



Happy Times

May 2018 - Senior Living



Life should not only be lived, it should be celebrate. ~ Osho

Happy May Everyone! This month's column highlights an activity that brings crafting back to the table.

To kickstart our foray back into our *Carnival Crafts* Activities – we will open this month with our new hands on group – “Clay Creations”.

Many of you remember modeling clay from your youth and the colorful sticky creations your children and grandchildren made you as well.

Here's a chance to revisit your inner child/creative muse with what has been referred to as “playdough for adults”. Using bakeable Polymer clay, you can create a flight of fancy, a cute trinket dish or whatever your heart desires. Let your imagination run wild.

Our team will provide the materials and tools you'll need. We'll help guide you and assist in getting your project started.

Come try your hand at making, baking, and decorating your own clay creation. Its fun, slightly messy, and rewarding!

Interesting Dates to Remember:

- May 1st - May Day
- May 3rd - National Day of Prayer
- May 5th - Cinco De Mayo
- May 8th - National Teacher's Day
- May 10th - Ascension
- May 13th - Mother's Day
- May 16th - Ramadan (start)
- May 19th - Armed Forces Day
- May 20th - Pentacost
Shavuot (start)
- May 21st - Shavuot (end)
- May 22nd - International Biological
Diversity
- May 23rd - World Turtle Day
- May 24th - National Brother's Day
- May 27th - Trinity Sunday
- May 28th - Memorial Day
- May 31st - Corpus Christi
World MS Day
World No Tobacco Day

**** Save The Date: Gateway Vista Picnic June 7th from 4pm to 7pm ****

Mark Sroczynski	Administrator
Tammy Berens	Clinical Transitions Coordinator
Ivy Bryant	Director of Case Management
Heather Hazen	Director of Senior Living
Susie Horner	Director of Culinary Services
Micha Ives	HR Coordinator
Kim Jardine	Admissions Coordinator
Kay Rakes	Director of Resident Accounts
Gene Steppat	Director of Environmental Services
Nicole Wilson	Clinical Education Coordinator
Sara Spencer	Director of Therapy
Constance Howard	Director of Life Enrichment

Welcome to May everyone! With the start of this month, we are that much closer to summer...

Named after the Greek Goddess Maia (“Goddess of Life and Growth”), May ushers in growing crops, flowers and wildlife. Blooms, birds and bees abound. It's the time we start packing up our coats and pulling out our summer clothes.

This month is also a month of honor. We celebrate our Mother's, our brothers, our teachers and the men and women who died in service of our country. All of these people deserve year-round recognition.

Our Mothers (or those who fill that role) held us, wiped our tears, shared our laughs, taught us, walked with us and worry over us. They are often a “handyman”, taxi driver, cheerleader, business and social planner, sounding board, chef and advice columnist. *They can also be the ones who know most how to drive us crazy.* Regardless of the madness (both theirs and ours), we always know they love us. Please don't forget to remind her how important she is to you.

Brothers are often people we praise and condemn; occasionally in the same breath. We love them, learn from them and sometimes want to shake them. But more often than not, they enrich our lives.

Everyone has at least one teacher that has stuck with us, expanded our outlook and made us want to learn. Recognize and acknowledge that person in whatever way you're able. You can make a difference in their lives too.

