



Harrison Bay
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



SPRING

MAY

2024

"The Month of May is a gateway to summer!"

-Jean Hersey

RESIDENT BIRTHDAYS:

- * Barbara M. May 1st
- * Karen W. May 20th
- * Joe B. May 22nd
- * Victoria O. May 23rd
- * Constance M. May 26th
- * Kay S. May 30th

Welcome to our Team:

* **Danette Duffney**
(Director of Health Services)
Danette.Duffney@lifesparksl.com

* **Bianca Ess**
(MC Weekends Activities Assistant)
Bianca.Ess@Lifesparksl.com

* **Abigail Szuba**
(MC Weekends Activities Assistant)
Abigail.Szuba@Lifesparksl.com

New Residents:

- Rod & Loretta H. #302
- Bernadine A. #315
- Barbara S. #113
- Curt R. #111



Cinco de Mayo- Sunday, May 5th

Cinco de Mayo - or the fifth of May - commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867).

A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.



MOTHER'S DAY- Sunday, May 12th

Mother's Day in the United States is annually held on the second Sunday of May. It celebrates motherhood and it is a time to appreciate mothers and mother figures. Many people give gifts, cards, flowers, candy, a meal in a restaurant or other treats to their mother and mother figures, including grandmothers, great-grandmothers, stepmothers, and foster mothers.

***EVENT: "Muffins for Moms" Wednesday, May 8th @ 2:00-3:00pm**

Location: Community Room



Memorial Day- Monday, May 27th

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

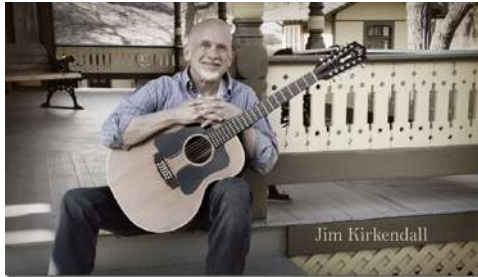


Special Event: Thursday, May 30th 5:30pm-6:30pm

***Come join us for some Luau music from the Islands and some fun treats! Be ready to wear your leis or hula skirts!**

Location: Main Dining Room

Text



MAY BIRTHDAY BASH!

***Wednesday, May 22 @ 1:00pm located in Main Dining Room**

JIM KIRKENDALL is a veteran entertainer who performs different styles of music from the 50's, 60's and 70's during a fun set that offers the audience an engaging variety of music.

Text



Health Benefits of Kale

- Strengthens immune system
- Helpful during pregnancy
- Great for heart health
- Lowers cholesterol
- Anti-cancer
- Great for eyes
- Rich in calcium
- Improves sleep
- High iron content
- Anti-inflammatory



Croatia:

Croatia is an Eastern European country with a long coastline on the Adriatic Sea. Encompassing more than a thousand islands, it's also crossed by the Dinaric Alps. Its inland capital, Zagreb, is distinguished by its medieval Gornji Grad (Upper Town) and diverse museums. The major coastal city Dubrovnik has massive 16th-century walls encircling an Old Town with Gothic and Renaissance buildings.

Relaxing On My Deck

By Chaplain Ron

The Sun is setting.
The breeze is cooling.
The leaves are gently whispering.

I like the silence.
Being alone.
Growing evening shadows.
Stars appearing in the sky.
Silence calms my mind.
Peace washes over my heart.

I feel close to God.
I sense God's love for me.
I feel His presence.
A presence so powerful and yet so gentle.

It is dark and quiet.
It is easy for me to think.
I tell God my concerns.
I trust God's answer no matter what.

Evening shadows.
Gentle breezes.
Silence.
God is here with me!

Psalms 46:10 "Be Still and Know that I am God"