



May 2024 Newsletter

Senior Assisted Living Community



Lisa Nelson

is our Assisted Living Resident of the Month

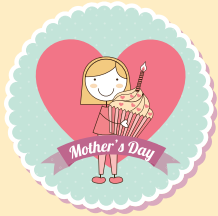
Lisa was born on January 10, 1961 in the city of Los Angeles. Her mother is Augusta Rolla and her father is Buford Nelson. Lisa has four siblings including her two sisters, Beverly and Marie, and two brothers, Charles and Tyrone, with Lisa being the middle child. Lisa went to Garden Gate High School in LA. She never married, but currently has a granddaughter. She has plenty of interests and hobbies. She really enjoys listening to music and sure does enjoy her coffee and cigarettes! She also likes taking walks on the grounds, and is great helper to others. Although Lisa enjoys every food and drink there is, her favorites are vanilla ice-cream, hamburgers, and of course, coffee! One of her favorite hobbies used to be boxing, so if she could have any superpower, it definitely would be to throw extreme power punches. She likes dogs and cats, but she really prefers puppies. She is partial to summer weather, although she is fine with all types. If she could make a wish, it would be for her very own money tree. Congratulations Lisa, on being our May Assisted Living Resident of the Month!

Valerie Allen

is our Arbor Hall Resident of the Month

Valerie was born on May 5th. She was raised by her parents along with her five brothers in Chicago. Her fondest childhood memory was going to the cinema with her family. She attended and finished school in Chicago, and after graduating high school, she decided to work to assist her family financially. She later then met her partner and they had a daughter. Here at Carson, Valerie's favorite pastime is listening to music and socializing with our staff and other residents. Her favorite activity here are the events/parties because she loves to dance! Congratulations, Valerie, on being named our Arbor Hall Resident of the Month for May.





May Birthday Party

Friday, May 30 at 1:00 p.m.

All residents whose birthday is in May are invited to join us in the Hobby Room to celebrate their natal day. We have cake and ice cream for you to enjoy.

AL Resident Birthdays

Larry Stafford	5/15
Dale Elmore	5/16
Roux Rascoe	5/16
Bertha Fairely	5/22
Darin Caster	5/25
Roy De La Merced	5/28
Nancy Leonard	5/29

Arbor Hall Birthdays

Valerie Allen	5/05
Louis Holman, Jr.	5/07
Jacqueline Butler	5/11
Linda Freeman	5/11
James Henderson	5/19

Staff Birthdays

Rodel P.	5/23
Agustina G.	5/28
Nora G.	5/29



New Residents

Kathleen Blake
William Page
Marilyn Park
John Hickey Jr.

MAN EVENTS FOR MAY 2024

Council Meeting

RESIDENT COUNCIL MEETING
Thursday, May 9 - 11:00 a.m.
in the Hobby Room.



Note: Shopping trips can be scheduled Monday through Friday as long as the driver available.

Kitchen Tips

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Mayolo know 3 hours before meal time. Please DO NOT STAND BY OR NEAR THE KITCHEN DOOR during meal time. It is not safe. Thank you.



Church Services

St. Philomena Church will have Catholic mass every third Monday of each month.

Church of Christ-Iglesia Ni Cristo will offer Bible Study every Thursday at 6:00 p.m. in the Front TV Room.

The Good Shepherd Ministry comes in every 2nd and 4th Saturday of the month at 10:30 a.m. They invite you to join them in their spiritual advocacies.

The Metropolitan Church of Christ comes every Sunday of the month at 2:00 p.m.

Bingo

Every Monday, Wednesday, and Friday

Medical Runs

Every Monday to Thursday of the month.



May HOroscOpe Signs

Taurus - April 21 to May 20

Taurus is a Zodiac sign that is characterized by a desire to understand how things work and what makes people tick. While gentle by nature, Taurus don't like to be pushed or bullied by others. This star sign loves home comforts, and prioritizes the good life over everything else. Their innate desire to ponder and consider every move can also make these intensely physical creatures appear stubborn. Taurus are natural born foodies, and don't eat to live, but instead, live to eat. You'll usually find little drama or tension with them, as they are soothing, stoic, and happy in their own skin.



