

May 2024

# Oak Hill Grapevine

623 Hamacher St., Waterloo, Illinois, 62298 | 618-939-3488



## Celebrating May

May 5<sup>th</sup>- Cinco de Mayo

May 6<sup>th</sup>- Nurses' Appreciation Day

May 11-12<sup>th</sup>-Arbor Court  
Mother's Day Photo Booth

May 12<sup>th</sup>- Happy Mother's Day!

May 13<sup>th</sup>- 17<sup>th</sup>- National  
Nursing Home Week

5/13: Ice Cream Kick for all at @  
2pm!

Trivia and Bingo for Staff and  
Residents: **Wear Favorite Oak Hill T-  
shirt**

5/14: Name that Tune@10am with  
Staff and Residents: **Dress your  
Favorite Decade**

5/15: BBQ for Residents and Staff  
10:45am-1pm: **Wear Oak Hill Radio  
Shirt**

5/16: Planting Garden Memories @ 2  
pm: **Wear Favorite Band/Musician  
Shirt**

5/17: Resident and Staff Karaoke  
@10am: **Dress like your Favorite  
Musician**

May 27<sup>th</sup>- Memorial Day: **Wear  
Red, White, and Blue**



**Oak Hill**  
Marion County Nursing Home

**Whispering  
Pines**  
Memory Care

THE COMMUNITIES  
OF OAKHILL  
623 Hamacher St.  
Waterloo, IL 62298  
618.939.3488

**Magnolia  
Terrace**  
Senior Living Apartments

**ARBOR  
COURT**  
SKILLED NURSING

**Evergreen Pointe**  
Transitional Care

## Wriggle and Roll



On May 11, give your feet a rest and let your belly do the dancing. It's World Belly Dance Day. The term *belly dance* is believed to have been first coined by the French, who called it *danse du ventre*, or "dance of the stomach." Then, in 1893, a dancer known as Little Egypt belly danced at the

Chicago World's Fair. The performance fascinated Americans. Hoping to capitalize on this newfound craze, Hollywood began making movies in which dancers wore elaborate Middle Eastern-inspired costumes. In this way, the popularity of belly dancing was born.

Belly dancing has two Arabic names. *Raqs sharqi* refers to the dance most familiar to Westerners, where a woman improvises a solo dance with relaxed, torso-driven movements. *Raqs baladi* is a more folkloric style of dance performed by both men and women at traditional celebrations such as wedding parties.

The most important body part in belly dancing is actually the hips. Hips can drop, twist, or lift. Other movements include slow and rhythmic figure eights involving the hips and belly, rolling the stomach like a wave from the ribs to the belly, or quickly shaking the hips or shoulders. Each of these movements is designed to accompany a specific beat, melody, or instrument in the music.

Egypt may be considered the home of belly dancing today, but Turkey, Cyprus, Lebanon, Syria, Jordan, Iraq, and Israel all have dancing traditions that involve using the hips and belly. Belly dancing has spread far and wide from the Middle East and is now a popular form of exercise, artistic expression, and meditative practice. There may be a belly dancing school in your neck of the woods, so stop by this May 11 for a lesson or a show.

## From Folklore to Fridge

Why does placing a pillow on top of your fridge bring you good luck? While the answer to the question may be lost in time, many people still perform this ritual on May 29, Put a Pillow on Your Fridge Day.

Long ago, people put cloth in their larders, or cool pantries, for good luck and prosperity. With the advent of the refrigerator in 1927, this tradition evolved into putting a pillow on top of your fridge. Loosely speaking, one could put any type of cloth on top of the fridge: blankets, sheets, or towels. Perhaps you should try them all and see which cloth brings the most wealth and happiness. Just don't confuse this holiday with putting a pillow inside the fridge, which some people enjoy doing on very hot days so that they can sleep better at night.

## Green Gold

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.



One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some

way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.



## Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't

a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

## Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

## Winds of Change



When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Windmills aren't just a nostalgic piece of the past, however. Although most no longer mill flour or help saw wood, today's sleek, powerful

windmills and wind turbines harness wind power to create energy.

More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. These spinning giants provide an important source of clean energy in many countries worldwide. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.

## Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

## May Resident Birthdays

May 3<sup>rd</sup>- Barbara Lindauer

May 8<sup>th</sup>- Delores Deleveski

May 8<sup>th</sup>- Rosalie Metzger

May 10<sup>th</sup>- Mary Stone

May 11<sup>th</sup>- Nancy Merkley

May 16<sup>th</sup>- Clarice Griffhorn

May 16<sup>th</sup>- Josephine Glowacki

May 18<sup>th</sup>- Carolyn Wessel

May 29<sup>th</sup>- Roy Kirleis

May 30<sup>th</sup>- Margaret Lueking

## The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and

Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.



*Daniell Akins, CNA*

*Aiden Granger, Dietary Aide*

*Melissa Grays, CNA*

*Anna Griffiths, RN*

*Madaline Hanna, Dietary Aide*

*Sherri Joshu, Whispering Pines Director*

*Tara Melching, Laundry*

*Andrew Scott, CNA*

*Colten Skaggs, Dietary Aide*

*Blake Zimmerman, Dietary Aide*

*Abigail Rosenkranz, Dietary*



Monday May 13<sup>th</sup> is the start of National Skilled Nursing care Week !  
This year's theme is Radiant Memories!



**Monday May 13<sup>th</sup>:** Kick off nursing home week with ice-cream for residents and staff at 2pm-3pm in the back hallway. (There will be ice-cream left for evening and midnight shifts in the Maple freezer) Monday will also start Bingo and trivia that need to be turned in on Friday. You can find both at the front desk. Anyone who participates in the trivia will be entered to win a prize! Bingo winners turn in on Friday.

**Tuesday May 14<sup>th</sup>:** Dress as your favorite music decade! Dress as a 70's, 80's, 90's, etc. Staff and residents will also play Name that Tune @10AM in the activity center.

**Wednesday May 15<sup>th</sup>:** Wear your Oak Hill "In tune with our residents" shirt. BBQ for staff and residents in the pavilion (off of the dining room) from 10:45AM-1pm and again for evening/midnight shift from 6:30pm-7:30pm

**Thursday May 16<sup>th</sup>:** Wear your favorite, work appropriate, band or artist shirt. Planting memories @ 2pm in activity center for residents and staff.

**Friday May 17<sup>th</sup>:** Dress as your favorite band or artist (work appropriate) . Karaoke @ 10AM for residents and staff in the activity center.

## STAFF BIRTHDAYS

Tiffany Shaw- May 3<sup>rd</sup>

Nancy Vogt-May 4<sup>th</sup>

Ariana Gibbs- May 6<sup>th</sup>

Mckenna Roy- May 10<sup>th</sup>

Nicole Rood- May 10<sup>th</sup>

Chelsea Bivins-May 13<sup>th</sup>

Elsie Horvath-May 13<sup>th</sup>

Litney Hick- May 14<sup>th</sup>

Annica Kocher- May 16<sup>th</sup>

Madison Cox- May 19<sup>th</sup>

Bonnie Christiansen-May 20<sup>th</sup>

Jodi Gregson-May 20<sup>th</sup>

Lillyn Mayer-May 20<sup>th</sup>

Megan Weber- May 25<sup>th</sup>

Kaitlyn Jarvis- May 27<sup>th</sup>



# ALL STARS

Employees are recognized as those who have gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

**Camille Donjon – \$100 Cash**



**Shannon Diehl – Shopping Spree**



**Nursing Home Week in Arbor Court**

Friday Fun Day with Staff and Residents

**Dress up as your Favorite Musician**

**May 17<sup>th</sup>:**



**10:00 am- Staff and Resident Karaoke**

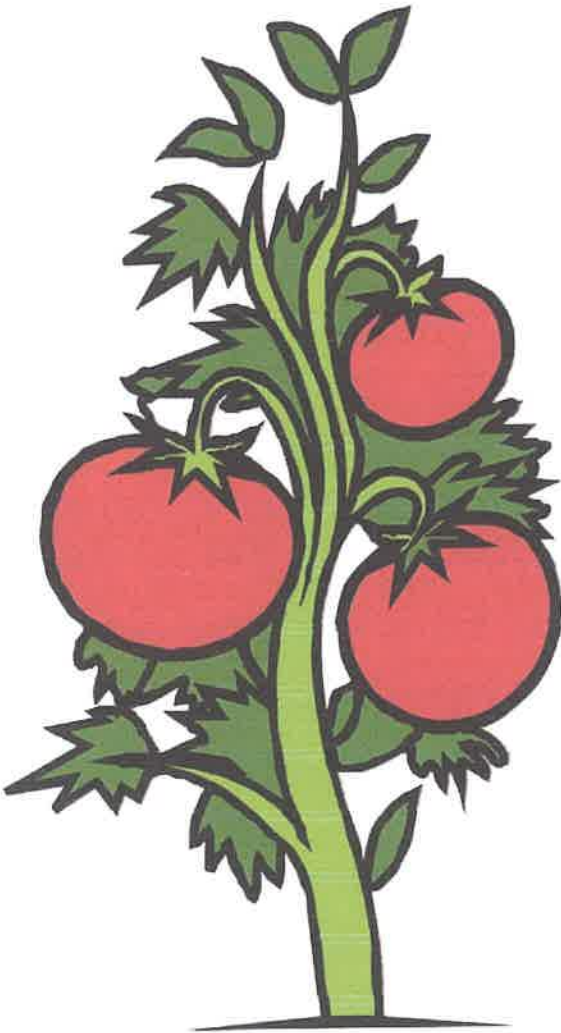
**2:00pm- Musical Bingo hosted by Randy**

