

livfun

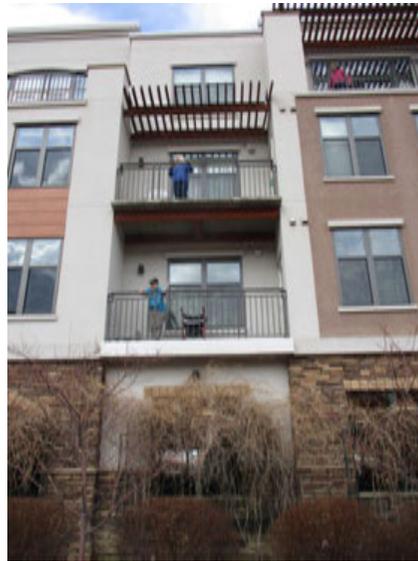
The Carillon at Boulder Creek

MAY 2020 · MAY FLOWERS

Photo Gallery



A message from a neighbor!



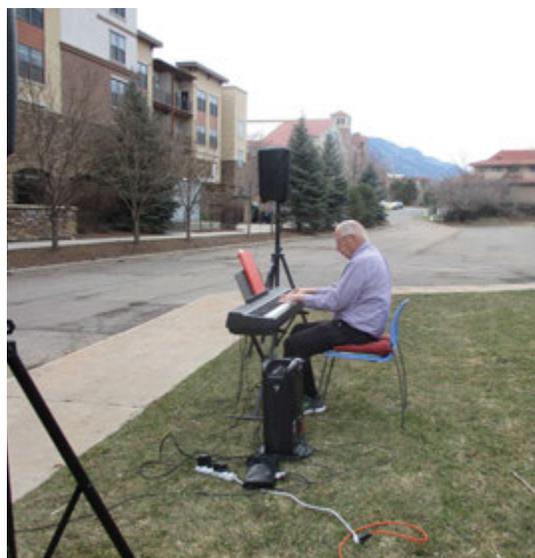
Balcony exercise!



Joyce and friend!



Violet and "Lucky!"



Bob Spillman outdoor concert!



Area High School Art Show along with Carillon artists!



This Month

As I write this, we are still on lockdown, but increasing our activities every week using Zoom and the great outdoors! It looks like we will still be in the same boat for May, but will still have many special events. The month of May holds Cinco de Mayo, Mother's Day, Memorial Day and National Senior Health and Fitness Day. With that in mind, some of the activities planned include:

Events:

- Sunday Sundae cart
- Mother's Day Breakfast Specials
- Memorial Day Barbecue
- National Senior Health and Fitness Day, quarantine-style!

Speakers:

- Mat Young, "Protecting Yourself from Medical Harm"
- John Voehl, "An Afternoon with Mary Lincoln"
- Trina Terell, "Shake, Rattle and Roll: Earthquakes"
- Richard Rocklin, "Animals"

And so much more! Hope to see you soon!

A Message From Leisure Care

As you know, due to ongoing concerns about COVID-19, there have been many crucial changes to our daily routines in order to maintain the health and safety of our residents and staff. Following protocol from the CDC and state regulatory agencies, our activities and outings continue to be on hold until further notice. Instead of our monthly calendar, we are using these pages to provide you with activities and entertainment since we are practicing social distancing.

Please know that we are working hard to keep you connected. For our most recent updates, visit www.leisurecare.com/communication-plan. Please speak with your management team if you have any questions.

U.S. Military Mottos

What branch of the U.S. military uses the motto or slogan listed?

1. Aim High ... Fly-Fight-Win
2. Semper Fidelis - "Always Faithful"
3. This We'll Defend
4. Semper Paratus - "Always Ready"
5. Non Sibi Sed Patriae - "Not for Self but Country"

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.



Palindrome Play

A palindrome is a word or phrase that reads the same backward or forward. See if you can guess the palindrome that fits each description.

