



2026

NEWSLETTER-Better Me/Be Cool

'May is the month of expectation, the month of wishes, the month of hope'

Happy Mother's Day to all. We are all excited for the weather that is becoming warmer and warmer each day. Due to this, we will be having walks in the community as well as at the wetlands. Part of the warmer weather will include planting plants in the back park area of the office.

We have started STEM activities in April, and we are carrying this into May as well. We had a couple of things that did not work out so well, but others that were a hit. We will be trying to make juice noodles this month and a solar oven.

On May 21st, we are having a potluck lunch at the office so please let me know if you will be attending. Come out and join us at the office on May 1st for some coffee and chatter after lunch. Fun Drink Friday continues as does the Movie and Treats evening.

I am looking for some volunteers to camp in a teepee at Centennial Park for 1 night in June. Please contact me for more information.

Let's all get out and enjoy the warmer weather!

PLEASE NOTE THAT ALL ACTIVITIES NEED TO BE SIGNED UP FOR IN ADVANCE.

Cheryl

People of the Month

Jordan- Jordan not only loves the summer months, but he enjoys Christmas and New Years. You can find Jordan binge watching Toy Story movies and would love to go into outer space like Buzz Lightyear and the aliens from Planet Pizza. Jordan's favorite foods are spaghetti and burgers and A & W root beer (or anything my room mates are drinking!). Jordan does not have a phone but does have an iPad. Jordan loves to go into the community for drives and has a big, sweet tooth for pies and cakes!

Amanda- Would like to take a trip to outer space as long as her pup can come along. You can find Amanda enjoying tacos and coca cola out on her deck during the summer, or while watching either Golden Girls or Gilmore Girls. Amanda does not work out but does walk her dog. Amanda could use her android phone to learn Spanish while munching on BBQ chips!

UPCOMING EVENTS

May 1-Coffee and Chatter

May 4- Mother's Day Craft

May 6- STEM Salt Dough Fossils

May 7-BINGO

May 8-Fun Drink Friday Happy Hour

May13- STEM Juice Noodles

May 14-Planting Plants

May 20-STEM Lava in a Cup

May 21- Potluck Lunch

May 25-Walk the Woods Paths

May 27- STEM Make Your Own Solar Oven

May 28-Birthday Party

May 29-Movie and Treats Evening

ACTIVITY PUNCH CARDS

Activity Punch Cards are \$20. This is good for 10 activities and saves you \$1 per activity.

LUNCH PUNCH CARDS

Don't forget to get your Lunch Punch Cards. \$20 gets you 4 lunches. See Cheryl to purchase one. **Staff are welcome to purchase these cards as well.**



All Things Spring



ANT
 APRIL
 BABY ANIMALS
 BASEBALL
 BEE
 BIKE RIDE
 BIRD
 BLOOM
 BREEZE
 BUNNY
 BUTTERFLY
 CAMPING
 CHICK
 CHIRPING
 DUCKLING
 EARTH
 EGG
 FAWN
 FLY
 FRESH AIR
 FROG
 GALOSHES
 GARDENING
 GRASS
 GREEN
 GROUNDHOG
 HAPPY
 HAT
 HATCH
 HOPE
 INSPIRE
 JUNE
 KITE
 KITTEN
 LAMB
 MAPLE
 MARCH
 MAY
 MELT
 NEST
 PASTEL
 PEACEFUL
 PICNIC
 PLAY
 PLEASANT
 PRETTY
 PUDDLE

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PUPPY
 PURE
 RABBIT
 RAIN BOOTS
 RAINBOW
 RAINCOAT
 RENEWAL
 ROBIN
 ROMP

SAPLING
 SHOWERS
 SUNSHINE
 TADPOLE
 THAW
 TREE
 UMBRELLA
 WARM
 WIND



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Trivia:

- May 4th is Star Wars Day, celebrated with the phrase 'May the Force be with you'.
- May 5th is Cinco de Mayo commemorating the Mexican army's victory over the French at the Battle of Puebla in 1862.
- The first Saturday in May is the Kentucky Derby, known as 'The Run for the Roses'.
- The second Sunday in May is Mother's Day.
- The third Friday in May is National Bike to Work Day.
- Victoria Day is celebrated in Canada on the third Monday of the month to celebrate the birthday of Queen Victoria who was born on May 24, 1819.
- Margaret Thatcher became the first female Prime Minister of the United Kingdom.
- Charles Lindbergh completed the first solo nonstop transatlantic flight May 20-21, 1927.
- May is known as National Strawberry Month.