**Helfrich**

# Rock & Roll into Summer 2024

## Planting Memories

In honor of Nursing Home Week, residents and staff will join together to partipate planting the **Arbor Court** vegetable garden May 16<sup>th</sup> at 2:00 pm.





# Mother's Day Photo Booth

May 11<sup>th</sup>-13<sup>th</sup>



A Mother's Day Photo Booth will be displayed for use near the main entrance in Arbor Court for families who wish to take pictures with their loved ones. Cell phones are encouraged for pictures. Please see the receptionist for questions or to help take pictures.



**Musical Entertainment will be provided at 2:00 pm on May 11<sup>th</sup> celebrating Mother's Day by Harmony Express Woman's Chior for Arbor Court Residents**

## Staff Anniversaries in May

Carol Marquart, CNA-38 years

Carol Nash, Receptionist-20 years

Chelsea Bivins, Admissions -7 years

Amie Frye, Health Information-7 years

David Zimmermann, floor tech-7 years

Mary Watkins, Housekeeping- 6 years

Nancy Koesterer, Business Manager- 5 years

Travis Oettle, Housekeeping- 5 years

Susan Novak, Cook- 3 years

Jackie Carr, CNA- 3 years

Hanna Meyer, LPN-2 years

Dawn Stapleton, CNA- 2 years

Gina Mesnarich, Nurse Coordinator- 1 year

Melissa Niemann, RN- 1 year

Brent Clark, Maintenance- 1 year

Emily Dill, CNA- 1 year

Madison Cox, CNA - 1 year

Irina Javid-Stahl, RN- 1 year

Annica Kocher, Dietary - 1 year

Sondra Sauerhage, CNA- 1 year

Keagan Hank, Dietary- 1 year

Bartholomew Henry, Dietary- 1 year



# Eclipse 2024 Arbor Court



**Residents had the opportunity to experience the Solar Eclipse of 2024! This was an enjoyable day and a once in a lifetime experience to some!**

# WOMEN'S GROUP

**YOU'RE INVITED TO CELEBRATE WITH US!**




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**THURSDAY, MAY 2 @ NOON-1:45PM**

Weather permitting, we will be painting sun catchers outdoors in Arbor Court Pavilion.

