



MAY 2024

Executive Director

As the vibrant colors of spring surround us, we are reminded of the beauty and inevitability of change. Just as flowers bloom and seasons shift, our lives do undergo transformations, often bringing new opportunities, challenges, and growth. As we step into the month of May, let us embrace change with open arms and optimism.

Cultivating Gratitude: Finding Joy in the Present
Amidst the whirlwind of change, it's essential to pause and appreciate the blessings in our lives. Cultivating gratitude allows us to find joy in the present moment and cherish the simple pleasures that surround us. Take a moment each day to reflect on the things you are grateful for, whether it's a warm cup of coffee, a beautiful sunset, daily interaction with other residents or the love and support of family and friends. By fostering a spirit of gratitude, we can navigate life's challenges with grace and positivity.

As we bid farewell to April and welcome the month of May, let us embrace change with courage, gratitude, and an open heart. Together, let us embark on this journey of transformation, knowing that each step brings us closer to our goals and dreams.

Wishing you a May filled with joy, growth, and endless possibilities!



Ligi Mony for Employee of the Month!

We are delighted to announce Ligi as our Employee of the Month! Ligi has consistently demonstrated exceptional dedication and skill as a medical technologist, making a significant impact on our team and the quality of care we provide. Beyond her technical expertise, Ligi embodies compassion and empathy in her interactions with residents and colleagues alike. She goes above and beyond to provide support and assistance whenever needed, creating a positive and supportive environment for everyone. Thank you, Ligi, for the positive impact you make on our organization every day. Congratulations on being named Employee of the Month – it is well-deserved!



Assisted Living Locations..

- | | |
|--------------------|------|
| Activity Room | AR |
| AL Courtyard | ALC |
| AL Parking Lot | ALPL |
| Bistro | B |
| Independent Living | IL |
| Library | LL |
| Lobby | L |
| Outing | O |
| Spa | Spa |
| Garden | G |

Transportation Schedule..

- | | |
|---------------------|------|
| Monday, | 10am |
| Grocery Stores | 9:45 |
| Tuesday, | 10am |
| Walmart | 10am |
| Wednesday, | 10am |
| Post Office/Bank | |
| Thursday, | 10am |
| Walmart | 10am |
| Friday, | TBA |
| Field Trips/Outings | |

Happy Birthday!

- 7-Delores Gierczek
- 10-Karen Tarrant
- 28-Immagene Latham
- 30-Camara C. Clifton

