

livfun

The Landing of Southampton



MAY 2020 · MAY FLOWERS

Behind Mother's Day

Did you know that the first documented Mother's Day celebration took place in Philadelphia, Pa.?

On May 10, 1908, Anna Jarvis gifted 500 white carnations to Andrews Methodist Episcopal Church located in her hometown of Grafton, W. Va. That same day, she held a party in Philadelphia, all in honor of her late mother.

Anna Jarvis has stated that she got the idea from her mother, but made it her own. In 1876, Anna states that after teaching a Sunday School lesson, her mother recited this prayer: "I hope and pray that someone, sometime, will found a memorial Mother's Day commemorating her for the matchless service she renders to humanity in every field of life." That's exactly what Anna vowed to do when her mother passed in 1905.

How do you celebrate Mother's Day?

We will be having a community-wide event. Bring the family to enjoy an afternoon with a family craft, cookie decorating and tea time with mom (or your favorite aunt). Let's show our ladies just how much they mean to us.

When: Saturday, May 9, from 1 to 3 p.m.

We will also be celebrating on Mother's Day, Sunday, May 10, by making flower arrangements for the lovely ladies of The Landing of Southampton.



Memorial Day Barbecue

Memorial Day has changed some over the years — from its beginning as Decoration Day, even the date it is held has changed. One thing that never changes with Memorial Day is the feeling of wanting to be around our family and friends as we remember the loved ones we have lost.

Join us for a barbecue, live music, face painting, games and a ceremony to honor those gone but not forgotten.

We will be having our barbecue on May 25. We will be cooking up food from 12 to 2 p.m., live music from 12:30 to 3 p.m., and a ceremony from 3:30 to 4 p.m.

Please RSVP by May 16 to: 215-791-6666.

If you have any family or friends who you would like us to honor at the ceremony, please provide us with their information by the RSVP date.



May Birthdays

Melissa F., 6th

Jack P., 27th

Photography Fun at The Landing

Photography – a form of art, therapy, and a way to hold on to fond memories for years to come. The saying goes: A picture is worth a thousand words. That's what we will be working on doing in the month of May, as a photography club.



What do you need to join this club? A passion for capturing time and feelings through pictures.

Join us on Monday, May 4, at 11 a.m., to find out more on our club to come!

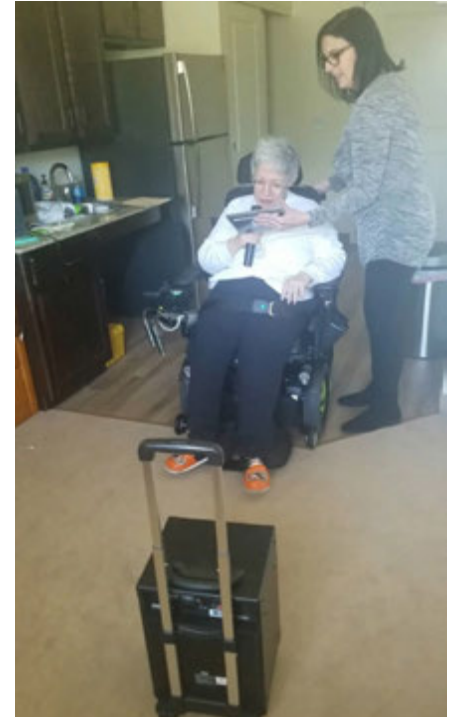
THE LANDING OF SOUTHAMPTON

1160 Street Road
Southampton, PA 18966
215-791-6666

Music to Beat the Quarantine Blues



At the head of the group is our music loving resident, Jack P., who shared his records for a Hallway Concert with other residents.



Sharon S. helped make Door Dash Karaoke a success with her rendition of "Higher and Higher" by Jackie Wilson.

Gifts From the Garden Month

April may be National Gardening Month, but how can you really appreciate all that horticulture can give when there's still a chill in the air? May is the month where we really get to see the benefits of the plants around us. That's why C.L. Fornari decided to declare May as "Gifts From the Garden Month." Gardens aren't just for looking at. Gathered from <https://ellisonchair.tamu.edu/>, below are various benefits that having gardens can bring to us.

-Concentration and Memory. Being around plants helps people concentrate better in the home and workplace. Studies show that tasks performed while under the calming influence of nature are performed better and with greater accuracy, yielding a higher quality result. Moreover, being outside in a natural environment can improve memory performance and attention span by 20 percent.

