

The P.R. Press May 2025

---



## Mental Health Awareness Month

### Mental Boosts

Use music as therapy. Listen to music, make music, sing songs, dance, and hit repeat. music can lift us out of depression when nothing else can. His work reveals us as “musical species” who benefit immensely from its extraordinary healing power.

Spend time outside. Numerous studies reveal the positive impact of nature on well-being.

Time in the elements—air, water, fire, and earth—are highly beneficial to the brain, body, and soul.

Mother's Day  
portraits taken May  
8th



## Riddles

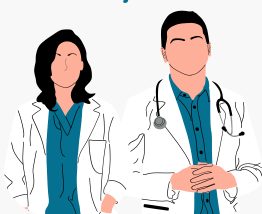
Riddle: I act like a cat, I look like a cat, Yet I am not a cat. What am I?

Answer: Kitten.

Riddle: The more you take, the more you leave behind. "What am I?"

Answer: Footsteps.

Bluestone Dr.  
Rounding  
Thursday,  
May 29



Get to know more about Heidi, R.A.!



1. A mom of 2 daughters 17 and 12 years of age and a son of 7 years of age
2. I love spending time with my family
3. I have 3 sisters (one who is my twin) and 2 brothers
4. I love helping others in need
5. I love to do activities, color and play games



# HAPPY BIRTHDAY

Loreli



...& our  
activities  
leader,  
Taylor!



# May Activities Calendar

Celebrated in May ...

May 1<sup>st</sup> is May Day

May 4<sup>th</sup> is the Kentucky Derby AND Star Wars Day


May 5<sup>th</sup> is Cino de Mayo

May 26 is Labor Day

May 29<sup>th</sup> is National Senior Health & Fitness Day

Sunday at 10:30am, Exercise group followed by coffee/tea and news!

Monday-Thursday exercise group at 10:30am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2:00 RESIDENT COUNCIL MEETING	2 1:30 BIG SCREEN MOVIE DAY	3 RESIDENT CHOICE
4 GROUP GAMES w/ TAYLOR	2:00 5 <i>bingo</i>	2:00 6 MAGNET MAKING CRAFT LIBRARY DAY	2:00 7 <i>bingo</i>	8 MOTHERS DAY PORTRAITS	9 1:30 BIG SCREEN MOVIE DAY	10 RESIDENT CHOICE
11  Mother's Day	2:00 12 <i>bingo</i> CHURCH 3:45	2:00 13 FLOWER CRAFT	2:00 14 <i>bingo</i>	15 No afternoon activity due to staff meeting	16 11:30 Veterans visit 2:00 BIG SCREEN MOVIE DAY	17 RESIDENT CHOICE
18 GROUP GAMES w/ TAYLOR	2:00 19 <i>bingo</i>	2:00 20 TODD JAMESON MUSIC LIBRARY DAY	2:00 21 <i>bingo</i>	22 2:00 MEMORIAL DAY POSTER	23 1:30 BIG SCREEN MOVIE DAY	24 RESIDENT CHOICE
25 2:00 <i>bingo</i>	26 2:00 RESIDENT CHOICE OFFICE CLOSED	27 2:00 FRUIT PIZZA & (V) MIMOSA SOCIAL	28 2:00 <i>bingo</i>	29 2:00 FAMILY FEUD	30 1:30 BIG SCREEN MOVIE DAY	31 RESIDENT CHOICE