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Please contact Megan (restorative nurse) or Megan (restorative aide) for more details!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Independent Bingo 5</b> 8:00 am- One on Ones 2:00 pm -Dominoes with Wendy</p> <p>Cinco de Mayo</p>	<p>8:00 am- House Calls 10:00 am- Kentucky Derby Horse Races 2:00 pm- Bingo</p>	 <p>8:00 am- House Calls 10:00 am- Nail Care 2:00pm- May Craft</p>	<p>8:00 am- House Calls 9:30 am- Move and Groove 10:30 am- Rosary 2:00 pm- Card Cover All</p> <p>May Day</p>	<p>8:00 am- House Calls 10:00 am- Gospel Hymns 10:30 am- UCC Church 2:00 pm-IN2L Games</p>	<p>8:00 am- House Calls 10:00 am- Current Events 10:30 am- Fun Friday Fitness 2:00 pm- Cinco de Mayo Social</p>	<p><b>Weekend 4</b> Activity Packet 2:00 pm- Movie Matinee</p>
<p><b>Independent Bingo 6</b> 8:00 am- House Calls 10:00 am- Moving and Grooving 2:00 pm- Radio Bingo</p> <p>Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Name that Residents 2:00 pm-Resident Council</p>	<p>8:00 am- House Calls 10:00 am- Wednesday Workout 10:30 am- Catholic Mass 2:00 pm- Mother's Day Detective</p>	<p>8:00 am- House Calls 9:30 am- Gospel Sing Along 10:30 am- Lutheran Church 2:00 pm- Card Lotto 5:30 pm- Garden Club</p>	<p>8:00 am- House Calls 10:00 am- Radio Hits Exercise 10:30- Resident Staff Karaoke 2:00 pm-Musical Bingo With Jerry Helfrich Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Funny Animal Videos 10:30 am- Tai Chi 2:00 pm-Terry Roberson Country Music</p>	<p><b>Weekend 11</b> Activity Packet one on ones 2:00 pm- Harmony Express Music Mother's Day Celebration</p> <p>Mother's Day Photo Booth</p>
<p><b>Independent Bingo 7</b> 8:00 am- House Calls 10:00 am- Moving and Grooving 2:00 pm- Radio Bingo</p> <p>Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Tune with Staff and Residents 2:00 pm-Resident Council</p>	<p>8:00 am- House Calls 9:30 am- Wednesday Workout 10:30 am- Catholic Mass 2:00 pm- Mother's Day Detective</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- UCC Church 2:00pm- Rock and Roll into Summer Planting with Staff Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- New Life Church 2:00 pm- Bingo</p>	<p>8:00 am- House Calls 10:00 am- Blast From the Past 10:30 am- Fun Fitness Friday 2:00 pm-Joe Powell</p>	<p><b>Weekend 18</b> Activity Packet 2:00 pm- Movie Matinee</p> <p>Armed Forces Day</p>
<p><b>Independent Bingo 8</b> 8:00 am- House Calls 10:00 am- Going Fishing 2:00 pm-Bingo</p> <p>Victoria Day (Canada)</p>	<p>8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- May Birthdays with Alan Brandt</p>	<p>8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Rosary 2:00 pm- Travel to Scottish Highlands 5:30 pm- Garden Club</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- Live stream Methodist Church 2:00pm- Shopping Day!</p>	<p>8:00 am- House Calls 10:00 am- Gospel Hymns 10:30 am- Live stream Methodist Church 2:00pm- Shopping Day!</p>	<p>8:00 am- House Calls 10:00 am- Chair Yoga 10:30 am- Rosary 2:00 pm-Bingo</p>	<p><b>Weekend 25</b> Activity Packet 2:00 pm- Movie Matinee</p>
<p><b>Independent Bingo 9</b> 8:00 am- One on Ones 2:00 pm- High/Low Card Game with Holly</p> <p>Memorial Day</p>	<p>8:00 am- House Calls 10:00 am- Magazine Scavenger Hunt 2:00 pm-Golf</p>	<p>8:00 am- House Calls 10:00 am- Chair Yoga 10:30 am- Rosary 2:00 pm-Bingo</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- New Life Church 2:00 pm- Bingo</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- Live stream Methodist Church 2:00pm- Shopping Day!</p>	<p>8:00 am- House Calls 10:00 am- Blast From the Past 10:30 am- Fun Fitness Friday 2:00 pm-Joe Powell</p>	
<p><b>Independent Bingo 10</b> 8:00 am- One on Ones 2:00 pm- Ron Schewe Accordion 1:30 pm- Presbyterian Church</p>	<p>8:00 am- House Calls 10:00 am- Name that Residents 2:00 pm-Resident Council</p>	<p>8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Rosary 2:00 pm- Travel to Scottish Highlands 5:30 pm- Garden Club</p>	<p>8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- UCC Church 2:00pm- Rock and Roll into Summer Planting with Staff Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Radio Hits Exercise 10:30- Resident Staff Karaoke 2:00 pm-Musical Bingo With Jerry Helfrich Nursing Home Week</p>	<p>8:00 am- House Calls 10:00 am- Funny Animal Videos 10:30 am- Tai Chi 2:00 pm-Terry Roberson Country Music</p>	<p><b>Weekend 31</b> Activity Packet 2:00 pm- Movie Matinee</p>