- Accelerates Healing Process. The presence of plants in hospital recovery rooms and/or views of aesthetically-pleasing gardens help patients to heal faster, due to the soothing affects of ornamental horticulture.
- Learning. Research shows that children who spend time around plants learn better. In addition, being around natural environments improves the ability of children with Attention Deficit Disorder to focus, concentrate, and engage more with their surrounding environment.
- Medicinal Properties. Cultivating plants is beneficial to humankind because of the many medicinal properties of trees and foliage plants.
- Perceived Quality of Life. People associate beautifully landscaped areas with a higher quality of life. This is important in attracting businesses and sustaining growth in the community.
- Therapeutic Effects of Gardening. Gardening can act as therapy for people who have undergone trauma. The act of nurturing something is a way for people to work through the issues surrounding traumatic events and improve their mental health.

During the month of May, each day will be dedicated to a different gardening activity as well as looking at a different way we benefit from them.



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

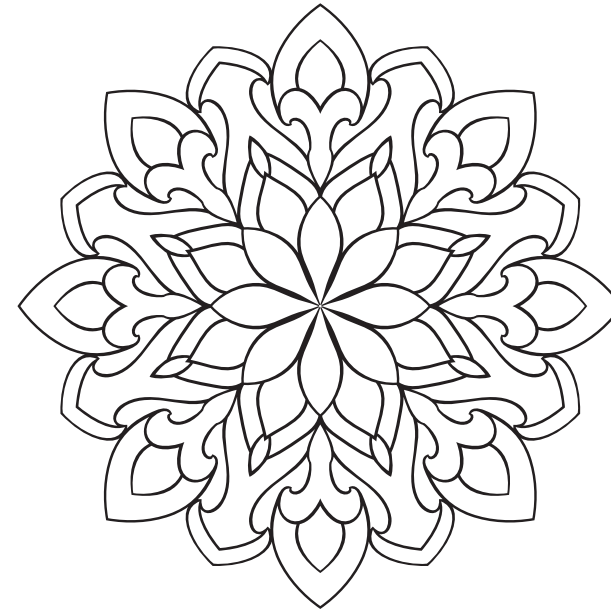
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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.

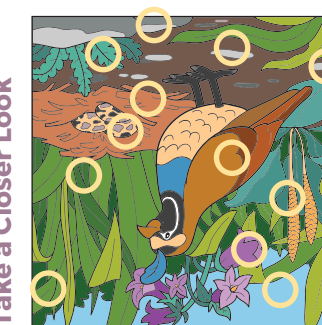
Solution can be found at the bottom of this page.





