

2024

Pheasants Ridge Press



We Love our
Pheasants
Ridge
Family!

Among the changing months,
May stands confessed
The sweetest, and in fairest
colors dressed!

-James Thomson, Scottish poet
(1700-48)



Color me!



HEALTHY LIVING

MENTAL HEALTH AWARENESS MONTH



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 Nurse's Week!
May 6-10

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

RA Day! May 20

Thank You,
to the entire RA team! Your compassion & efforts are appreciated & mean so much to the PR community 



Mother's Day Portraits
Friday
May 10th 

Father's Day Portraits
Thursday,
May 30th 

May

EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1:30 MOVIE & POPCORN "THE PROPOSAL"	1:30 GIANT JENGA GAME	1:30 BINGO	OUTSIDE OR HALLWAY WALKING
 5 RESIDENT CHOICE	6 1:30 BINGO	7 1:30 FAMILY FEUD GAME	8 ALL DAY; MOTHER'S DAY PORTRAITS	9 No afternoon group activity due to staff meeting	10 11:30 VETERANS VISIT 3:15 SINGING COWGIRL	11 OUTSIDE OR HALLWAY WALKING
12  MOTHER'S DAY	13 1:30 BINGO	14 1:30 RESIDENT COUNCIL MEETING	15 1:30 KARAOKE HOUR	16 1:30 SPRING ORNAMENTS CRAFT	17 1:30 BINGO	18 OUTSIDE OR HALLWAY WALKING
19 RESIDENT CHOICE	20 1:30 BINGO	21 1:30 SCENT SACHETS CRAFT	22 1:30 PICTIONARY GAME	23 1:30 GONE FISHING ACTIVITIY	24 1:30 BINGO	25 OUTSIDE OR HALLWAY WALKING
26 RESIDENT CHOICE	 27 1:30 BINGO	28 1:30 PRESSED FLOWER BOOKMARKS CRAFT	29 1:30 JEOPARDY GAME	30 ALL DAY; FATHER'S DAY PORTRAITS	31 1:30 BINGO	

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