1. Another name for a mother ___
2. A call for help ___
3. A female sheep ___
4. Sound a baby chick makes ____
5. 12 p.m. ____
6. To make horizontal _____
7. A light, narrow boat _____
8. Detection system _____

Feathered Friends

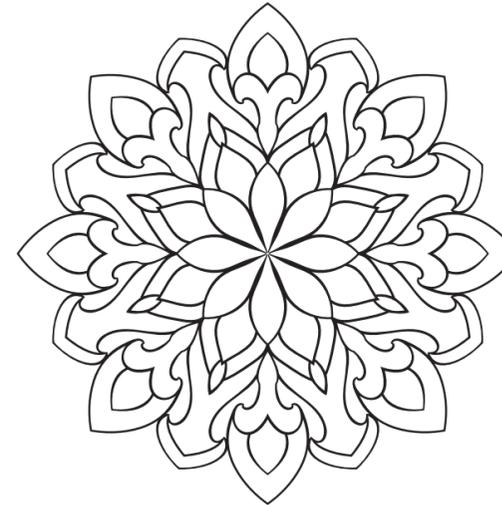
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

- | | |
|-----------------|---------|
| BOBOLINK | KIWI |
| CONDOR | MACAW |
| CROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | STORK |

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala – by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes – can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature – even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

U.S. Military Mottos Answers

1. Air Force; 2. Marine Corps; 3. Army; 4. Coast Guard; 5. Navy

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

Palindrome Play Answers

1. mom; 2. SOS; 3. ewe; 4. peep; 5. noon; 6. level; 7. kayak; 8. radar

Take a Closer Look

See if you can identify 12 differences in these two illustrations.

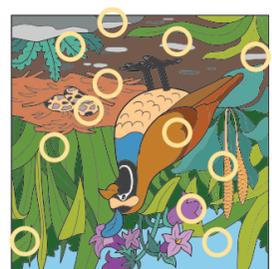
Solution can be found at the bottom of this page.



Feathered Friends

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

Take a Closer Look



The Story of the School Nurse

In communities across the country, school nurses offer care to students of all ages, safeguarding their health and education.

The history of this vital nursing specialty begins at the turn of the 20th century. Due to its growing population, New York City's public schools battled a rise in contagious infections among students. Despite hiring doctors to provide health screenings, the rates of illnesses and absences remained high until a woman named Lillian Wald stepped in.

A nurse who worked in low-income neighborhoods, Wald saw the need for children to receive basic health care at school. In 1902, she persuaded officials to hire the first public school nurse in America, Lina Rogers. In her first month on the job working at four schools, Rogers treated nearly 900 students and made over 100 home visits. Soon after, 27 more school nurses were hired, and within six months, health-related absenteeism dropped by a whopping 90%.

By the '20s, school nurses were working throughout the nation, treating minor conditions, providing first aid, and educating children and their families about preventive health care.

Today's school nurses fill a variety of needs, such as performing vision and hearing screenings, assisting students with chronic conditions and allergies, and providing resources for mental health.

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof – Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles – Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden – The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este – The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

A Little Comic Relief

Sherlock Holmes and Dr. Watson were camping. They'd gone to sleep beneath the night sky, when Holmes awoke and shook his companion.

"Watson, look at the sky and tell me what you see."

"I see millions of brilliant stars," Watson answered.

"And what does that tell you?"

"Astronomically, it tells me that there are countless galaxies and potentially billions of planets. Astrologically speaking, Saturn is in Leo. Theologically, I see that God is all-powerful and that we are small and insignificant. And you, Holmes?"

Holmes paused. "What I see, Watson, is that someone has stolen our tent!"

Billboard for a Maine water service company: "Swimming pools filled, septic tanks pumped, not same truck."

A sign posted on the wall of an Army mess hall read: "Don't Waste Food – Food Will Win the War."

Beneath these words someone had scrawled: "That's fine, but how do we get the enemy to eat here?"

While ferrying workers back and forth from our offshore oil rig, the helicopter I was on lost power and went down. Fortunately, it landed safely in a lake. Struggling to get out, one man tore off his seat belt, inflated his life vest and jerked open the exit door.

"Don't jump!" the pilot called out. "This thing is supposed to float!"

As the man leapt from the helicopter into the lake, he yelled back, "Yeah, and it's supposed to fly, too!"

Q: What is the difference between capitalism and socialism?

A: In a capitalist society, man exploits man, and in a socialist one, it's the other way around.

May Birthdays

Bob M., 1st

Jeannie W., 1st

Marti O., 5th

Belle G., 10th

William T., 10th

Herb K., 17th

Sy Y., 25th

Mark H., 30th



2525 Taft Drive
Boulder, Colorado 80302
720-565-6844