Feathered Friends

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

Take a Closer Look



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Locations Activity Room, AR Dining Room, DR Gardening Nook, GN Living Room, LR	Music Room, MR Opal Courtyard, OC Opal Patio, OP Outing, O Personal Care Activities Room, PC/AR	Personal Care Main Dining Room, PC/MDR Philadelphia Room, PR Room Visits, 1-1 Travel Room, TR	MAY DAY 9:30 ● Daily Chronicle, LR 10:15 ● Paper Tearing, AR 11:15 ● Making a Pinata, AR 12:45 ● Monthly Gazette, LR 1:30 ● Shake It Out, AR 3:15 ● Breathe, MR 4:15 ● YouTube Shabbat Service, MR 6:15 ● May Day Chat, LR 7:00 ● Coupon Clipping, AR	9:30 ● Daily Chronicle, LR 10:15 ● Horse Pictures, LR 11:15 ● EZ Trivia, LR 12:45 ● Derby Talk, LR 1:30 ● Balloon Volley, AR 3:15 ● Spa Time 4:15 ● Bingo, AR 6:15 ● Kentucky Derby, LR 7:00 ● Helper's Club, AR
9:30 ● Daily Chronicle, LR 10:15 ● Tidy Up, AR 11:15 ● Church Broadcast, MR 12:45 ● Hymn Sing, MR 1:30 ● Sunday Strolls, OP 3:15 ● Play Doh, AR 4:15 ● Sunday Cinema, MR 6:15 ● Horoscopes, LR 7:00 ● Elder Grow, GN	9:30 ● Daily Chronicle, LR 10:15 ● Doll Care, TR 11:15 ● Making a Pinata, AR 12:45 ● Current Events, AR 1:30 ● Stretching, MR 3:15 ● Outdoor Stroll, OP 6:15 ● Chicken Soup, LR 7:00 ● Folding, AR	9:30 ● Daily Chronicle, LR 10:15 ● Yarn Rolling, AR 10:15 ● Making Veggie Tacos, DR 12:45 ● Funnies, MR 1:30 ● Walk About, LR 3:15 ● Aroma Therapy, MR 4:15 ● Cinco De Mayo Fun, MR 6:15 ● Daily Bread, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Shop Unload, DR 11:15 ● Edible Art, DR 12:45 ● Travel Talk, TR 1:30 ● Symphony Workout, MR 3:15 ● Manicures & Massages, AR 4:15 ● Classic TV, LR 6:15 ● Broadway Hits, MR 7:00 ● Folding Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Flower Arranging, AR 11:15 ● Apple Craft, AR 12:45 ● Thank You Teachers, LR 1:30 ● Sit & Stretch, MR 3:15 ● Mani Bath 4:15 ● School Trivia, LR 6:15 ● Light Therapy, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Soak Up the Sun, OP 11:15 ● Iris Painting, AR 12:45 ● Name 3, AR 1:30 ● Hot Potato, AR 3:15 ● Tai Chi, MR 4:15 ● YouTube Shabbat Service, MR 6:15 ● Face & Hair Care, MR 7:00 ● Coupon Clipping, AR	9:30 ● Daily Chronicle, LR 10:15 ● Elder Grow, GN 11:15 ● Painting Flowers, AR 12:45 ● Famous Places, PR 1:30 ● Football Toss, AR 3:15 ● Spa Time 4:15 ● Bingo, AR 6:15 ● Current Events, PR 7:00 ● Helper's Club, AR
MOTHER'S DAY 9:30 ● Daily Chronicle, LR 10:15 ● Paper Flowers, AR 11:15 ● Church Broadcast, MR 1:30 ● Sunday Strolls, OP 3:15 ● Magazine Browsing, AR 4:15 ● Sunday Cinema, MR 6:15 ● Horoscopes, LR 7:00 ● Elder Grow, GN	9:30 ● Daily Chronicle, LR 10:10 ● Dining Room Care, DR 11:15 ● Train Talk, TR 11:45 ● Reminisce Magazine, TR 1:30 ● Chore Movements, MR 3:15 ● Meditation, MR 4:15 ● Armchair Travel, TR 6:15 ● Un Game, AR 7:00 ● Folding, AR	12:45 ● Scratch & Sniff, MR 9:30 ● Daily Chronicle, LR 10:15 ● Clerical Day, AR 11:15 ● Eggs in a Bag, DR 1:30 ● Sports Moves, MR 3:15 ● Touch & Feel, MR 4:15 ● Dice, AR 6:15 ● Daily Bread, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Animal Care, AR 11:15 ● Cookie Bake, DR 12:45 ● Shoot the Breeze, LR 12:45 ● ABC Game, LR 1:30 ● Frog Toss, AR 3:15 ● Manicures & Massages, AR 4:15 ● Finish the Lines, AR 6:15 ● Broadway Hits, MR 7:00 ● Folding Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Pipe Construction, AR 11:15 ● Card Making, AR 12:45 ● Break the Ice, LR 3:15 ● Turkey Toss, AR 3:15 ● Pedi Bath 4:15 ● Chicken Dance, MR 6:15 ● Warm Weights, LR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Cloud Viewing, OP 11:15 ● Painting Landscapes, AR 12:45 ● Conversation Ball, AR 1:30 ● Weights, AR 3:15 ● Sand Play, AR 4:15 ● YouTube Shabbat Service, MR 6:15 ● Warm Blankets, LR 7:00 ● Coupon Clipping, AR	9:30 ● Daily Chronicle, LR 10:15 ● Elder Grow, GN 11:15 ● Patriotic Songs, MR 12:45 ● Famous Events, PR 1:30 ● Parachute, AR 3:15 ● Spa Time 4:15 ● Bingo, AR 6:15 ● Current Events, PR 7:00 ● Helper's Club, AR
