



Lakeview Commons HAPPENINGS

May 2017

1422 West 29th St.
Loveland, CO
970-278-4000



Contemporary Dance Academy Performance

ADMINISTRATOR
Clinton Dale

OFFICE MANAGER
Sheri Butler

**SOCIAL SERVICES
ADMISSIONS**
Susie Brailsford

ACTIVITIES
Molly Gray

**CLINICAL
COORDINATORS**
Kristi Street, RN
Vicki Colburn, LPN
Kim Brooksmith, LPN

WEEKEND MANAGER
Jeannine LeCompte
Rachel Noble

**HOUSEKEEPING
SUPERVISOR**
Darla Martinez

MAINTENANCE
Jimmy Martinez

DIETARY SUPERVISOR
TJ Coil

LAKEVIEW SPIRIT WEEK!

We've got spirit, yes we do! During the third week of May, we will celebrate our staff and residents with our annual Spirit Week. You can dress each day in the different theme:

**Monday, May 15th-
Crazy Hair or Hat Day**
Anything goes on this day. Molly will help residents create crazy (temporary) hairstyles. Come show off your new look at the Crazy Hair/Hat Day Happy Hour!

**Tuesday, May 16th-
Favorite Color Day**
Wear clothes to demonstrate your favorite color. Go head to toe in your favorite hue or go simple with a shirt or hat.

**Wednesday, May 17th-
Pajama Day**
Keep calm and put your jammies on! Stay comfy and cozy all day long.

**Thursday, May 18th-
Tropical Day**
Put on your Hawaiian shirt and grab your sunglasses, we're going tropical! Join us in the **Activity Room at 2:00pm** to make your own flower lei and stick around for the **Lakeview Luau at 3:30pm**.

**Friday, May 19th-
Columbine T-shirt Day**
Show your Lakeview Commons pride by wearing your Columbine Shirt!

NATIONAL NURSES DAY

National Nurses Day takes place annually on **May 6th**, to bring awareness and honor the important role nurses play in our society. This day marks the beginning of Nurses Week which ends on May 12th, the birthdate of Florence Nightingale. Lakeview is lucky to have three passionate, caring, and dedicated nurses. Kristi, Vicki, and Kim are our angels! Thank you for all that you do!



OUTINGS

* Please sign up at the front desk in the light blue notebook. There are a certain number of seats in our vans and we work on a first come, first served basis.

SATURDAYS (REOCCURRING)

at 3:30pm- Bus to St. John's Catholic Church

THURS., MAY 4th
at 2:15pm- Walmart Run

FRI., MAY 12th
at 11:30am- Lunch at Daddy O's Green Onion

TUE., MAY 16th
at 1:30pm- Benson Sculpture Park Visit

FRI., MAY 19th
at 2:15pm- Walmart Run

FRI., MAY 26th
at 11:30am- Lunch at the Cracker Barrel

TUE., MAY 30th
at 11:30am- Lunch at Smash Burger



The Amazing Eric Price

SPECIAL EVENTS AND ENTERTAINMENT

Happy hours, musical entertainment, educational presentations and more! We have tons of fun lined up for the month. Check out these highlights for May.

May Day Happy Hour- Monday, May 1st at 3:45pm in the Activity Room

Entertainment with Jim Horvath- Tuesday, May 2nd at 1:30pm in the Dining Room

Cinco de Mayo Fiesta- Friday, May 5th at 3:30pm*

Mother's Day Tea- Monday, May 8th at 2:00pm in the Dining Room*

Spring Time with Laurie Dameron- Tuesday, May 9th at 2:30pm in the Dining Room

Entertainment with Jerry Phillips- Thursday, May 11th at 2:30pm in the Activity Room

Happy Hour- Thursday, May 11th at 4:00pm in the Activity Room

Picture Share- Friday, May 12th at 4:15pm in the Activity Room*

Crazy Hair Day Happy Hour- Monday, May 15th at 3:30pm in the Activity Room

Lakeview Luau- Thursday, May 18th at 3:30pm in the Activity Room

April Celebrations- Tuesday, May 23rd at 3:15pm in the Activity Room

Friday Afternoon Club- Friday, May 26th at 3:30pm in the Activity Room

Remembering our Soldiers- Monday, May 29th at 3:30pm in the Activity Room*

Happy Hour- Tuesday, May 30th at 3:30pm in the Activity Room

*= corresponding article about this event

CRAFTING CORNER

Come down to the Activity Room and get in touch with your creative side!

