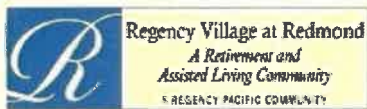


NEWSLETTER

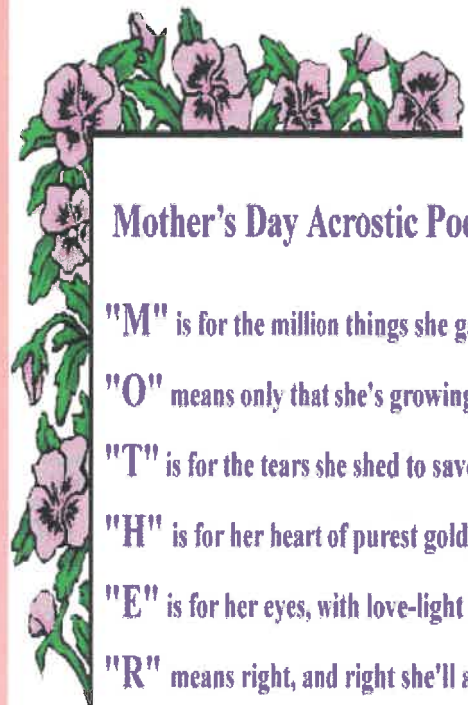
May 2025



Bringing independence to living and quality to life



Happy Mother's Day



Mother's Day Acrostic Poem

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be

Put them all together, they spell "MOTHER,"
A word that means the world to me.



Steve



Mary



Betty saying "let's get this party going!"



Dancing to the music! Marion



Nancy & Patty



Morning Yoga class



Sr. Center Bingo winner!



Lunch at Mi Placita Redmond



Knit & stitch group



Jam Time again!

Play Games for Brain Health

Senior fitness is not just for the body. Seniors need to exercise their brain cells regularly, as they grow old. Doctors recommend that seniors spend at least one hour every day to exercise their brain health.

Keeping your brain healthy

In addition to your brain training, keep your brain mentally stimulated to lower your risk for memory and thinking issues as you age. Include these activities in your daily life:

- continue to get regular exercise
- follow a heart- and **brain-healthy diet**
- maintain your physical health
- get proper sleep
- reduce your **stress level**
- spend time interacting communally



Upcoming Activities

May 1 Redmond Sr. Center Lunch & Bingo 11:00 a.m.
May 5 Cinco de Mayo Social & Bingo \$\$ 1:30 p.m. 2nd Floor
May 8 Lunch Outing at 5* Below Redmond 11:00 a.m.
Barnes & Noble Bend
May 10 Mother's Day BBQ 12:00 p.m. 2nd Floor
May 13 Jam Making 1:30 p.m. 2nd Floor
May 15 Picnic in Sisters 11:00 a.m.
May 22 Picnic at Farewell Bend Park 11:00 a.m.
May 26 Memorial Day BBQ 11:30 a.m.
May 27 Singing with Lindy 2:00 p.m.
May 30 Monthly Birthday Party 2:30 2nd Floor



Weekly Activities

Sunday Places with Nancy 1:00 p.m. 2nd Floor
Sunday Church Service with Pastor Reeves & Rich 3:00 p.m. 2nd Floor
Monday Walmart Shopping
Tuesday- Sunday Morning Yoga 9:00 a.m. (weekends 9:30 a.m.) 2nd Floor
Tuesday Fran & Judy Nails and Games 10:00 a.m. 2nd Floor
Tuesday Movie Matinee 1:30 p.m. (see calendar for Tuesdays as some will have another activity in place of)
Wednesday Games with Bex 10:00 a.m. 2nd Floor
Wednesday & Friday Bingo 1:00 p.m. 2nd Floor
Wednesday Happy Hour Fun 2:30 p.m. 2nd Floor
Friday Craft Class 2:30 p.m. 2nd Floor (last Friday of the month time will be 10:00 a.m.)
Saturday-Sunday Knit & Stitch Group 2:30 p.m. 2nd Floor
Saturday Afternoon Movie 2:00 p.m. 2nd Floor
Sunday – Saturday Evening Card Games 5:30 2nd Floor

MEETINGS

Friday May 2 Resident Council Meeting 10:00 a.m. 2nd Floor
Friday May 2 Activity Meeting 2nd Floor
Friday May 9 Resident forum with E.D. 10:00 a.m. 2nd Floor
Wednesday May 14 Dietary Meeting 10:00 a.m. 2nd Floor

May Birthdays



Jan 5-21

Mike 5-24

Bonnie 5-30

The Road Ahead

Anon

Life is a journey, a winding road,
With stories untold and dreams to hold.
Each step we take, both small and grand,
Shapes our path, like waves on sand.

No road is straight, nor always bright,
But hope will shine like morning light.
With kindness shared and love so true,
The road ahead brings joys anew.

So walk with faith, embrace the day,
Let laughter guide you on your way.



We want to thank each of our volunteers for giving of their time. For all you do for our residents.

Fran has been volunteering since 2009 doing nails

Judy has been volunteering since 2002 playing games

Macaela has been volunteering since 2023 doing crafts

Pastor Reeves volunteering since 2022 Sunday church Services

Rich volunteering since 2022 Providing music for Sunday Services

We welcome a new face on Wednesdays for the game table.

Welcome Bex who's first day was April 23.



Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

MERRY MONTH OF MAY

Word Search

E	B	H	C	Q	Q	U	Z	O	K	W	G	E	M	I	N	I	P	J
N	O	Y	A	M	E	D	O	C	N	I	C	S	G	O	G	D	J	Y
I	L	Y	P	A	V	D	J	T	J	L	Y	A	G	P	L	A	N	T
H	X	L	B	V	N	M	Y	A	D	S	R	E	H	T	O	M	G	E
S	E	E	D	S	Q	M	O	I	L	D	I	I	L	T	E	Q	L	F
N	E	C	J	I	Y	E	D	M	E	E	W	C	S	L	L	N	I	K
U	C	D	L	Q	W	M	G	N	I	R	P	S	Q	N	O	N	N	U
S	U	K	N	O	I	O	E	X	Q	S	U	V	C	F	P	L	H	A
Q	W	P	E	E	S	R	E	N	K	F	Z	G	P	A	Y	A	Z	G
H	O	H	O	S	E	I	B	L	D	Y	L	F	T	A	A	R	F	L
M	M	F	E	H	V	A	E	B	C	V	O	H	T	U	M	E	O	F
N	U	Q	C	F	S	L	L	N	U	H	X	A	Q	V	L	W	L	F
A	E	A	L	E	O	D	B	B	E	T	N	T	I	S	M	O	S	C
G	E	E	B	A	H	A	M	Z	L	I	T	A	M	D	W	M	Y	X
T	F	A	R	L	D	Y	U	B	P	O	E	E	N	E	S	N	W	D
Q	L	Z	F	G	M	Y	B	I	N	S	S	J	R	N	R	W	C	W
L	B	Y	O	D	A	B	B	P	A	T	Z	S	S	F	H	A	Y	Z
I	Y	Y	Z	T	A	U	R	U	S	G	O	E	O	O	L	L	S	G
Y	O	O	Q	F	I	S	K	R	G	F	D	G	U	M	Y	Y	R	J



GARDEN	MOTHER'S DAY
GEMINI	PIÑATA
GREEN	PLANT
LADYBUG	SEEDS
LAWN MOWER	SPRING
MAYPOLE	SUNSHINE
MEMORIAL DAY	TAURUS
MOM	TEACHER

© 2022 parades-to-print.com