Arbor Court Activity Calendar \*All activities outside will be weather pending



Sunday

Monday

Tuesday






























Wednesday

Thursday

Friday

Saturday

# May 2024

<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Classic Movie Time 3:00 Patio Time, Music &amp; Ice Cream</p>  <p>Cinco de Mayo</p>	<p>9:30 Arthritis Workout 10:00 Armchair Travel - US IN2L 2:00 Spring Craft TBD 3:00 Cookies &amp; Alexa</p> 	<p>9:30 Fish Tank IN2L 10:00 Brain Fun - IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Spring Jello Snack &amp; Alexa</p> <p><b>National Teachers Day!</b></p>	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Coffee, Cookies &amp; 40's Music Review</p>  <p>May Day</p>	<p>9:30 Morning Stretch 10:00 Arbor - Church* 2:00 Armchair Travel - Hawaii 3:00 Hawaiian Music &amp; Tropical Fruit Cup</p> 	<p>9:30 Relaxation Music 10:00 Gigantic Kick Ball 2:00 Cardinals Baseball - TV Room 3:00 Patio, Popcorn &amp; Alexa</p> 
<p>9:30 Mimosas w\Moms! 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Motherhood Stories 3:00 Tea Cake Chat</p> <p>Mother's Day National Skilled Nursing Care Week</p> 	<p>9:30 Arthritis Workout 10:00 Classic TV IN2L 2:00 Planting on Patio with Elise &amp; Sharon 3:00 Jello Snack on Patio</p>	<p>9:30 Arthritis Workout 10:00 Sing-along w/Beth Williams 2:00 Activity\Restorative Exercise Hour 3:00 Spring Jello Snack &amp; Alexa</p> 	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Coffee, Cookies &amp; 60's Music Review</p> 	<p>9:30 Flexibility &amp; Posture 10:00 Arbor - Church* 2:00 Singing Sheriff - Forrest on Pines 3:00 Donut Shop &amp; Alexa</p> 	<p>9:30 Relaxation Music 10:00 Flower Puzzles 2:00 Activity\Restorative Exercise Hour 3:00 Snack\Music - Patio</p> <p><i>Happy Birthday Nancy!</i></p> 
<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Cardinals Baseball 3:00 Patio Time, Music &amp; Ice Cream</p> 	<p>9:30 Arthritis Workout 10:00 Love on a Leash - Therapy Dogs 2:00 Keyboard with Pearl 3:00 Cookies &amp; Alexa</p> <p>Victoria Day (Canada)</p>	<p>9:30 Magazines &amp; Coffee 10:00 Sing-along w/Beth Williams 2:00 Activity\Restorative Exercise Hour 3:00 Spring Jello Snack &amp; Alexa</p> 	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Coffee, Cookies &amp; 70's Music Review</p> 	<p>9:30 Flexibility &amp; Posture 10:00 Arbor - Church* 2:00 Spray Bottle Painting - Tie Dye 3:00 Smoothies on Patio</p> 	<p>9:30 Relaxation Music 10:00 Guitar Sing-along IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Coffee, Cookies &amp; 80's Music Review</p>
<p>9:30 Arm &amp; Shoulder Stretches 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Patio Time, Music &amp; Ice Cream 3:00 Relaxation Music</p>	<p>9:30 Magazines &amp; Coffee 10:00 Ball Kick\Toss 2:00 Tommy Tunes - music on the Pines 3:00 Hotdogs &amp; Patriotic Music</p> <p>Memorial Day</p> 	<p>9:30 Magazines &amp; Coffee 10:00 Sing-along w/Beth Williams 2:00 Activity\Restorative Exercise Hour 3:00 Spring Jello Snack &amp; Alexa</p> 	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Coffee, Cookies &amp; 70's Music Review</p> 	<p>9:30 Flexibility &amp; Posture 10:00 Arbor - Church* 2:00 Spray Bottle Painting - Tie Dye 3:00 Smoothies on Patio</p> 	<p>9:30 Relaxation Music 10:00 Armchair Travel - Europe &amp; Karaoke 2:00 Alan Brandt - Guitar Floats w\Alexa 3:00 Sherbert</p> 
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Activity schedule subject to change. IN2L touch screen computer. \* Off unit activity

