



May 2026 Newsletter

New Van Coming This Fall

We're happy to share that the Auxiliary has purchased a new van for our residents. This addition will help enhance transportation opportunities and outings. The van is expected to arrive later this fall. Thank you to the Auxiliary for their continued support and generosity!



Friday, May 15th, 2026

Elvis has entered the Courtyard at 2:00pm

Glow in the dark Bingo in AB Conference Room at 7:00pm





Bermuda in Brief

May 22 is Bermuda Day, a celebration to encourage civic and cultural pride in Bermudian ways of life. Bermuda Day marks the unofficial beginning of summer and is celebrated with parades, a half-marathon, and plenty of music and dancing.

Bermuda Day also marks the start of Bermuda shorts season. They are the official national dress for men, worn three inches above the knee with knee socks, tasseled loafers, a jacket, and a tie. They are worn as business attire and evening wear, and are even part of Bermuda's police uniform. The shorts originated with the British Royal Navy. Soldiers working desk jobs in the tropics were issued lightweight shorts and knee socks. Civilians in Bermuda first started copying the military style in the 1920s. Unfortunately for businessmen beyond Bermuda, the shorts never caught on as business attire. But for casual occasions, like celebrating Bermuda Day, Bermuda shorts are a must.

Trivia questions

Which season does May fall in the Southern Hemisphere?

- A. Winter
- B. Spring
- C. Summer
- D. Fall

"The world's favorite season is the spring. All things seem possible in May" - Wedwin Way Teale



Food of May

Barbecue and Strawberry

May starts the outdoor grilling season, making it the perfect time to enjoy smoky grilled meats, ideal for backyard parties and picnics. Fresh juicy strawberries are in season, perfect for desserts, salads, simply enjoying on their own.

"May, more than any other month of the year, wants us to feel most alive." - Fennel Hudson

Savor the Snail

Some recoil at the thought of eating snails, or escargot, as they are called in French. Others consider snails sautéed in garlic, butter, and herbs to be a delicacy. If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoal made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy, buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert, and join the ranks of those who have eaten escargot

Trivia answers

Which season does May fall in the Southern Hemisphere?

D. Fall

Bulletin Board

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**