

MAY 2022

# Pheasants Ridge Press



*Insight into our Elder Care Community*

## *Think Positive, Be Positive!*

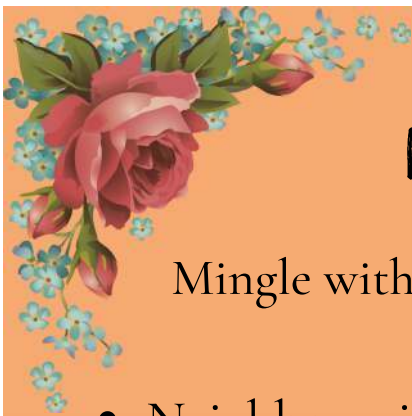
April showers, bring may flowers and we are ready for it! Being cooped up in the house because of the Minnesota weather can take a toll on emotional health. Having positive mind set is the key to beating the rainy day blues.

Here are some positive affirmations to start your day off right :

- I am strong..
- I have faith in my abilities.
- I got this.
- I am grateful for what I can do.
- I am happy to be me.
- I will practice self-kindness.
- I am thankful for the people in my life.



**BLUE STONE ROUNDING ON MAY 23 , 2022**



# Find the Neighbor

Mingle with your neighbors and see who fits the description below. Write down their name.

- Neighbor with the longest hair. \_\_\_\_\_
- Neighbor that is a veteran. \_\_\_\_\_
- Neighbor that has lived in Hawaii. \_\_\_\_\_
- Neighbor that loves ketchup. \_\_\_\_\_
- Neighbor that adores Elvis. \_\_\_\_\_
- Neighbor that makes you smile. \_\_\_\_\_
- Neighbor that enjoys sewing. \_\_\_\_\_
- Neighbor who loves coffee \_\_\_\_\_
- Neighbor that like watching sports \_\_\_\_\_
- Neighbor that likes Pepsi \_\_\_\_\_
- Neighbor that enjoys crafting \_\_\_\_\_
- Neighbor that can speak German \_\_\_\_\_
- Neighbor that likes to take bike rides. \_\_\_\_\_
- Neighbor that likes Classic Rock Music. \_\_\_\_\_
- Neighbor that makes you laugh. \_\_\_\_\_



# Anniversaries

Victoria 3 years

Becky 8 years

Bev 5 years










# Birthdays

Michael 5/5





# May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00PM Cribbage	2 1:00PM Chair Yoga	3 1:00 PM May Day Baskets	4 	5 	6 12:00PM Mother's Day Lunch Special	7 10:00 AM Coffee Social Hour
8 	9 10:00AM Beauty Shoppe	10 1:00PM Balloon Tennis	11 	12 1:00PM Indoor Beach Party	13 10:00AM Board Games	14 10:00AM Movie Marathon
15 9:00 AM TV Church	16 1:00PM Start New Puzzle	17 1:00PM BUZZ Trivia	18 	19 1:00PM Exercise Games	20 1:00pm May Flower Door Decorations	21 1:00PM Netflix Series
22 9:00 AM TV Church	23 10:00AM Hand Messages	24 1:00PM Conversation Corner	25 	26 12-1PM Resident Council	27 1:00PM Flower Painting Class	28 Get Outside! Enjoy the Weather
29 9:00 AM TV Church	30 	31 10:00AM BARGAIN Basement	