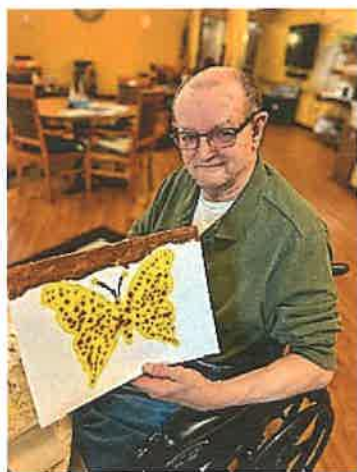
## WHISPERING PINES

# May

## Magnolia Moments



Butterfly  
Painting







Lunch  
Out  
@



Joe

Boccardi's





**Senior Living Week .. Inspire more, Encourage,  
Motivate, & Influence others!**



**Kicked off Senior  
Living week with  
a Picnic in our  
PJ's!**







**Potato Bar  
with all the  
fixings!**





**50's Music  
&  
Milkshakes**



**Wear your  
Favorite  
Shirt  
Day!**





# Hat Day, Soda Floats, High Five Day, Dancing, & the Singing Sheriff!





# Homemade Waffle Breakfast





*May*

*Birthday's*

*5th Carla Minneman*

*15th Ray Heimos*

*21st Arline Mehrtens*

*27th Jean Menke*



*Farkle Winners*

*Elsie*

*&*

*Maggie*

*Balloon Game Hits*

*227*



*Senior Living week*

*prize winner's*

Mary o.	Marge
Kathleen	Audrey
Jim	Ilene
Jackie	Don M.
Loretta	Doris
Ben	Nick
George	Anna
Linda W.	Lewis
Corrine	Maggie
Elsie	Pat G.

*Bean Bag*

*Toss*

*1st-Arline (300)*

*2nd-Johanna (235)*

*3rd-Ben (205)*

**MEMORIAL DAY**

Remember and Honor

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Exercise Video</p> <p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Happy Birthday Carla!</b></p> <p>Cinco de Mayo</p>	<p>5 9:30 Sit &amp; Be Fit</p> <p>10:30 Balloon Game</p> <p>2:00 Springtime Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p>Nurse's Day</p>	<p>6 9:30 Farkle</p> <p>1:15 Scenic Ride</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>7 9:30 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Catholic Mass **</p> <p>12:00- 2:30 Planting Flowers &amp; Vegetables (Back Patio &amp; Refreshments)</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p>	<p>8 9:15 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Catholic Mass **</p> <p>12:00- 2:30 Planting Flowers &amp; Vegetables (Back Patio &amp; Refreshments)</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p>	<p>9:30 Sit &amp; Be fit</p> <p>10:30 Rosary **</p> <p>2:00 May Day Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>May Day</b></p>	<p>1 9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>11:15 Shopping @ Dollar \$ Tree</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>
<p>12 10:00 Exercise Video</p> <p>2:00 Satin Hands &amp; Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>HAPPY Mother's Day</b></p>	<p>13 9:30 Sit &amp; Be Fit</p> <p>2:30 Mother's Day Tea Party</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>14 9:30 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>2:00 Yahtzee</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>15 9:30 Sit &amp; Be Fit</p> <p>10:30 Catholic Mass **</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Happy Birthday Ray!</b></p>	<p>16 9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 UCC Church **</p> <p>2:00 Music with Forrest &amp; Mimosas (Outside weather permitting)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Mimosa Day</b></p>	<p>2 9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Cinco De Mayo Social Hour &amp; Nachos</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p>Wear <b>RED &amp; GREEN</b></p>	<p>3 10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>
<p>19 10:00 Exercise Video</p> <p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>May's</b></p>	<p>20 9:30 Sit &amp; Be Fit</p> <p>10:30 Balloon Game</p> <p>2:00 Bean Bag Toss</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>21 9:00 Resident Council</p> <p>10:00 Weights &amp; Blood Pressure's</p> <p>10:30 Lunch out @ Dave's</p> <p>Joyce's Country Kitchens</p> <p>2:00 Patriotic Craft</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Happy Birthday Arline!</b></p>	<p>22 9:15 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Rosary **</p> <p>2:00 Tom Winters (Violin)</p> <p>3:15 Word Games</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>23 9:00 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 Baptist Church **</p> <p>10:45 Picnic @ the Park</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>24 9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p>	<p>25 10:00 Exercise Video</p> <p>1:30 The Bachelor &amp; the Bobby-Soxer -Cary Grant -Shirley Temple (Movie)</p> <p>3:30 Walk the Halls</p> <p><b>Happy Anniversary Anna &amp; Lewis!</b></p> <p><b>Armed Forces Day</b></p> <p><b>Armed Forces Day</b></p>
<p>26 10:00 Exercise Video</p> <p>1:30 Presbyterian Church**</p> <p>2:00 Satin Hands &amp; Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>27 9:30 Exercise Video</p> <p>2:00 Rekha on Piano</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Happy Birthday Jean!</b></p> <p><b>WEAR RED, WHITE, &amp; BLUE</b></p> <p><b>MEMORIAL DAY</b></p> <p>Remember and Honor</p>	<p>28 9:15 Shopping @ Dollar General</p> <p>9:30 Exercise Video</p> <p>2:00 Music with Alan Brandt (Outside weather permitting)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>29 9:30 Sit &amp; Be Fit</p> <p>10:30 Balloon Game</p> <p>2:00 Springtime Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>30 9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>1:30 Kentucky Derby Races</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>31 9:30 Sit &amp; Be Fit</p> <p>2:00 Bingo (2 Cards)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p><b>Older Americans Month</b></p>	<p>4 10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>

\* All activities are subject to change. \*\* Church is held in the Oak Hill Activity Room.

