

May 2025

Chit Chat at Citizens



Celebrating May

Catholic Easter Service
1st

**New Entertainment with Music
to Remember**
1st

**National Lemonade Day
Making Fresh Squeezed
Lemonade**
5th

Reptile Wonders – New
6th

**Mother's Day Tea Hosted by
Auxiliary**
8th

Planting Flowers with Auxiliary
9th

**Nursing Home Week
(See the flyers for more
information)**
12th – 16th

Elvis in the House
16th

FSK Lions Club Bingo
19th

AARP Bingo
20th

**Countryside Drive
(sign up)**
21st

**Entertainment with Jessica
Service Red White & Blue
Rocket Popsicles**

**Entertainment with Lauren
May Birthday**
27th

Wonders of the Great Lakes

The Great Lakes—Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario—are not only beautiful but also vital to the environment, economy, and wildlife. These five lakes, which make up the largest freshwater system in the world by total area, are home to more than 30 million people and provide a habitat for countless species. Additionally, they contain about 84 percent of North America's fresh surface water!

Every year, people across the U.S. and Canada celebrate the Great Lakes during events like Great Lakes Awareness Day, observed this year on May 5. This day highlights the importance of protecting the lakes and raising awareness about environmental issues that threaten their health, such as pollution and invasive species.

But the celebrations don't stop there. May 10 marks World Migratory Bird Day. The Great Lakes provide crucial resting areas for birds traveling along their migration paths, making them key to preserving biodiversity. Some of the most notable migratory birds passing through the region include the peregrine falcon, the fastest animal on Earth, and the common loon, which uses the lakes for nesting and fishing. The Great Lakes serve as an essential hub, especially for species traveling from the Gulf of Mexico to breeding grounds in Canada.

The Great Lakes are not only a stunning natural resource but also a treasure trove of history and recreation. Their waters have witnessed countless historic events, such as the sinking of the *Edmund Fitzgerald* in Lake Superior in 1975. The lakes still conceal many sunken vessels, offering a fascinating glimpse into the past. Beyond their historical significance, the Great Lakes are a destination for outdoor recreation. Boating, fishing, kayaking, and hiking are just a few of the activities that draw millions of visitors each year. The picturesque shorelines, sandy beaches, and scenic trails make them a favorite for summer vacations. Whether you're exploring the history beneath the surface or enjoying the natural beauty above, the Great Lakes remain an essential part of the American and Canadian landscape.



Resident Refrigerator

Reminder

Containers must have the resident's name and delivery date. **AFTER three (3) days**, the container and contents will be discarded.

Clothing

All clothing needs to be left with the receptionist to be labeled.

Volunteering

Interested in volunteering with the Citizen Activities Department

You can contact

Cathie Troxell

240-772-9229

ctroxell@citizenssnf.com

Auxiliary Group

The group is looking for members to join

Gift Shops open daily from

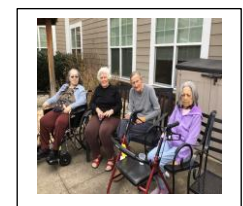
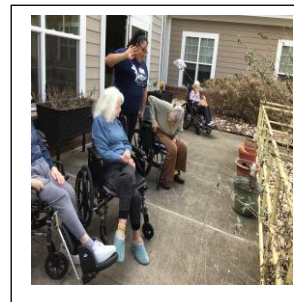
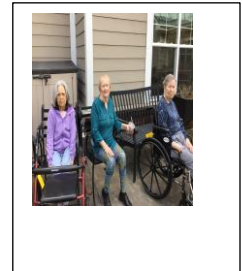
1:00pm – 4:00pm

Tapping Through Time

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures from the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap a cappella, clacking out their own beats without musical accompaniment.



Memory Care Outdoor Fun



Nursing Home Week

Monday, May 12th

Handprint Mold-Dry Clay Mold

Dress down & wear Blue

Tuesday, May 13th

Cultural Dress for staff with parade

Musical Memory

Dress down & wear Green

Wednesday, May 14th

Story Threads (Add leaves to the tree in the lobby)

Dress down & wear Yellow

Thursday, May 15th

Time Capsule Creation

Musical Memory with Ruthie

Dress down and wear Orange

Friday, May 16th

Tapestry of Movement & Wellness

Elvis has entered the Courtyard

Dress down and wear Red

More Than Margaritas

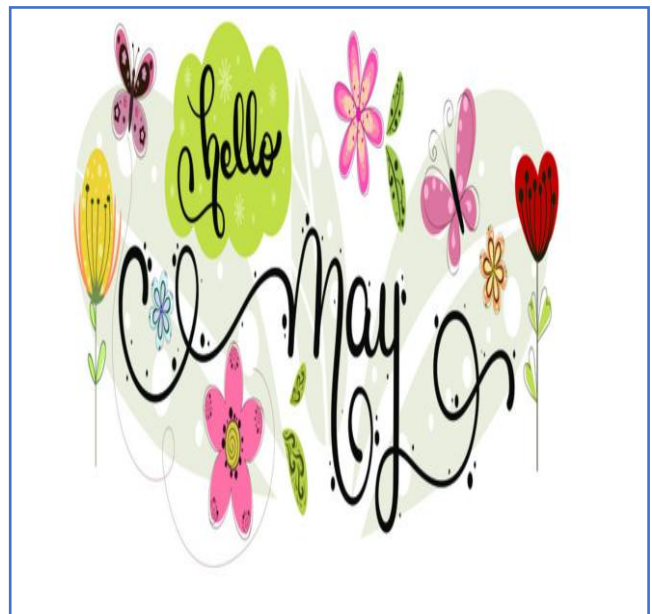
Cinco de Mayo—which is Spanish for “Fifth of May”—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico’s independence. Those in the know will tell you it celebrates the Mexican army’s 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again, since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.



A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had

children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day. In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Marilyn A. 3 rd	Daylih T. 7 th
Fred Milanizadeh 10 th	Jack H. 10 th
John C. 11 th	Delbert T. 17 th
Charles K. 18 th	Ann W. 19 th
Betty M. 19 th	Ed M. 28 th



Frederick Golden Retriever Visit