May Day Baskets- Monday, May 1st at 2:15pm

Paper Plate Wreath Craft- Sunday, May 7th at 1:30pm

Create Your Own Lei- Thursday, May 18th at 2:00pm

Summer Painting Class- Thursday, May 25th at 2:15pm

MEAL OF THE MONTH

The Meal of the Month will be served on **Friday, May 12th**. Take a look at what Chef TJ has cooking:

Fried Chicken, Mashed Potatoes and Gravy, Green Bean Casserole, Dinner Roll and Mint Chocolate Chip Ice Cream.

PAINTING CLASS

Join Molly in the Activity Room on **Thursday, May 25th at 2:15pm** for Painting Class! From abstract and experimental, to still life and nature scenes, Molly will guide you through a painting, step-by-step. Come get your hands dirty and get in touch with your creative side. This month's theme will be "Summer"!



Flower Arranging

OUTSIDE WALKS

With nicer weather on the rise, we will be heading outside for a walk each **Thursday and Friday at 1:15pm**. Meet Molly in the Front Lobby right after lunch for a stroll around the building. Let's get out and get some fresh air, enjoy the sunshine, and witness the first signs of spring together!

FRIDAY AFTERNOON CLUB

Bring your jokes and good sense of humor to the new Friday Afternoon Club (FAC)! On the last Friday of each month, we will have a social hour based around telling jokes and sharing laughs. Don't have a joke to share? Not a problem! You are welcome to come enjoy a small snack, drinks, and some good laughs! Come down to the **Activity Room at 3:30pm on Friday, May 26th** for FAC!

A PICTURE SAYS A THOUSAND WORDS

Join Molly in the **Activity Room on Friday, May 12th** for a Picture Share. Bring in pictures of your family, friends, favorite vacations, special occasions, or hobbies. Nothing is off limits! We'll take a look back and reminisce on happy times!

MEMORIAL DAY

Memorial Day is a US Federal Holiday for remembering the men and women who died while serving in the United States Armed Forces. Formerly known as Decoration Day, it originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th Century, Memorial Day had been extended to honor all Americans who have died while in the military service. Please help us honor our soldiers by joining us in the **Front Lobby at 3:30pm on Monday, May 29th** for a poem reading and a moment of silence. Enjoy cookies and lemonade in the front lobby afterwards.



FORT COLLINS SENIOR CENTER
Health & Wellness –
Come to the Senior Center

Bone Health for Osteoporosis

Basic overview regarding education, exercise, and prevention. By Front Range Therapy.

Tuesday, May 9th

9:00am - 10:00am

\$5.00

Dem Bones, Dem Aging Bones

Discuss the importance of bone health and how to protect bones. By uchealth Physician and Dietician.

Thursday, May 18th

6:00pm-7:30pm

\$5.00

Stay Active and Independent

Discuss the importance of strength, balance and learn a self check system to help stay safely in the home. By Front Range Therapy.

Tuesday, May 9th

10:30am - 11:30am

\$5.00

Get Advanced Directives Done

Explore living wills and medical health care directives. Discuss end of life issues.