And finally, we close out May by remembering those people who have died in service of our country. Often, this day is harder to celebrate than the others. Memories of those lost are sometimes painful. But if we mitigate the sorrow with the love and respect that these people gifted us (whether personally or by allowing us to continue our way of life), this day can be one of Joy. Celebrate life, honor sacrifice and love those important to you!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To attend an activity that is not on your floor, please press your call light at least 15 minutes prior to the activity start time. Thank you!</p>	<p>Outings in Red Special Events in Blue Religious Activities in Purple EnerG/Wellness in Brown EnerG/Activities in Black</p>	<p>1 9:00 Hamming It Up - AUD 10:00 Karaoke - AUD 1:30 Tai Chi - AUD Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p> <p>May Day</p>	<p>2 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB</p>	<p>3 9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL 10:00 Shopping Trip - LOBBY 1:00 Resident Council - PH 1:30 Tai Chi - AUD 2:00 Wii Bowling - PUB</p>	<p>4 9:00 Exercise (Strengthening/Bands) - AUD 9:30 Catholic Rosary - MC 2:00 Cinco De Mayo: "Margaritas, Beer & Bingo" - PUB</p>	<p>5 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL SNF 2:00 Music w/Justin: J. Williams</p>
<p>6 2:00 Hymn Sing-a Long - 3rd FL</p>	<p>7 9:00 Exercise (Chair Pilates) - AUD 1:30 Art & History Series - PH 3:00 Quarter Bingo - PUB</p>	<p>8 10:00 Clay Creations - PUB 1:30 Tai Chi - AUD 3:00 Introductory Art - PH Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p>	<p>9 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 1:30 Book Club - PDR 2:00 Triominos - PUB</p>	<p>10 9:00 Balance Class - AUD 9:00 Sing-A-Long - 4th FL 10:00 Shopping Trip - LOBBY 1:00 Bookmobile - W. BACK LOT 1:30 Tai Chi - PH 3pm Mother's Day Celebration - AUD</p>	<p>11 9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 1:30 Baking Buddies - PH 3:00 Beer and Bingo - PUB</p>	<p>12 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>
<p>13 2:00 Hymn Sing-a-Long - 3rd FL</p> <p>Mother's Day</p>	<p>14 9:00 Exercise (Chair Pilates) - AUD 1:30 Comedy Movie Series - PH 3:00 Quarter Bingo - PUB</p>	<p>15 9:00 Hamming It Up - PH 10:00 Wii Bowling - PUB 1:30 Tai Chi - AUD Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p> <p>Election Day</p>	<p>16 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB 5:00 Birthday Dinner</p>	<p>17 9:00 Sing-A-Long - 3rd FL 10:00 Shopping Trip - LOBBY 1:30 Tai Chi - PH 3:00 Giant Crossword - PUB</p>	<p>18 9:00 Exercise (Strengthening/Bands) - AUD 9:30 Catholic Rosary - MC 1:00 Clever Clippings - PH 3:00 Beer and Bingo - PUB</p>	<p>19 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL 3:30 Bible Study - PH</p>
<p>20 2:00 Hymn Sing-a-Long - 3rd FL 4:00 Indian Hills Church - AUD</p>	<p>21 9:00 Exercise (Chair Pilates) - AUD 1:30 Art & History Series - PH 3:00 Quarter Bingo - PUB</p>	<p>22 10:00 Clay Creations - PUB 10:00 Custom Hearing Solutions - PUB 1:00 Culinary Corner - PH 1:30 Tai Chi - AUD 2pm Manicures - PUB Afternoon Popcorn - PUB</p>	<p>23 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 2:00 Triominos - PUB</p>	<p>24 9:00 Balance Class - AUD 9:00 Sing-A-Long - 4th FL 10:00 Shopping Trip - LOBBY 1:00 Bookmobile - W. BACK LOT 3:00 Performer: Donna Gunn "The Iconic Cowboy"</p>	<p>25 9:00 Exercise (Strengthening/Flexibility) - AUD 9:30 Catholic Rosary - MC 11:00 Lunch Bunch - Fireworks 3:00 Beer and Bingo - PUB</p>	<p>26 9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL 3:30 Bible Study - PH</p>
<p>27 2:00 Hymn Sing-a-Long - 3rd FL</p>	<p>28 9:00 Exercise (Chair Pilates) - AUD 1:30 Ice Cream Social - AUD</p> <p>Holiday Schedule: Shortened day - No Bingo</p> <p>Memorial Day</p>	<p>29 9:00 Hamming It Up - AUD 10:00 Karaoke - AUD 1:00 Culinary Corner - PH 1:30 Tai Chi - AUD 2:00 Block Party (3rd) - PUB Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p>	<p>30 9:00 Seated Kickboxing - AUD 10:00 Church Service - AUD 2:00 Triominos - PUB 3:00 Movie: "Meet Me in St. Louis" - PH</p>	<p>31 9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL 10:00 Shopping Trip - LOBBY 1:00 Bookmobile - W. BACK LOT 3:00 Sisterhood of Gateway Vista - PUB</p>	<p>Activities and times are subject to change. For a daily list of events tune in to channel 901 or Call 4228</p> <p>Daily Movies can be found on channel 902 at 10am, 2pm, and 7pm.</p>	

Locations

3rd FL - 3rd Floor Living Room
4th FL - 4th Floor Living Room
3rd DIN - 3rd Floor Dining Room
4th DIN - 4th Floor Dining Room
AUD - Auditorium Garden Level
MC - Meditation Chapel 1st Floor
PH - Penthouse - 6th Floor
PDR - Private Dining Room
PUB - Grill & Pub

Birthdays

Maxine Killeen: 5/6
John Hernandez: 5/7
Rosalind Morris: 5/8
William Draper-Finlaw: 5/16
Sarah Hathaway: 5/21

Barber & Beauty

Shop

Tuesdays with Connie
1:00 p.m. - 5:00 p.m.
Wednesdays with Connie
9:00 a.m. - 5:00 p.m.
Thursdays & Fridays with Linda
9:00 a.m. - 5:00 p.m.
**Call 5020 (as a courtesy, please call ahead to make an appointment)