

livfun

The Landing of O'Fallon



MAY 2020 · MAY FLOWERS

Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

Gardens Around the Globe

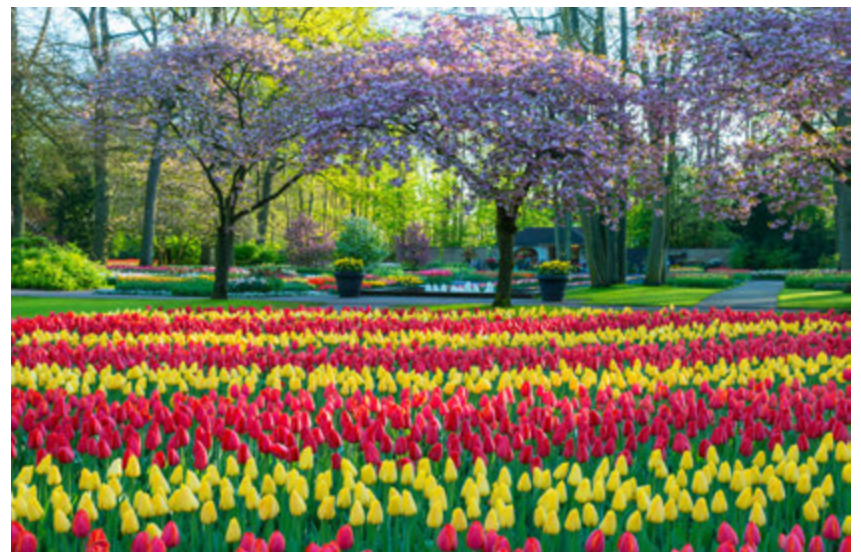
With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

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.



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness – High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

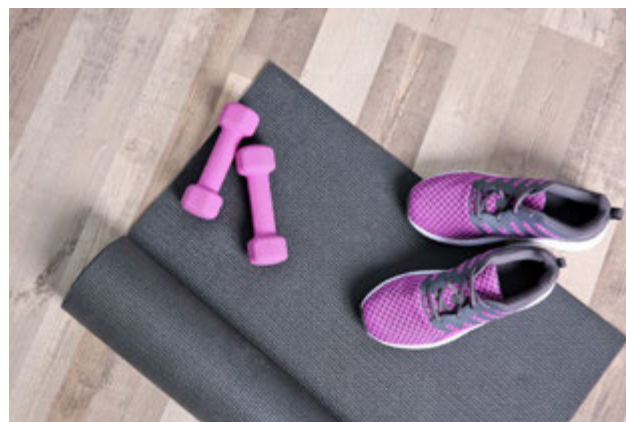
Boosts energy – The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood – Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep – A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk – Exercise strengthens muscles and bones, increases flexibility, and improves balance – all benefits that are key to preventing falls and broken bones.

Enhances social life – Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.



Barbecue Buddies

While smoked meat slathered in sauce is the star of the show at a barbecue, there's usually a plentiful pick of side dishes at the table.

Baked beans – For many, a barbecue menu must-have is a pot of baked beans, which may include bits of meat along with the beans, simmered in a sweet sauce.

Coleslaw – Cool and crunchy coleslaw, made with raw cabbage, carrots, other veggies and even fruit, complements all types of barbecue. Both creamy and vinegar-based dressings are popular choices for this salad.

Corn – Warm-weather cookouts and picnics often feature this fresh, sweet vegetable, whether as grilled corn on the cob, creamed corn, corn pudding, succotash or corn relish.

Potato salad – A helping of cold, creamy potato salad provides taste buds a soothing contrast to tangy and spicy fare. Lighter versions with oil-dressed spuds can be served warm or chilled.

Bread – Slices of classic white bread, biscuits, cornbread or hush puppies often come with a plate of barbecue and offer a hands-on way to sop up the sauce.

Macaroni and cheese – A classic comfort food, this cheesy pasta dish with countless variations is a favorite among the fixin's that make a barbecue meal complete.



May Birthdays

Sophonria Snead, 6th

Marilyn Klaric, 27th

Ellie Sopp, 28th

THE LANDING OF O'FALLON

1000 Landing Circle
St. Charles, MO 63304
636-669-0780

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General Manager
Ann Williams

Sales Manager
Vickie Smith

Sales Advisor
Nicole Sutton

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Executive Chef
Aaron Shea

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Nicole Dotson

Program Supervisor
Sue Slattery

**Plant Operations
Supervisor**
Greg Hay

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

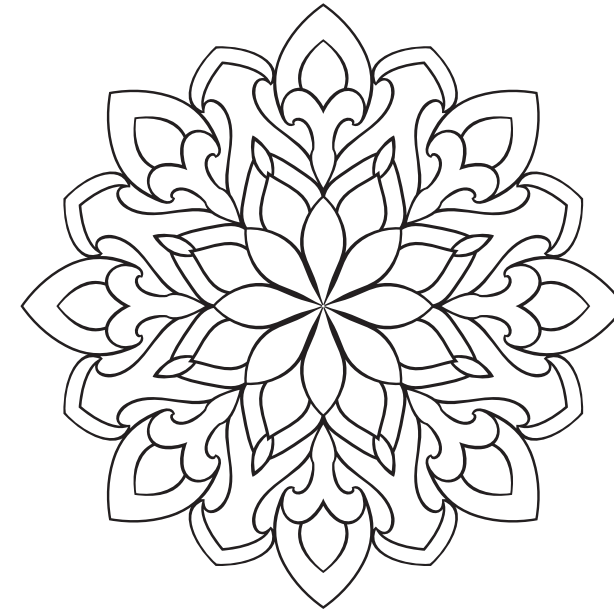
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

