


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>May 2025</div> <div>Assisted Living</div> </div>				<div> <div>1</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>12:00 Glamour Shots, PDR</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise & Strength</div> <div>5:30 Evening Movie, LR</div> <div>May Day</div> </div>	<div> <div>2</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Birthday Celebration Sandra Walker, DR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>3</div> <div>9:00 Morning Musical, L</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Viola Concert, DR</div> <div>3:30 Cornhole LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>
<div> <div>4</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>5</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Cinco de Mayo Margaritas, Snacks & Trivia</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Cinco de Mayo</div> </div>	<div> <div>6</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise & Strength</div> <div>1:00 Novari Primary Care</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand & Foot, FL</div> <div>2:00 Music Lovers</div> <div>3:00 Scattegories Word Games, LR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>7</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- QFC</div> <div>2:00 Entertainment Memphis Bells, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>8</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise & Strength</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>9</div> <div>10:00 Morning Exercise, DR</div> <div>11:00 Lunch Outing- Applebee's</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with C.C, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>10</div> <div>9:00 Morning Musical, LR</div> <div>10:00 Morning Exercise, DR</div> <div>11:00 to 1:00 Brunch & Bloom, DR</div> <div>2:00 Volleyball</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>
<div> <div>11</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div> <div>Mother's Day National Skilled Nursing Care Week</div> </div>	<div> <div>12</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>13</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise & Strength</div> <div>12:00 Swing Dance-North Bellevue Senior Center, L</div> <div>1:00 Novari Primary Care</div> <div>1:30 Hand and Foot, FL</div> <div>3:00 Afternoon Musical, LR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>14</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- Dollar Tree</div> <div>1:00 Bloody Mary Drinks & Trivia, C</div> <div>2:00 Crafty Creations With Dianna, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>15</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise & Strength</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>16</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with Jim & Beth, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>17</div> <div>9:00 Morning Musical, LR</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Cornhole, LR</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Armed Forces Day</div> </div>
<div> <div>18</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>19</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Walking Group, L</div> <div>1:30 Scenic Drive, L</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> <div>Victoria Day (Canada)</div> </div>	<div> <div>20</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise & Strength</div> <div>1:00 Novari Primary Care</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand and Foot, FL</div> <div>2:30 Sing Along with Joy, LR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>21</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- QFC</div> <div>1:00 Chef Demo, DR</div> <div>2:00 Bingo, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>22</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Let's Talk Food, DR</div> <div>2:00 Strike up the Band, LR</div> <div>3:00 Exercise & Strength</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>23</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with Jon Pressman, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>24</div> <div>9:00 Morning Musical, LR</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Balloon Volleyball, LR</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>
<div> <div>25</div> <div>9:00 Morning Musical, DR</div> <div>10:00 Chair Yoga With Shelby, DR</div> <div>1:00 Walking Club, L</div> <div>2:00 Bingo, DR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>26</div> <div>9:00 Hot Mocha Social, LR</div> <div>10:00 Morning Exercise, DR</div> <div>12:30 Walking Group, L</div> <div>1:30 Resident Meeting-Come Share your Ideas, DR</div> <div>3:00 Margarita Monday, LR</div> <div>5:30 Evening Movie, LR</div> <div>Memorial Day</div> </div>	<div> <div>27</div> <div>9:00 Morning Tea, LR</div> <div>10:00 Exercise & Strength</div> <div>1:00 Novari Primary Care</div> <div>1:00 WII Bowling, C</div> <div>1:30 Hand and Foot, FL</div> <div>3:00 Scattegories Word Games, LR</div> <div>5:30 Evening Movie, LR</div> </div>	<div> <div>28</div> <div>10:00 Morning Exercise, DR</div> <div>10:30 Shopping- Bartells</div> <div>11:00 Traveling Library, L</div> <div>1:00 Bloody Mary Drinks & Trivia, C</div> <div>2:00 Bingo Bash, DR</div> <div>3:30 Afternoon Stroll, L</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>29</div> <div>Medical Transportation</div> <div>10:00 Catholic Services, FL</div> <div>1:00 Novari Primary Care</div> <div>1:00 Foot Care with Dr. Gorey, LE</div> <div>1:00 Afternoon Stroll, L</div> <div>2:00 Strike Up the Band, LR</div> <div>3:00 Exercise & Strength</div> <div>5:30 Evening Movie, L</div> </div>	<div> <div>30</div> <div>10:00 Morning Exercise, DR</div> <div>1:00 Afternoon Stroll, L</div> <div>1:00 Nature Hour, LR</div> <div>2:00 Happy Hour with Lindi Moo, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>	<div> <div>31</div> <div>9:00 Morning Musical, LR</div> <div>10:00 Morning Exercise, DR</div> <div>2:00 Balloon Volleyball, LR</div> <div>2:30 Word Games, DR</div> <div>5:30 Evening Movie, LR</div> <div>6:00 Table Games, C</div> </div>

THE MONTHLY GAZETTE

May 2025

*"Spring is nature's way
of saying, 'Let's party!'"*

— Comedian Robin Williams



Plant of the Month – Lily of the Valley

Lily of the valley is a fragrant, sweet-smelling plant with delicate, white, bell-shaped flowers and oval-shaped leaves. The plant is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. These blooms are associated with luck in love, which is why they're often used in wedding bouquets. In the language of flowers, the lily of the valley



means sweetness, humility, and perfect purity. It also signifies the return of happiness. Lily of the valley is native to Europe and Asia. It got its name from early Christian monks. The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which refers to where it thrives and when it blooms.

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother's Day
May 11

Limerick Day
May 12

Armed Forces Day
May 17

Victoria Day (Canada)
May 19

Memorial Day
May 26

Flower – Hawthorn



Hawthorn is a lovely family of small trees and thorny shrubs often cultivated for their decorative qualities. The sturdy plant has beautiful flowers that bloom in white, red, or pink. Its edible, apple-like fruit comes in a variety of colors, and it ranges in flavor and texture. They are sometimes used as an herbal medicine supplement, which some people believe helps with heart disease, high blood pressure, and high cholesterol.

Birthstone – Emerald



Emeralds have long been a favorite of royalty; Cleopatra had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman for luck and protection. Emeralds can grow very large, and giant ones have been found at Kagem, one of the world's largest emerald mines, in Zambia. A 5,655-carat emerald was unearthed there in October 2018. The Kagem emeralds are believed to have formed more than 450 million years ago, which contributes to their size.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

May 1st @ 12:00 PM Glamour Shots with Barb

May 2nd @ 2:00 PM Birthday Celebration with Sandra Walker

May 3rd @ 2:00 PM Viola Concert

May 7th @ 2:00 PM Entertainment with Memphis Bells

May 9th @ 2:00 PM Happy Hour with C.C

May 10th @ 11-1:00 Brunch & Bloom

May 13th @ 12:00 PM Swing Dance-North Bellevue Senior Center

May 16th @ 2:00 PM Happy Hour with Jim & Beth

May 21st @ 1:00 PM Chef Demo with Daniel

May 23rd @ 2:00 PM Happy Hour with Jon Pressman

May 26th @ 1:30 PM Resident Meeting-Come Share your Ideas

May 30th @ 2:00 PM Happy Hour with Lindi Moo

Enjoy Scenic Drives with Dianna every Monday!