

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:00 Morning Musical, C 3 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 4 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>9:00 Traditional Mexican Sweets & Hot Beverage, L 5 10:00 Exercise & Strength 1:30 Cinco De Mayo Cocktails & Trivia, DR 3:00 Scatagories Word Games, C 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles C 6 10:00 Morning Exercise, DR 10:30 Shopping-Target L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL</p>	<p>Medical Transportation 7 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Sing Along with Joy, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles C 8 10:00 Morning Exercise, DR 11:00 Lunch Outing-Applebee's, L 12:30 Adult Coloring, C 2:00 Happy Hour with Memphis Bells, DR 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 2 2:00 Ladies Tea, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>
<p>9:00 Morning Musical, C 10 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:00 Hot Mocha Social, C 11 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>9:30 Table Word Puzzles 12 10:00 Exercise & Strength 12:00 Swing Dance-North Bellevue Senior Center L 1:00 Walking Group, L 2:00 Ice-cream Social, C 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles 13 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Crafty Creations, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL</p>	<p>Medical Transportation 14 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Activity Talk, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles 15 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Lindi Moo, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR 16 2:00 Entertainment with Steve Royals, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p><small>Armed Forces Day</small></p>
<p>9:00 Morning Musical, C 17 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 18 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p><small>Victoria Day (Canada)</small></p>	<p>9:00 Morning Musical, FL 19 9:30 Table Word Puzzles C 10:00 Exercise & Strength 11:00 Food & Fashion, L 1:00 Walking Group, L 2:00 WII Bowling, FL 3:00 Sacttegories Word 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles 20 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL</p>	<p>Medical Transportation 21 9:30 Table Word Puzzles C 10:00 Documentary, C 1:00 Food Committee, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p> <p><small>Shawfest Begins</small></p>	<p>9:30 Table Word Puzzles 22 10:00 Morning Exercise, DR 11:00 Lunch Outing-Ivars, L 12:30 Adult Coloring, C 2:00 Happy Hour with Hank Blumenthal, DR 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 23 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>
<p>9:00 Morning Musical, C 24 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 25 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, C 5:30 Evening Movie, FL</p> <p><small>Memorial Day</small></p>	<p>9:00 Morning Musical, FL 26 9:30 Table Word Puzzles C 10:00 Exercise & Strength 10:30 Shopping at Uwajimaya 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles 27 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo BASH, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL</p>	<p>Medical Transportation 28 9:30 Table Word Puzzles C 10:00 Morning Musical C 1:00 Chef Demo w/ Josh 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>9:30 Table Word Puzzles 29 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Carol Hendrickson DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR 30 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>
<p>9:00 Morning Musical, C 31 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>						

May 2026
THE MONTHLY GAZETTE

*"May, more than any other month of the year,
wants us to feel most alive."*

~ Fennel Hudson



Animal of the Month – White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male



deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Special Days

- May Day**
May 1
- Star Wars Day**
May 4
- Cinco de Mayo**
May 5
- Train Day**
May 9
- Mother's Day**
May 10
- Pick Strawberries Day**
May 20
- Memorial Day**
May 25

Flower – Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdus*, which was a general term for green stones. In the Middle Ages, folklore held that the stone contained the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. They are found all over the world, but Colombia is known to mine the largest and highest-quality emeralds in its Muzo mine.



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 @ 2:00 PM** *Happy Hour Bingo*
- May 2nd @ 2:00 PM** *Ladies Tea*
- May 8th @ 11:00 AM** *Lunch Outing- Applebee's*
- May 8th @ 2:00 PM** *Birthday Celebrations with Memphis Bells*
- May 12th @ 12:00 PM** *Swing Dance-North Bellevue Senior Center*
- May 13th @ 2:00 PM** *Crafty Creations with Dianna*
- May 15th @ 2:00 PM** *Happy Hour with Lindi Moo*
- May 16th @ 2:00 PM** *Entertainment with Steve Royals*
- May 19th @ 11:00 PM** *Food & Fashion*
- May 22nd @ 11:00 AM** *Lunch Outing-Ivars*
- May 22nd @ 2:00 PM** *Happy Hour with Hank Blumenthal*
- May 26th @ 10:30 AM** *Shopping at Unajimaya*
- May 29th @ 2:00 PM** *Happy Hour with Carol Hendrickson*

Scenic Drive Every Monday with Dianna