By The Aspen Club

Wednesday, May 10th

9:30am - 11:00am

No Fee

Normal Aging and End of Life Concerns


Discuss what normal aging is and what is happening to your body. By Peggy Budai, Nurse Practitioner focused on Geriatric and Palliative Care, The Aspen Club

Tuesday, May 23rd

9:30am - 11:00am

\$5.00

Register at 970-221-6644
or www.fcgov.com/recreator.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AR = Activity Rm. DR = Dining Rm. FL = Front Lobby UAR = Upper Activity Rm.</p>	<p>1 May Day 9:00am- Murdoch Mysteries (AR) 10:00am - Coffee and Conversations (AR) 11:00am- Senior Strength (AR) 1:00pm- Short Stories (AR) 1:30pm- Wii Wheel of Fortune (AR) 2:15pm- May Day Basket Making (AR) 3:30pm- Fresh Cookies (FL) 3:45pm- Happy Hour! (AR)</p>	<p>2 8:30am- Beauty Shop Opens 10:00am- Brain Games (AR) 10:30am- Eye-Glass Cleaning (AR) 11:00am- Game: Scrabble (AR) 1:30pm- Entertainment with Jim Horvath (DR) 3:30pm- Spelling Bee (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>3 8:30am- Beauty Shop Opens 9:00am- Morning News (AR) 11:00am- Wii Bowling for all levels (AR) 2:00pm- Music & Hymns (AR) 3:00pm- Bingo (AR) 3:30pm- Fresh Cookies (FL) 4:15pm- Xander the Labradoodle visits Lakeview (AR)</p>	<p>4 9:45am- Music and Movement with Heather (UAR) 11:00am- Food Discussion with TJ (AR) 1:15pm- Outside Walks (FL) 1:45pm- Movie: Must Love Dogs (AR) 2:15pm- Walmart Run 3:30pm- Fresh Cookies (FL)</p>	<p>5 Cinco de Mayo 10:00am- Sit and Be Fit (AR) 11:00am- Wii Bowling for all levels (AR) 1:15pm- Outside Walks (AR) 2:15pm- Wii Jeopardy (AR) 3:00pm- Wii Wheel of Fortune (AR) 3:30pm- Fresh Cookies (FL) 3:30pm- Cinco de Mayo Fiesta!</p>	<p>6 National Nurses Day 10:00am- Brain Games (AR) 11:00am- Crossword Puzzles (AR) 2:00pm- Bingo (AR) 3:15pm- Dominos and Cards (AR) 3:30pm- Bus to St. John's 3:30pm- Fresh Cookies (FL)</p>
	<p>7 10:00am- Sunday Devotional (AR) 11:00am- Hangman Word Hodgepodge (AR) 1:30pm- Crafting Corner: Paper Plate Wreath Craft 3:30pm- Sunday Matinee: The Devil Wears Prada (AR)</p>	<p>8 9:00am- Murdoch Mysteries (AR) 10:00am- Coffee and Conversations (AR) 11:00am- Senior Strength 1:00pm-3:30pm- Massage Therapy with Cynthia 2:00pm- Mother's Day Tea (DR) 3:30pm- Fresh Cookies (FL) 3:45pm- Happy Hour! (AR)</p>	<p>9 Happy Birthday Lavonne! 8:30am- Beauty Shop Opens 10:00am- Exercise Games (AR) 10:30am- Library Book Checkout (AR) 12:00pm- Men's Lunch (AR) 1:15pm- Discovery Series: Life (AR) 2:30pm- Spring Time with Laurie Dameron (DR) 3:30pm- Fresh Cookies (FL)</p>	<p>10 8:30am- Beauty Shop Opens 9:00am- Morning News (AR) 11:00am- Wii Bowling for all levels (AR) 2:00pm- Music & Hymns (AR) 3:00pm- Bingo (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>11 9:45am- Music and Movement with Heather (AR) 11:00am- Hearing Aid Clinic (AR) 1:15pm- Outside Walks (FL) 2:30pm- Entertainment with Jerry Phillips (AR) 3:30pm- Fresh Cookies (FL) 4:00pm- Happy Hour! (AR)</p>	<p>12 10:00am- Sit and Be Fit (AR) 11:00am- Wii Bowling for all levels (AR) 11:30am- Out to Lunch at Daddy O's Green Onion 2:15pm- Outside Walks (AR) 3:00pm- Wii Wheel of Fortune (AR) 3:30pm- Fresh Cookies (FL) 4:15pm- Picture Share (AR)</p>