*"Wherever you go,
no matter what the weather,
always bring your
own sunshine."
—Anthony J. D'Angelo*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 10:30 Word Games! (L) 1:30 Bible Study (AR) 2:30 May Trivia (L) 3:00 Indoor Golf 3:30 Bubbles and Music Outside 4:00 Word Searches Before Dinner (L)	2 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Table and Board Games 2:00 Art with Friends 3:30 Bowling 4:00 Word Searches Before Dinner	3 10:30 Outing to Big Jacks BBQ (Yum!) 1:30 Puzzle Mania! (Independent Activities) 2:00 Early Cinco de Mayo Celebration/Happy Hour 3:30 Fly Swatter Balloon Volleyball 4:00 Sing For your Supper	4 10:45 Body, Mind and Soul (Exercise with Allison) 1:30 Mexican Train Brigade! 3:00 Residents' Choice (Independent Activities) 4:00 Word Searches Before Dinner
5 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	6 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Golf (L) 3:00 Nostalgic Canvas (AR) 4:00 Charade Pick (L)	7 10:00 Adult Coloring, Word Searches, Table Games, Independent Activities 10:00 Walmart Shopping (O) 1:30 Piece It Together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Activity Committee Meeting 4:00 Word Searches Before Dinner	8 Happy National Coca-Cola Day 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Town Hall 3:00 Ring toss! 3:30 Hangman 4:00 Word Searches Before Dinner	9 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Table and Board Games 2:00 Art w/Friends 3:30 Uno Crew! 4:00 Word Searches Before Dinner	10 10:00 Wake and Shake! (Exercise w/Allison) 10:30 Voter Registration Campaign 2:00 Mother's Day Afternoon Tea 4:00 Word Searches Before Dinner	11 10:45 Body, Mind and Soul (Exercise with Allison) 1:30 Uno Crew! 3:00 Residents' Choice (Independent activities) 4:00 Word Searches Before Dinner
12 Happy Mother's Day! 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	13 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Staff VS. Residents Trivia & Charades 3:30 Red light, green light (L) 4:00 Uno & Ice cream (AR)	14 10:00 Adult Coloring, Word Searches, Table Games, Independent Activities 10:00 Walmart Shopping (O) 1:30 Piece It Together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Minute to win it Games! 4:00 Word Searches Before Dinner	15 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Outside Time (Weather Permitting) 3:00 Scrabble 4:00 Word Searches Before Dinner	16 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Table and Board Games 2:00 Art with Friends! 3:30 Library Open House 4:00 Word Searches Before Dinner	17 Happy National Cherry Cobbler Day! 10:00 Wake and Shake! (Exercise w/Allison) 10:30 Outing to Dairy Queen 1:30 Puzzle Mania! 2:00 Happy Hour Social! w/Entertainment and Snacks 3:30 Ring toss! 4:00 Word Searches Before Dinner	18 10:45 Body, Mind and Soul (Exercise with Allison) 1:30 Mexican Train Brigade! 3:00 Residents' Choice (Independent Activities) 4:00 Word Searches Before Dinner
19 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	20 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Finish the lyrics (L) 3:00 Pokeno for prizes	21 10:00 Adult Coloring, Word Searches, Table Games, Independent Activities 10:00 Walmart Shopping (O) 1:30 Piece It Together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Minute to win it games! 4:00 Word Searches Before Dinner	22 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Tutorial on Sudoku 3:00 Outside Time (Weather Permitting) 4:00 Word Searches Before Dinner	23 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Table and Board Games 2:00 Art w/Friends 3:30 Pokeno 4:00 Word Searches Before Dinner	24 10:00 Wake and Shake! Exercise w/Allison 10:30 Mani's and Pedi's + Hand and Foot Massages with Special Lotion 1:30 Puzzle Table 2:00 Movie and Popcorn @ Lewisville Estates Theater 4:00 Word Searches Before Dinner	25 10:45 Body, Mind and Soul (Exercise with Allison) 1:30 Uno Crew! 3:00 Residents' Choice Independent Activities 4:00 Word Searches Before Dinner
26 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	27 Happy Memorial Day! 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L)	28 10:00 Adult Coloring, Word Searches, Table Games, Independent Activities 10:00 Walmart Shopping (O) 1:30 Piece It Together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Bowling 4:00 Word Searches Before Dinner	29 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Fun with Beach Balls 3:00 Group Sing Along 3:30 Afternoon Outburst! 4:00 Word Searches Before Dinner	30 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Table and Board Games 2:00 Art With Friends 3:30 Balloon Volleyball		



Using their hands for hand knitting!



Finished product! Joyce Norton Modeling the latest fashion.
Thanks Julie. :)

A Rainbow of Sound

A humming air conditioner or the pitter-patter of a gentle rain are familiar examples of ambient noise. Many people play what they call “white noise” to help them focus or fall asleep, but this is only one type of ambient noise.

Noise, just like light, can be categorized into different colors based on the size and frequency of their sound waves. The most well-known is **white noise**, which includes all frequencies we can hear. It’s characterized as a steady hum, such as TV static or the buzz of a fan. White noise is the go-to setting on a sound machine to drown out disruptive noise.

Pink noise, a touch deeper than white noise, has gained attention for helping people get better, more restful sleep, which can improve memory. Examples of pink noise include rain, ocean waves and a heartbeat.

In the middle of the sound spectrum, **green noise** has a calming effect. Often containing steady sounds of nature such as a babbling brook, green noise is recommended for studying or working.

If you prefer something low and rumbly, **brown**, aka **red noise**—like crashing waves, thunder or the hum of an airline jet—is great for blocking out other unwanted sounds.

Higher on the spectrum are **blue** and **violet noises**, similar to the hiss of a kinked hose. While the average person may find these sounds irritating, they can be effective therapies for tinnitus (a ringing or buzzing in the ears).