# SUMMER



for

## Residents & Staff



## Music by Everett Dean



## June 5th

## 2:00 - 4:00

## Magnolia Terrace Pavilion



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat/Bread <b>Lunch</b> Baked Pork Chops/Herb Baked Chicken Baked Potato w/ Sour Cream & Butter Harvest Baked Broccoli w/ Cheese Chocolate Cream Pie <b>Supper</b> Cream of Mushroom Soup/French Dip Beef Sandwich Cheesy Mashed Potatoes California Cobb Salad Oatmeal Raisin Cookie Cream Raisins	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Breakfast Muffin <b>Lunch</b> Bruschetta Chicken/Bratwurst on Bun Garden Blend Rice/ German Potato Salad Buttered Squash/ Buttered Asparagus Ice-Cream Sundae <b>Supper</b> Beef Stroganoff over Noodles Vegetables Au Gratin Dinner Roll Autumn Fruit Crumble Cream Raisins	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Biscuit & Gravy <b>Lunch</b> Meatloaf/Rosemary Pork Mashed Potatoes & Gravy Country Style Potatoes Western Spinach/Parslief Cauliflower Dinner Roll <b>Supper</b> Bread Pudding w/ Vanilla Sauce French Onion Soup/Braunschweiger Sandwich BLT Pasta Salad/Tuna Bean Salad	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Pancakes <b>Lunch</b> Bacon Ranch Chicken/Baked Mostaccioli Garlic Red Roasted Potatoes Salad Vinegar & Oil Dressing Butter Italian Blend Vegetables Garlic Bread <b>Supper</b> Carrot Cake w/ Cream Cheese Frosting Western Egg Bake/ Cheesy Hash brown Casserole/ Bacon or Turkey sausage Fresh Fruit Dessert	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat/Chocolate Eclair <b>Lunch</b> Honey Glazed Ham/ Roast Turkey w/ Gravy Cranberry Sauce/ Candied Yams Bread Dressing/ Glazed Carrots Cranberry Pecan Salad/ Dinner Roll Pumpkin Pie <b>Supper</b> Broccoli Cheese Soup Open Faced Turkey Sandwich w/ Gravy Green Bean Casserole Cranberry Baked Apples/ Mini Cookies	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat English Muffin/Cream Cheese <b>Lunch</b> Orange Chicken Almond Crusted Baked Fish Baked Macaroni & Cheese Fried Rice/ Capri Vegetables Oriental Salad <b>Supper</b> Pineapple Upside Down Cake Tomato Tortellini Soup Baked Dijon Salmon Mashed Potatoes/ Bread	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Raisin Toast <b>Lunch</b> Beef Stew/Polish Sausage Mashed Potatoes w/ Gravy Sautéed Zucchini & Onions Sauerkraut/ Spicou/Margarine / Cheesecake <b>Supper</b> Philly Cheese w/ Grilled Onions & Peppers on Bun/ Sour Cream Chive Mashed Potatoes/ Cream Chive Chocolate Ice-Cream Cup
<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat <b>Lunch</b> Cranberry Glazed Pork Roast Spaghetti with Meat Sauce Herb Roasted Potatoes/ Dutch Green Beans/California Blend Vegetables/ Garlic Bread Raspberry Dream Cake <b>Supper</b> Asian Chicken Fried Rice Stir Fry Vegetables/ Egg Roll/ Bread Enchilada Linnas/ Gatin	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat/Pancakes <b>Lunch</b> Chicken & Dumplings/ Butternut Shrimp Waffle Fries/ Green Peas w/ Pearl Onions Poppy Seed Spinach Salad w/ Strawberry/Almond/ Dinner Roll Apple Crisp <b>Supper</b> Mushroom Swiss Patty Glazed Carrot/ Dinner Roll Tropical Fruit Victoria Day/Canada	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/Toast <b>Lunch</b> Beef Tips in Gravy/ Smoked Sausage Mashed Potatoes w/ Gravy Buttered Noodles/ Asparagus/ Sauerkraut German Chocolate Cake <b>Supper</b> Loaded Baked Potato Soup Crab Meat Salad on Croissant/ Riz Crêches/ Pa Salad Cranberry