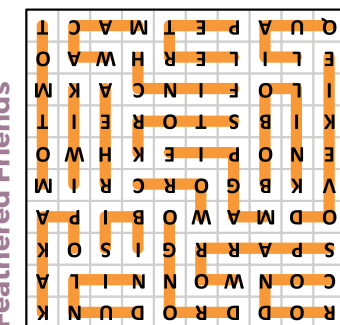
Take a Closer Look

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

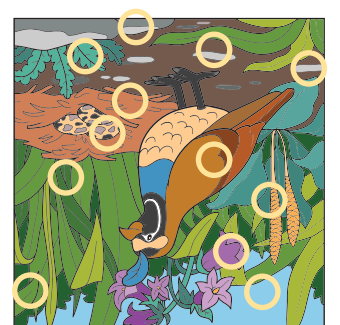
Solution can be found at the bottom of this page.




Feathered Friends



Take a Closer Look



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Locations Cafe, C Grand Lobby, GL Memory Care Activity Room, MCA Memory Care Dining, MCD	Off Property, OP PrimeFit Gym, PG Private Dining Room, PDR Restaurant, R Theatre, TH	Birthdays Margy Groennert, 7th Nancie Warner, 7th John Thousand, 26th	MAY DAY 8:45 • Waking Up with Aromatherapy 9:30 • COMMUNION 10:15 • EXERCISE WITH AW 12:00 • LUNCH WITH ANGEL, R 1:00 • Going Fishing 1:30 • Crafty Crafts 3:00 • Movie Matinee 6:30 • "Carol Burnett" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Groove & Move 1:00 • Horseshoes 2:00 • Let's Get Creative! 3:15 • Board Games with Friends 4:00 • Water Eldergrow Garden 6:30 • "I Love Lucy" Series 7:00 • Hydration Libations
8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • SUNRISE @THE LANDING, R 10:45 • Strength & Tone 11:30 • FAMILY SUPPORT GROUP, C 1:00 • Ring Toss 2:00 • Name That Tune & Crunchies 3:00 • Uno 6:30 • "Golden Girls" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • COME & EXPLORE, OP 1:00 • MARGARITA MONDAY, C 2:00 • Walking Crew 3:00 • Mani Monday 3:30 • Calming Hands 4:00 • Water Eldergrow Garden 6:30 • MELODIES BY AUDREY 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Let's Do Cardio 1:00 • Parachuting! 1:30 • TRULY TASTY IN THE CAFE, C 3:00 • Funny Bones 6:30 • Matlock Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:15 • EXERCISE WITH AW 1:00 • PET THERAPY WITH BINDI 1:30 • COOKING IT UP! 2:30 • Tennis Ball Race 3:30 • Crazy 8s! 6:30 • Movie: Residents' Choice 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • ELDERGROW GARDENING CLASS 1:00 • Swim It Out 2:00 • Getting Crafty 3:00 • SIP & SOCIAL, R 6:30 • "Andy Griffith" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:30 • COMMUNION 10:15 • EXERCISE WITH AW 12:00 • LUNCH WITH ANGEL, R 1:00 • Who's 4 Darts? 1:30 • MUSIC & MOVEMENT, R 3:00 • Trivia & Snack 6:30 • "Carol Burnett" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Groove & Move 1:00 • Bullseye Beanbag 2:00 • Let's Get Creative! 3:30 • Movie Matinee 4:00 • Water Eldergrow Garden 6:30 • "I Love Lucy" Series 7:00 • Hydration Libations
MOTHER'S DAY 8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • SUNRISE @THE LANDING, R 10:45 • Strength & Tone 1:00 • Beachball Volleyball 2:00 • WHAT'S THE SCOOP? 3:00 • Crazy Word Search 6:30 • "Golden Girls" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • COME & EXPLORE, OP 1:00 • MARGARITA MONDAY, C 2:00 • Walking Crew 3:00 • Mani Monday 3:30 • Calming Hands 4:00 • Water Eldergrow Garden 6:30 • MELODIES BY AUDREY 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Let's Do Cardio 1:00 • Kickball 1:30 • TRULY TASTY IN THE CAFE, C 3:00 • Short Stories 6:30 • Matlock Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:15 • EXERCISE WITH AW 1:00 • PET THERAPY WITH BAILEY 1:30 • COOKING IT UP! 2:30 • Lawn Darts 3:30 • Go Fish 4:00 • Water Eldergrow Garden 6:30 • Movie: Residents' Choice 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Swim It Out 1:00 • Balloon Volleyball 2:00 • Getting Crafty 3:00 • SIP & SOCIAL, R 6:30 • "Andy Griffith" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:30 • COMMUNION 10:15 • EXERCISE WITH AW 12:00 • LUNCH WITH ANGEL, R 1:00 • Going Fishing 1:30 • Crafty Crafts 3:00 • Movie Matinee 6:30 • "Carol Burnett" Series 7:00 • Hydration Libations	8:45 • Waking Up with Aromatherapy 9:00 • Lift Us with Prayer 10:00 • Groove & Move 1:00 • Horseshoes 2:00 • Let's Get Creative! 3:15 • Board Games with Friends 4:00 • Water Eldergrow Garden 6:30 • "I Love Lucy" Series 7:00 • Hydration Libations
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opal key

- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory

