.

### Alyssa's Drawing Class

Thursday, May 29 at 3:30pm, Community Rm

In a very kind gentle way, Alyssa helps guide your pencil in a way you thought you couldn't.

## May Birthdays

May 1-Bruce Becker #119

May 9-Sid Mott #202

May 13-Kathy Cummings #107

May 14-Jerre Johnson #223

May 18-Nancy Crist #204

May 22-Shirley Mellen #243

May 29-Mary McDonald #246

### May 22 Birthday Social at 3:00-Club Lounge

Joseph Heller (writer) – May 1, 1923

Gary Cooper (actor) – May 7, 1901

Martha Graham (dancer) – May 11, 1894

Perry Como (singer) – May 18, 1912

Joan Collins (actress) – May 23, 1933

Bob Dylan (singer) – May 24, 1941

Sam Snead (golfer) – May 27, 1912

Henry Kissinger (politician) – May 27, 1923

Joe Namath (quarterback) – May 31, 1943

## On the Bus!

Please sign up for these outings in the Bistro. Meet in the lobby.

### Target/Cub Shopping

May 7, 14, 21, & 28 at 10:30am

Mtka Art Center-Watercolor Show & Lunch at Culver's

May 8 at 10:00

MN Arboretum Scenic Drive

May 15 at 10:30 & May 21 at 1:15

### Your Voice Heard:

May 7 Resident Council @ 1:15pm

May 13 Reflections on Faith

May 27 Calendar Planning

May 2025

# Deephaven Woods

Independent and Assisted Living



## May Music

Rita on Piano

Tuesday, May 13 at 5:00pm- Dining Room

Spring Student Piano Recital

Sunday, May 18 at 4:00pm- Chapel

Chan-O-Laires Senior Chorus

Thursday, May 22 at 1:45pm-Community Room

Russell Schmidt Sings

Thursday, May 29 at 1:45pm-Community Room

## May Movies

"Apollo 13"

Saturday, May 3 at 1:00pm-Theater

"My Octopus Teacher"

Monday, May 12 at 1:00pm-Theater

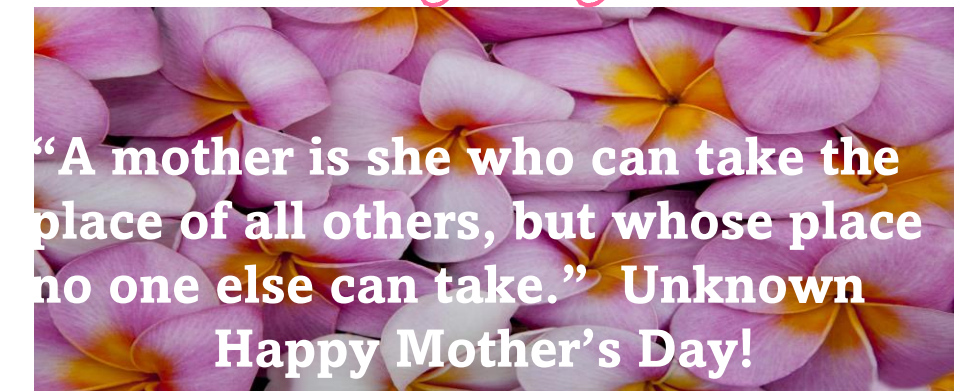
"K-9"

Monday, May 19 at 1:00pm-Theater

"Field of Dreams"

Monday, May 26 at 1:00pm-Theater

Mother's Day May 11, 2025



"A mother is she who can take the place of all others, but whose place no one else can take." Unknown  
Happy Mother's Day!

## May Special Days

\* Mother's Day Social & Tributes  
Thursday, May 8, 3:00 Club Lounge

\* Fishing Opener Happy Hour  
Friday, May 9, 3:00-Club Lounge

\* Memorial Day, Monday, May 26

## Special Mention

Thank you, Dwight for negotiating for Channel 668-3 for the TWINS games!

### Staff:

Dylan Thompson – Executive Director

Amanda Kohler– Assistant Director of Health Services

Dwight Miller – Environmental Services Director

Max Loff- Culinary Director

Chris Benson– Sales and Outreach Director

Katy Swanson – Life Enrichment Director

## Breathe into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—

playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

## Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They’re intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni’ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi’olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island’s signature flower and color.

## The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

## A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother’s Day falls on Sunday, May 11. And why shouldn’t it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we wout *be* at all.



Anna Jarvis is known as the mother of Mother’s Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never

married nor had children, but this didn’t stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother’s Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother’s Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger “mother” church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother’s Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

## More Than Margaritas

*Cinco de Mayo*—which is Spanish for “Fifth of May”—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico’s independence. Those in the know will tell you it celebrates the Mexican army’s 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

## Tapping Through Time

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap *a cappella*, clacking out their own beats without musical accompaniment.