<p>14 SPIRIT WEEK ▶ Happy Mother's Day 10:00am- Sunday Devotional (AR) 11:00am- Hangman Word Hodgepodge (AR) 1:00pm- Short Stories (AR) 2:30pm- Sunday Snack (AR)</p>	<p>15 Crazy Hair or Hat Day 9:00am- Murdoch Mysteries (AR) 10:00am - Coffee and Conversations (AR) 11:00am- Senior Strength (AR) 1:00pm- Short Stories (AR) 2:15pm- Dominos, Pinnochle, and More! (AR) 3:30pm- Fresh Cookies (FL) 3:30pm- Crazy Hair Day Happy Hour! (AR)</p>	<p>16 Favorite Color Day 8:30am- Beauty Shop Opens 10:00am- Brain Games (AR) 10:30am- Eye Glass Cleaning (AR) 11:00am- Game: I Got It! (AR) 1:30pm- Benson Sculpture Park Visit 3:30pm- Fresh Cookies (FL) 4:00pm- Wii Jeopardy (AR)</p>	<p>17 Pajama Day 8:30am- Beauty Shop Opens 9:00am- Morning News (AR) 11:00am- Wii Bowling for all levels (AR) 1:00pm- Resident Council (AR) 2:00pm- Music & Hymns (AR) 3:00pm- Bingo (AR) 3:30pm- Fresh Cookies (FL) 4:15pm- Xander the Labradoodle Visits Lakeview (AR)</p>	<p>18 Tropical Day 9:00am-4:00pm Nail Care and Manicures with Nicki (UAR) 9:45am- Music and Movement with Heather (AR) 11:00am- Hand Massages (AR) 1:15pm- Outside Walks (FL) 2:00pm- Create Your Own Lei for Tropical Day (AR) 3:30pm- Fresh Cookies (FL) 3:30pm- Lakeview Luau! (AR)</p>	<p>19 Columbine Shirt Day 10:00am- Sit and Be Fit (AR) 11:00am- Wii Bowling for all levels (AR) 1:15pm- Outside Walks (FL) 1:45pm- Movie: Walt Before Mickey (AR) 2:15pm- Walmart Run 3:30pm- Fresh Cookies (FL)</p>	<p>20 10:00am- Brain Games (AR) 11:00am- Crossword Puzzles (AR) 2:00pm- Bingo (AR) 3:15pm- Dominos & Cards (AR) 3:30pm- Bus to St. John's 3:30pm- Fresh Cookies (FL)</p>
<p>21 10:00am- Sunday Devotional (AR) 11:00am- Hangman Word Hodgepodge (AR) 1:30pm- Adult Coloring (AR) 3:30pm- Sunday Matinee: Take the Lead (AR)</p>	<p>22 9:00am- Murdoch Mysteries (AR) 10:00am - Coffee and Conversations (AR) 11:00am- Senior Strength (AR) 1:00pm- Short Stories (AR) 1:00pm-3:30pm- Massage Therapy with Cynthia 2:15pm- Dominos, Pinnochle, and More! (AR) 3:30pm- Fresh Cookies (FL) 3:45pm- Puzzles (AR)</p>	<p>23 8:30am- Beauty Shop Opens 10:00am- Exercise Games (AR) 10:30am- Eye Glass Cleaning (AR) 11:00am- Game: Uno (AR) 1:30pm- Discovery Channel Series: Life (AR) 3:15pm- May Birthday Celebration (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>24 8:30am- Beauty Shop Opens 9:00am- Morning News (AR) 11:00am- Wii Bowling for all levels (AR) 1:00pm- Blood Pressure Clinic (AR) 2:00pm- Music & Hymns (AR) 3:00pm- Bingo (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>25 9:45am- Music and Movement with Heather (AR) 11:00am- Hand Massages (AR) 1:15pm- Outside Walks (FL) 2:15pm- Painting Class: Summer (AR) 3:30pm- Fresh Cookies (FL) 4:00pm- Scrabble (AR)</p>	<p>26 10:00am- Sit and Be Fit (AR) 11:00am- Wii Bowling for all levels (AR) 11:30am- Out to Lunch at The Cracker Barrel 2:00pm- Wii Jeopardy (AR) 3:30pm- Friday Afternoon Club- Jokes and Snacks (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>27 10:00am- Brain Games (AR) 11:00am- Crossword Puzzles (AR) 2:00pm- Bingo (AR) 3:15pm- Dominos & Cards (AR) 3:30pm- Bus to St. John's 3:30pm- Fresh Cookies (FL)</p>
<p>28 10:00am- Sunday Devotional (AR) 11:00am- Hangman Word Hodgepodge (AR) 1:00pm- Short Stories (AR) 2:00pm- Sunday Worship with Pastor Tracy (DR) 3:00pm- Sunday Snack (AR)</p>	<p>29 Memorial Day 9:00am- Murdoch Mysteries (AR) 10:00am - Coffee and Conversations (AR) 11:00am- Senior Strength (AR) 1:00pm- Short Stories (AR) 2:15pm- Dominos, Pinnochle, & More (AR) 3:30pm- Honoring our Soldiers and Moment of Silence (FL) 3:30pm- Fresh Cookies and Lemonade for Memorial Day (FL)</p>	<p>30 Happy Birthday Anne Marie! 8:30am- Beauty Shop Opens 10:00am- Exercise Games (AR) 10:30am- Eye Glass Cleaning (AR) 11:30am- Out to Lunch at Smash Burger 2:00pm- Discovery Channel Series: Life (AR) 3:30pm- Happy Hour (AR) 3:30pm- Fresh Cookies (FL)</p>	<p>31 8:30am- Beauty Shop Opens 9:00am- Morning News (AR) 11:00am- Wii Bowling for all levels (AR) 1:30pm- The Andy Griffith Show (AR) 3:00pm- Bingo (AR) 3:30pm- Fresh Cookies (FL)</p>			

BENSON SCULPTURE GARDEN

This “public treasure” of Loveland has provided a beautiful and unique outdoor setting for showcasing sculpture since 1985. The 10 acre Benson Sculpture Garden is currently home to 154 pieces of sculpture, some being added as recently as 2016. Each year, the garden draws thousands of visitors from around the globe at the annual Sculpture in the Park event.

Lakeview is lucky to be so close to this site, which has been recognized as one of the 20 must-see contemporary art sites in the USA and one of the 200 most important modern and contemporary sites around the world! Come walk the garden and marvel at the sculptures with Molly on **Tuesday, May 16th at 1:30pm!**

MEN'S LUNCH

The men of Lakeview will be gathering for lunch on **Tuesday, May 9th at 12:00pm in the Activity Room** where they will enjoy a delicious fried chicken meal!

MASSAGE THERAPY

Massage Therapist, Cynthia DiRaimondo continues providing Compression Massage, Reflexology, and Chair Massage at Lakeview Commons! If you aren't already signed up for her next visit, or if you have questions, find Molly and she will provide you with the information you need. Signing up for a session is a breeze! You'll be on your way to total relaxation when Cynthia visits Lakeview on **Monday, May 8th and Monday, May 22nd from 1:00pm to 3:30pm.**

COFFEE AND CONVERSATIONS WITH CHAPLAIN REBECCA

Each week, Lakeview's Chaplain, Rebecca, hosts a casual coffee date. Coffee and Conversations is all about learning and discussing topics such as peace, love and relationships, and current events as they relate to spirituality. Come to the **Activity Room at 10:00am each Monday** for Coffee and Conversations. Rebecca will also be available on other days at Lakeview for one-on-one time. She may pop into your room to chat and check in with you if you are interested. If you would like to learn more about chaplaincy, Molly would be happy to connect you with Rebecca.

LIBRARY BOOK CHECKOUT

Dixie from the Loveland Public Library delivers over 30 new books to Lakeview Commons each month. Come on down to the **Activity Room on Tuesday, May 9th at 10:30am** to check out a new book from the library! If you have any requests for the coming months, or would like to utilize the talking library audio book service, please let Molly know.

MOTHER'S DAY

My Mother, my friend so dear

Throughout my life you're always near

A tender smile to guide my way

You're the sunshine to light my day

Happy Mother's Day from Lakeview Commons!

Molly and Rachel will be hosting a Mother's Day Tea on **Monday, May 8th at 2:00pm in the Dining Room.** There is a sign-up sheet in the Activity Book at the front desk. Invite your family and let us know if they will be attending.

MEET PHOTOGRAPHER STEPHANIE COX

Stephanie McCollister Cox is a local landscape and documentary photographer. She loves to travel, explore new places, and capture people's stories with her camera. Stephanie will be working with all of the Columbine Health System's facilities, capturing residents in special moments and daily activities. It is likely you will see her around in the coming months. Stephanie is excited and looking forward to getting to know the residents of Lakeview.

If you want more information about Stephanie, please come to the front desk. You can see more of Stephanie's work on her website <http://www.stephaniecox.smugmug.com/>

The Amazing Eric Price



FOOD DISCUSSION WITH CHEF TJ

Come down to the **Activity Room on Thursday, May 4th at 11:00am** to be apart of our monthly Food Discussion. Food Discussion acts as an open forum for residents to contribute ideas, give feedback on meals, and voice comments or concerns you may have regarding the food at Lakeview Commons.

RESIDENT COUNCIL MEETING

On **Wednesday, May 17th at 1:00pm in the Activity Room**, our monthly Resident Council Meeting takes place. By participating in these meetings, you can help make a difference in your day-to-day life. This is a perfect time to review the items which are working well at Lakeview Commons, or to suggest changes, if needed. Everyone is welcome and encouraged to participate!

BLOOD PRESSURE CLINIC

May is National Blood Pressure Month! Come down to the **Activity Room on Wednesday, May 24th at 1:00pm** for the Blood Pressure Clinic. Nurse Kristi will take your blood pressure on a first come, first serve basis.

HEARING AID CLINIC

Chris the Audiologist will be here on the second Thursday of each month for the Hearing Aid Clinic. Please come utilize this service on **Thursday, May 11th from 11:00am-12:00pm**. Your appointment will take place in the Beauty Shop. You may wait for your appointment in the Activity Room.

NAIL CARE

Lakeview's Manicurist Nicki Hamilton has been doing nails for almost 20 years. Nicki's services range from clipping and filing, to manicures, acrylic, and gel nails. Both men and women are invited to use this service. Prices range from \$10 to \$30. Please see Molly to sign up and get more information for Nicki's visit on **Thursday, May 18th**.

PODIATRY SERVICES

Lakeview is happy to be bringing in Podiatry Services for the convenience of our residents. Preferred Podiatry Group will be coming in to provide this specialized care for our residents every two months. **Dr. Weiss will be back in June**. You are welcome to sign up for on going foot care at any time. If you would like more information about this service, feel free to talk to the front desk.

That's Right!



BEAUTY SALON

Beauty shop hours are every **Tuesday & Wednesday from 8:00 am – 12:00 pm**.

Appointments are taken on a first come, first serve basis! Lakeview Commons is fortunate to have Molly and her stylist's provide hair care for our residents. All services are included and gratuity is optional.

Beauty and Barbershop prices are as follows:

- Shampoo and Set \$20.00
- Wash Only \$5.00
- Women's Cut \$18.00
- Men's Cut \$15.00
- Shampoo, Cut and Set \$32.00
- Permanent with Cut and Style \$70.00
- Hair Color (includes Shampoo and Set) \$35.00
- Hot Oil Treatment \$5.00

MAY BIRTHDAYS!

We have a several birthdays to celebrate in the month of May. Please join us in the **Activity Room on Tuesday, May 23rd** for a May Birthday Celebration at 3:15pm.

Happy Birthday from all your friends at Lakeview Commons!

RESIDENT BIRTHDAYS:

Lavonne Helmling... May 9th

Anne Marie Birne... May 30th

STAFF BIRTHDAYS:

Lindsey Stewart...May 5th

Alex Gregg...May 22nd

LAKEVIEW CINEMA

Nothing beats an afternoon at the cinema! Join us in the Activity Room on the days and times below for freshly popped popcorn and a movie. Molly is happy to accept any movie requests.

Must Love Dogs- **Thursday, May 4th at 1:45pm**

The Devil Wears Prada- **Sunday, May 7th at 3:30pm**

Walt Before Mickey- **Friday, May 19th at 1:45pm**

Take the Lead- **Sunday, May 21st at 3:30pm**

CINCO DE MAYO

Literally meaning “the fifth of May”, Cinco de Mayo is observed to commemorate the Mexican army’s unlikely victory over French forces at the Battle of Puebla on May 5, 1862. This day is primarily celebrated in the state of Puebla, although other parts of Mexico take part in the celebration. Mexican traditions include military parades, recreations of the Battle of Puebla, and other festive events. In the United States, Cinco de Mayo is sometimes mistaken to be Mexico’s Independence Day—the most important national holiday in Mexico—which is celebrated in September. However, Cinco de Mayo, for many Mexicans, is a day like any other: it is not a federal holiday, so offices, banks, and stores remain open. Join us in the **Activity Room on Friday, May 5th at 3:30pm** for a Cinco de Mayo Fiesta!

DISCOVERY CHANNEL SERIES; LIFE

Life is a nature documentary series which takes a global view of the specialized strategies and extreme behavior that living things have developed in order to survive; what Charles Darwin termed “the struggle for existence”. Four years in the making, the series was shot entirely in high definition and is narrated by Oprah Winfrey! Come be awed by all the living things in our world each **Tuesday at 2:00pm in the Activity Room.**

MURDOCH MYSTERIES

In the 1890s, William Murdoch uses radical forensic techniques for the time, including fingerprinting and trace evidence, to solve some of the city’s most gruesome murders. Based on characters from the novel series by Maureen Jennings, Murdoch Mysteries is a Canadian television drama series featuring Yannick Bisson as William Murdoch, a police detective working in Toronto, Ontario, around the turn of the twentieth century. Come watch the mysteries unfold each **Monday at 9:00am in the Activity Room.**

THE HISTORY OF THE HAWAIIAN LEI

The lei custom was introduced to the Hawaiian Islands by early Polynesian voyagers, who navigated the ocean by the stars as they sailed in canoes from Tahiti. With these early settlers, the lei tradition in Hawaii was born. Leis were constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bone and teeth of various animals. These garlands were worn by ancient Hawaiians to beautify and distinguish themselves from others, and also signified peace between opposing chiefs.

Anyone can wear a lei at anytime; no need for a special occasion. It is common for Hawaiians to have a nut, seed or shell lei on hand to wear on special occasions. Worn like a necklace, leis are meant to be a welcomed celebration of one person’s affection to another; therefore the person on the receiving end should always accept a lei. It is considered rude to remove a lei from your neck in the presence of the person who gave it. Lei giving is a regular part of any special occasion such as birthdays, anniversaries, weddings, and graduations.

We will be making our very own real flower leis on **Thursday, May 18th at 2:00pm in the Activity Room** for Tropical Day!