Gemini - May 21 to June 20

Known as the celestial twins, Gemini are marked by an intrinsic duality. If they could just clone themselves, the Gemini might be able to keep up with the many pursuits they are constantly juggling. Quick-witted, playful and intellectually curious, this air sign is considered to be the social butterfly of the zodiac and can talk to anyone about anything. Gemini are most satisfied when they can move fluidly and quickly from one idea to the next.



May 2024 Arbor Hall Activities Calendar

This calendar is subject to change.

Sunday

"In all the world, there is no heart for me like yours. In all the world, there is no love for you like mine."

~ Maya Angelou

Monday

MAY DAYS TO NOTE...

- 01 May Day
- 02 NFL Play Your Ukulele Day
- 04 Kentucky Derby
- 06 NFL Nurses Day
- 07 NFL Teacher Day
- 08 Reward Yourself Day
- 10 NFL Golf Day
- 12 NFL Limerick Day
- 13 Top Gun Day
- 14 Dance Like a Chicken Day
- 16 NFL I Love A Tree Day
- 17 NASCAR Day
- 18 Armed Forces Day
- 20 World Bee Day
- 21 World Meditation Day
- 23 Lucky Penny Day
- 26 Indianapolis 500
- 28 NFL Mini Julep Day
- 31 NFL Smile Day
- 31 NFL Senior Health & Fitness Day

Tuesday

Wednesday

Thursday

Friday

Saturday

Cinco de Mayo

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks & TV Time
11:30 Lunch
12:30 Relaxation / TV Time
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:00 Socialization
5:10 Final Stretch of the Day

Mothers Day

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks & TV Time
11:30 Lunch
12:30 Relaxation / TV Time
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:00 Socialization
5:10 Final Stretch of the Day

Memorial Day

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks & TV Time
11:30 Lunch
12:30 Relaxation / TV Time
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:00 Socialization
5:10 Final Stretch of the Day

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9:30 Exercise / Workout
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11:30 Lunch
12:30 Relaxation / TV Time
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:00 Socialization
5:10 Final Stretch of the Day

6

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Hair Cuts /TV Time
2:00 Snacks & Movie
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

13

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

20

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Hair Cuts /TV Time
2:00 Snacks & Movie
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

21

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

7

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 **Cinco de Mayo Celebration** /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

14

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

21

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

28

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10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

8

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Remembering History /Videos/Books
2:00 Snacks & Puzzles
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

15

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Remembering History /Videos/Books
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3:00 Bingo!
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12:30 Remembering History /Videos/Books
2:00 Snacks & Puzzles
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

29

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10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Remembering History /Videos/Books
2:00 Snacks & Puzzles
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

9

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Haircuts/ TV Time
2:00 Snacks & Movie
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

16

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Haircuts/ TV Time
2:00 Snacks & Movie
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

23

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Haircuts/ TV Time
2:00 Snacks & Movie
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

30

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10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Colorful Nails /Haircuts/ TV Time
2:00 Snacks & Movie
3:00 Bingo!
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10

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10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave/Socialization /TV Time
2:00 Snacks & Playing Cards
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10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave/Socialization /TV Time
2:00 Snacks & Playing Cards
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

24

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave /Socialization /TV Time
1:00 Birthday Party
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

31

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Shave/Socialization /TV Time
1:00 Birthday Party
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

11

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Learning about Cultures /Videos/Books
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

18

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Learning about Cultures /Videos/Books
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

25

9:30 Exercise / Workout
10:00 Daily Prayer /Bible Reading /Worship Audio
10:30 Snacks / TV Time
11:30 Lunch
12:30 Learning about Cultures /Videos/Books
2:00 Snacks & Dominos
3:00 Bingo!
4:00 Dinner
5:10 Final Stretch of the Day

Month of May

Birthstone: Emerald (rebirth, youth and good fortune)
Flowers: Lily of the Valley
Hawthorn
Colors: Yellow and Red

Mother's Day
WORD SEARCH

CARING
CHILDREN
LOVING
MADRE
NUTURE
PARENT
SELFLESS
MATERNAL

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

Enjoy Assisted Living at Its Finest.



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