



Vitals Clinic

Vitals clinic will be held in the community room on May 3rd! at 10:30

National Nurse's Week!

A big warm thank you to Jenessa, Robin, and Katie for all that they do!



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May Birthdays

Kim V! 5/24
Gwen L! 5/30

Staff Birthdays

Ranay B! 5/5
Alex P! 5/6
Madelyn E! 5/22
Alfonso S! 5/29



Name: _____ Date: _____

Spring

K C F O S D X J F D A X G U R Z V P G K W L S G
D U S I Z I P H A X I S A Z G U S H O W E R S U
C X Q N X S B I B G Q V F K V B E C J Y W G O E
O L P M J H X H Q H D S W J U U C B F F W P B W
S N G P O F A C V M U W R Y L D N N L Q D U G W
Y E E N I A T G K U T P G D L K N C F M U I H P
P E K D U Q N J I M P S M G U Y D J Y A Q N I S
O R L P C E N I H S N U S B W G I N H B S H S L
Q G C U S C J A Q V E A S T E R P R X B S R U A
E V D Q R U S C L D V Z V J B J V L Z K A A H M
O U W Z K O Q U I L M W M D X X Y A M P R C K I
R A B B I T C U R Q S E L D D U P D J A G Q B N
S C L O X M L J P H M Q T H K N S J F W V Y U A
N W H Y E S G W A I Y G M F Q S F X S F A L H R
P B G N C R N X D R X H N E Z K G E Z H Y F R A
R G M O D E I C V F J V R H G Z I S F C I R A I
G U C U B W M G N I N A E L C G N I R P S E I N
Q M X V L O R Z B X P I H K S L U W T S N T N T
M E O C O L A I H S L K T H L T S W J L Q T B Z
S C P L O F W V S N K L A G T Y X Y A O N U O B
S R M B M M R P Z U D C E E O V F T W G Y B W V
H B U J C I S Z E J G J W E O Y R L D H A H A T
C S I W H B H A T C H Z M G D U A L L E R B M U
R B E W M S A D H W G N R F J Q T K A F I A L Z

puddles	May	weather	rainbow
sunshine	warming	umbrella	spring cleaning
showers	rain	rabbit	hatch
grass	green	Easter	butterfly
bloom	animals	April	flowers

May 2023

The Pebbles of Lake Phalen

The Shores of Lake Phalen | 1870 East Shore Drive | 651-777-7784 |



Celebrating May

National Strawberry Month

National Salsa Month

National Photography Month

May Day
May 1st

National Teachers Day
May 3rd

Cinco de Mayo
May 5th

Nurse's Week
May 6th-12th

Mother's Day
May 14th

National Plant a Vegetable
Garden Day
May 19th

International Jazz Day
May 28th

Memorial Day (U.S.)
May 29th

Photography Month!

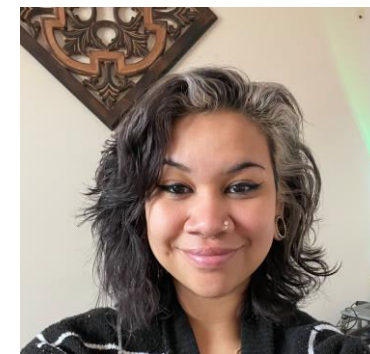
May is National Photography month! With Spring flowers blooming and the wildlife coming back to nature there is no better time to capture memories that will last forever. We will be starting a photography club first meeting will be Friday May 5th at 8:30am. Concluding with a gallery party at the end of the month!



The Shores New Activity Director!

My name is Aaliyah Sanders. Most of you already know me as Allie or Leah, I have been part of The Shores community for 3 years. I was recently promoted from the dietary department to your new activities' director. I am 24, I live on the border of Saint Paul and Maplewood with my boyfriend and 2 close friends and my 3 kitties I refer to as "the kids".

I look forward to spending more time doing fun, inclusive, activities with you all! Thank you 😊!





Movie Mondays!

Residents, please know that you are more than welcome to pick out whatever movie you would enjoy watching. Feel free to go through them and give it to Aaliyah to turn on for you!

Wii Sports



Wii Sports is always available in the community room!

Wii Sports is an interactive activity to get the body moving! Wii Sports includes baseball, boxing, bowling, golf, and tennis. If you need assistance setting the game up, just ask a staff member and we will get you going!

Berry Pleasing



Peak season for picking strawberries is April, which makes May, Strawberry Month, the perfect time to enjoy these luscious, red berries. In ancient Rome, strawberries were a symbol of Venus, the goddess of love and beauty, thanks to their heart shape and red color. Strawberries are linked to the myth of the death of Adonis. He was gored to death by a boar in a hunting accident, which broke Venus' heart. As she cried, her tears mingled with Adonis' blood, and when they hit the ground, they turned into strawberries. Strawberries have long been associated with love, purity, and perfection. No wonder they are a perfect May snack!

Welcome to The Shores Anna!



Outings this month:

Perkins	5/5	11:00am
Wal-Mart	5/8	1:00pm
Bachman's	5/19	10:30 am
Dollar Tree	5/22	1:00pm
Keller Park	5/26	10:30am

(Please sign up at the front desk)

This Month in History

May Day

In 1889, May 1 was designated May Day, a day in support of workers, by an international federation of socialist groups and trade unions in commemoration of the Haymarket Affair, a violent confrontation that took place on May 4, 1886, in Chicago, Illinois.

May Day, also called Workers' Day or International Workers' Day, is the day that commemorates the struggles and gains made by workers and the labor movement. It is observed in many countries on May 1.

Cinco De Mayo

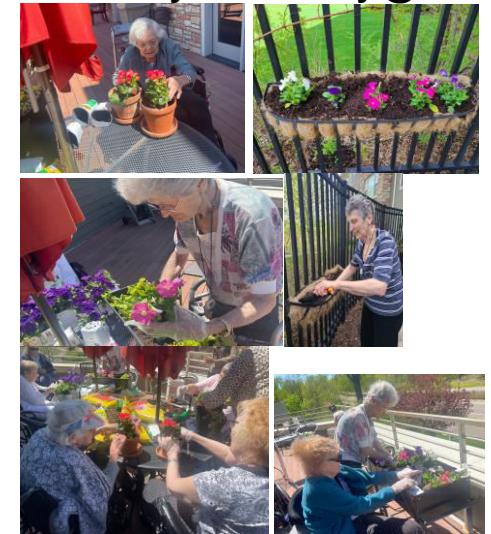
Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Friday, May 5 in 2023, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Amelia Earhart

Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.

Garden Club!

We will be starting gardening club on May 9th with a planting party at 10am! We will meet every Wednesday @ 3:30!



A peek at last year's club



Events:

Mother's Day Tea Party...5/15... @ 2pm

North Suburban Chorus...5/16...@ 2pm