9:30 ● Daily Chronicle, LR 10:15 ● Tidy Up, AR 11:15 ● Church Broadcast, MR 12:45 ● Hymn Sing, MR 1:30 ● Sunday Strolls, OP 3:15 ● Play Doh, AR 4:15 ● Sunday Cinema, MR 6:15 ● Horoscopes, LR 7:00 ● Elder Grow, GN	9:30 ● Daily Chronicle, LR 10:15 ● Wipe Down, LR 11:15 ● Finish the Lyrics, AR 12:45 ● Reader's Digest, AR 1:30 ● Simon Says, AR 3:15 ● Magazines, TR 4:15 ● Jokes & Puns, TR 6:15 ● Conversation Starters, LR 7:00 ● Folding, AR	9:30 ● Daily Chronicle, LR 10:15 ● Window Care, LR 11:15 ● Ice Cream in a Bag, DR 12:45 ● Boy Scouts Talk, PR 1:30 ● Bean Bag Toss, AR 3:15 ● Sensory Mat, LR 4:15 ● Make Snack Bags, DR 6:15 ● Daily Bread, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Mix & Match, AR 11:15 ● Strawberry Fun, DR 1:30 ● Yoga, MR 3:00 ● Birthday Bash, PC/MDR 3:15 ● Manicures & Massages, AR 4:15 ● Aroma Therapy, LR 6:15 ● Broadway Hits, MR 7:00 ● Folding Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Flower Arranging, AR 11:15 ● Butterfly Craft, AR 12:45 ● Make a List, AR 3:15 ● Sensory Apron, MR 4:15 ● Dance to the Oldies, MR 6:15 ● Poetry, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Bird Watching, OP 11:15 ● Painting Butterflies, AR 12:45 ● Grandma's Bag, AR 1:30 ● Chair Yoga, AR 3:15 ● Head & Neck Massages, MR 4:15 ● YouTube Shabbat Service, MR 6:15 ● See & Say, MR 7:00 ● Coupon Clipping, AR	9:30 ● Daily Chronicle, LR 10:15 ● Elder Grow, GN 11:15 ● Famous Animals, PR 12:45 ● Penny Toss, AR 1:30 ● Checkers, AR 3:15 ● Spa Time 4:15 ● Bingo, AR 6:15 ● Current Events, PR 7:00 ● Helper's Club, AR
9:30 ● Daily Chronicle, LR 10:15 ● Tidy Up, AR 11:15 ● Church Broadcast, MR 1:30 ● Sunday Strolls, OP 3:15 ● Magazine Browsing, AR 4:15 ● Sunday Cinema, MR 6:15 ● Horoscopes, LR 7:00 ● Elder Grow, GN	MEMORIAL DAY 9:30 ● Daily Chronicle, LR 10:15 ● Matching Game, AR 11:15 ● Making Poppies, AR 12:45 ● Country Magazine, LR 1:30 ● Beach Ball, AR 3:15 ● Hand & Arm Massages, MR 4:15 ● Patriotic Songs, MR 6:15 ● Family Chat, LR 7:00 ● Folding, AR	9:30 ● Daily Chronicle, LR 10:15 ● Feel It Box, AR 11:15 ● Easy Water Ice, DR 12:45 ● Chit Chat, MR 1:30 ● Ring Toss, AR 3:15 ● Foot & Leg Massages, AR 4:15 ● Lawrence Welk Show, LR 6:15 ● Daily Bread, MR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Utensil Sorting, AR 11:15 ● Edible Art, DR 12:45 ● Sound Therapy, MR 1:30 ● Hokey Pokey, MR 3:15 ● Manicures & Massages, AR 4:15 ● Broadway Hits, LR 6:15 ● Family Night!, AR 7:00 ● Folding Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Cutting Magazines, AR 11:15 ● Flower Power, AR 12:45 ● Fast Food Talk, LR 1:30 ● Kickball, AR 1:30 ● Bucco Hoop, AR 3:15 ● Sensory Ball, MR 4:15 ● Memory Lane, MR 6:15 ● Short Stories, LR 7:00 ● Sorting Station, AR	9:30 ● Daily Chronicle, LR 10:15 ● Courtyard Date, OP 11:15 ● Painting Veggies, AR 12:45 ● Elder Grow, GN 1:30 ● Bowling, AR 3:15 ● Head & Shoulder Massages, MR 4:15 ● YouTube Shabbat Service, MR 6:15 ● Aquarium Viewing, LR 7:00 ● Coupon Clipping, AR	9:30 ● Daily Chronicle, LR 10:15 ● Elder Grow, GN 12:45 ● Mint Shakes, DR 1:30 ● Corn Hole, AR 3:15 ● Spa Time 4:15 ● Bingo, AR 6:15 ● Current Events, PR 7:00 ● Helper's Club, AR 11:15 ● Famous Things, PR
9:30 ● Daily Chronicle, LR 10:15 ● Tidy Up, AR 11:15 ● Church Broadcast, MR 12:45 ● Hymn Sing, MR 1:30 ● Sunday Strolls, OP 3:15 ● Play Doh, AR 4:15 ● Sunday Cinema, MR 6:15 ● Horoscopes, LR 7:00 ● Elder Grow, GN	Daily Schedule 8:30 a.m.: Breakfast 12 p.m.: Lunch 5:30 p.m.: Dinner 10:45 a.m.: Snack & Music 2:30 p.m.: Snack & Music 8 p.m.: Snack & Music		opal key ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory			
Calendar events and times are subject to change.						