Pheasants Ridge Press





We Love our
Pheasants
Ridge
Familus

Among the changing months,

May stands confessed

The sweetest, and in fairest

colors dressed!

-Tames Thomson, Scottish poet

(1700-48)





HEALTHY LIVING

To keep your body healthier:

- o Maintain a healthy weight.
- o Engage in muscle strengthening activities.
- o Aim for 150 minutes of moderate intensity activity each week.
- o Wear comfortable, properly fitting shoes.
- o Eat a well-balanced diet.
- o Try to avoid lifting heavy objects

BLUESTONE ROUNDING 5/

5 FUN FACTS ABOUT YOUR COOK/HOUSEKEEPER... WADE! WADE HAS BEEN A PART OF THE PHEASANTS RIDGE TEAM SINCE MARCH, 2023! CATH HIM IN THE HALLS AND GIVE HIM A FIST BUMP!

- WADE'S FAVORITE COLOR IS GREEN
- HE SAYS HE'S SURPRISINGLY GOOD AT PAINTING:)
- WADE HOPES TO GET TO TEACH SOMEDAY
- HE USED TO DO ESPORTS PROFESSIONALLY
- AND LAST BUT NOT LEAST, WADE LOVES TECHNOLOGY



National Murse's Week! May 6-10

Thank You,

Laura & Amanda, for your dedication to the health & wellbeing of the PR community!!



Thank You,

to the entire RA team! Your compassion $\mathscr E$ efforts are appreciated $\mathscr E$ mean so much to the PR community



Mother's Day Portraits Friday May 10th

Father's Day Portraits Thursday, May 30th









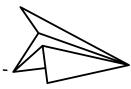








What's happening in May



ARBORETUM -SPRING SWING DANCING **GUSTAVUS ARBORETUM GROUNDS**

MAY 4@1:00 PM -3:00 PM

Craft and Vendor Fair Bake Sale

Saturday, May 11 9:00-1:00 PM

Come and shop local at your American Legion Post 37

Vendors & Crafters & Bake Sale

Lunch Available 11-1PM





May

EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1:30 1 MOVIE & POPCORN "THE PROPOSAL"	1:30 GIANT JENGA GAME	1:30 BING O	OUTSIDE OR HALLWAY WALKING
RESIDENT CHOICE	1:30 BING	1:30 FAMILY FEUD GAME	8 ALL DAY; MOTHER'S DAY PORTRAITS	9 No afternoon group activity due to staff meeting	11:30 10 VETERANS VISIT 3:15 SINGING COWGIRLI	OUTSIDE OR HALLWAY WALKING
12 MOTHER'S DAY	13 1:30	14 1:30 RESIDENT COUNCIL MEETING	15 1:30 KARAOKE HOUR	16 1:30 SPRING ORNAMENTS CRAFT	17 1:30 BING O	OUTSIDE 18 OR HALLWAY WALKING
RESIDENT CHOICE	20 1:30	1:30 SCENT SACHETS CRAFT	1:30 PICTIONARY GAME	1:30 GONE FISHING ACTIVITIY	1:30 BINGO	OUTSIDE OR HALLWAY WALKING
26 RESIDENT CHOICE	1:30 BINGO	1:30 28 PRESSED FLOWER BOOKMARKS CRAFT	29 1:30 JEOPARDY GAME	30 ALL DAY; FATHER'S DAY PORTRAITS	31 1:30 BING O	

May's full Moon, called the Flower Moon, appears on Thursday, May 23.