Mousse Salad	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy <b>Lunch</b> Resident Choice <b>Supper</b> Pork or Beef Corn Bread Lima Beans Normandy Blend Vegetables Bread Peanut Butter Lush	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/French Toast <b>Lunch</b> Meal/loaf/ Smokey Mountain Chicken Mashed Potatoes & Gravy Mac Cheese Baked Potato Roll Roasted Brussels Sprouts Bermuda Vegetables/Cherry Pie <b>Supper</b> Pub Burger on Bun/ Cheese/ Relish Plate Corn Nuggers & Onion Salad Creamy Cucumber & Chery Cake	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Raisin Toast <b>Lunch</b> Beef Pepper Steak/ Lemon Herb Chicken Au Gratin Potatoes/ Rice Pilaf Steamed Cauliflower Buttery Sugar Snap Peas Cinnamon Scalloped Peaches <b>Supper</b> Chicken & Wild Rice Soup/ BLT Sandwich Italian Pasta Salad Tomato Parmesan Salad Cookies & Cream Ice-Cream	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat <b>Lunch</b> Bear Battered Cod/ Taco Salad Turkey Meatloaf/ Spinach Rice Creamy Coleleslaw/Fiesta Corn Sopapilla Cheesecake <b>Supper</b> Fish & Cheese Sandwich Onion Straws/Breaded Tomatoes Jell-O Cake w/ Whipped Topping
<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat <b>Lunch</b> Country Fried Steak w/ Gravy Fried Potatoes Mashed Potatoes w/ Cream Gravy Creamed Spinach/ Peas & Carrots Corn Bread/ Apple Pie <b>Supper</b> BBQ Pork on Bun/Red Skin Potato Salad Spinach, Bacon, & Egg Salad Cream Cheese Brownie	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/French Toast <b>Lunch</b> Meal/loaf/ Smokey Mountain Chicken Mashed Potatoes & Gravy Mac Cheese Baked Potato Roll Roasted Brussels Sprouts Bermuda Vegetables/Cherry Pie <b>Supper</b> Pub Burger on Bun/ Cheese/ Relish Plate Corn Nuggers & Onion Salad Creamy Cucumber & Chery Cake	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy <b>Lunch</b> Resident Choice <b>Supper</b> Pork or Beef Corn Bread Lima Beans Normandy Blend Vegetables Bread Peanut Butter Lush	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy <b>Lunch</b> Autumn Pork Roast (Apple Glazed) Cheeseburger on Bun Loaded Mashed Potatoes/ Baked Beans Zucchini/Seven Layered Salad Frosted Chocolate Cake <b>Supper</b> Homestyle Chicken Noodle Soup Chicken Drumsticks/ Roasted Root Vegetables Fresh Cut Pineapple	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/Breakfast Muffin <b>Lunch</b> Chicken & Broccoli Stir Fry Beef Liver & Onions/ Steamed Rice Mashed Potatoes & Gravy/ Hawaiian Roll Oriental Vegetables/ California Blend Vegetables Lemon Fluff <b>Supper</b> Stuppy Joes on Bun Fried Potatoes & Onions Cream Vegetables	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Raisin Toast <b>Lunch</b> Beef Pepper Steak/ Lemon Herb Chicken Au Gratin Potatoes/ Rice Pilaf Steamed Cauliflower Buttery Sugar Snap Peas Cinnamon Scalloped Peaches <b>Supper</b> Chicken & Wild Rice Soup/ BLT Sandwich Italian Pasta Salad Tomato Parmesan Salad Cookies & Cream Ice-Cream	<b>Breakfast</b> Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Raisin Toast <b>Lunch</b> Beef Pepper Steak/ Lemon Herb Chicken Au Gratin Potatoes/ Rice Pilaf Steamed Cauliflower Buttery Sugar Snap Peas Cinnamon Scalloped Peaches <b>Supper</b> Chicken & Wild Rice Soup/ BLT Sandwich Italian Pasta Salad Tomato Parmesan Salad Cookies & Cream Ice-Cream



# May 2024

## Meal Calendar

\*NEW MENU COMING OUT IN MAY

• Meal tickets can be purchased at the front desk for \$4.00.