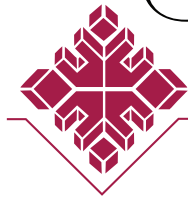


The Gateway Gardens



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

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Go Green With Kiwi

It's another kind of good-for-you green. Kiwifruit is native to China and was first commercially grown in New Zealand, where it got its name and became popular with British and American soldiers stationed there during World War II. While brown and fuzzy on the outside, a kiwi's neon-green inner flesh is soft, sweet and packed with potassium, vitamin C and fiber.

Look at Landscapes

Mountains, meadows and other landscapes can set the scene for serenity, whether it's a view of the real thing or scenic terrains in a photograph or a painting hanging on a wall. Research shows that after looking at landscapes, people reported health benefits similar to those associated with being in nature, including calm feelings, reduced pain and faster healing.

Wander and Wonder

"We need hours of aimless wandering or spaces of time sitting on park benches, observing the mysterious world of ants and the canopy of treetops."

—Maya Angelou

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo / Rummikub (B) 6:30 Movie Movie Night Surprise (B)	2 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Timeless Trivia 6:30 Movie Movie Night Surprise (B)	3 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:15 Entertainment Love on any Leash 3:00 Entertainment Current Events 6:30 Movie Movie Night Surprise (B)	4 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 11:00 Entertainment America's Great Road Trips (B) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	5 9:30 Games Rummikub (AR) 11:00 Entertainment Olympics Update 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	6 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:45 Exercise Workout/Exercise 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	7 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
8 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo / Rummikub (B) 6:30 Movie Movie Night Surprise (B)	9 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Show & Tell 6:30 Movie Movie Night Surprise (B)	10 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Entertainment Gary the History Guy 2:30 Exercise Workout/Exercise 3:15 Entertainment A Trip Down Memory Lane 6:30 Movie Movie Night Surprise (B)	11 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	12 9:30 Games Rummikub (AR) 11:00 Entertainment Educational Show 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	13 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:30 Entertainment Happy Hour - Celeste 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	14 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
15 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo / Rummikub (B) 6:30 Movie Movie Night Surprise (B)	16 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Resident Council Meeting 6:30 Movie Movie Night Surprise (B)	17 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:15 Entertainment Love on any Leash 3:00 Entertainment Current Events 6:30 Movie Movie Night Surprise (B)	18 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	19 9:30 Games Rummikub (AR) 11:00 Arts & Crafts Rock Painting 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	20 9:30 Games Rummikub (AR) 11:00 Exercise Workout/Exercise 12:00 Games Wii Bowling 1:00 Entertainment Jazz Duo 1:00 Shopping Shopping by Choice 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	21 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
22 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo / Rummikub (B) 6:30 Movie Movie Night Surprise (B)	23 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Skips Presentation 6:30 Movie Movie Night Surprise (B)	24 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Arts & Crafts Art with Adel 6:30 Movie Movie Night Surprise (B)	25 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 11:00 Entertainment America's Great Road Trips (B) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	26 9:30 Games Rummikub (AR) 11:00 Entertainment Educational Show 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	27 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:30 Entertainment Music by Vincent 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	28 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
29 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo / Rummikub (B) 6:30 Movie Movie Night Surprise (B)	30 Dr. Appointments: 8am - 3pm 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Timeless Trivia 6:30 Movie Movie Night Surprise (B)	31 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Show & Tell 6:30 Movie Movie Night Surprise (B)	Important Message All activities comply with CDC protocols: -Wearing a face covering. -Washing/Sanitizing hands.	Please Note: Activities Are Subject to Change. 		

1940 History, Trivia And Fun Facts

Top Baby Names of 1940: Mary, Barbara, Patricia, Judith, Betty, Carol, Nancy, Linda, Shirley, Sandra; James, Robert, John, William, Richard, Charles, David, Thomas, Donald, Ronald

US Life Expectancy: (1940) Males: 60.8 years, Females: 65.2 years **Federal spending:** \$9.47 billion
Federal debt \$50.7 billion **Consumer Price Index:** \$14 **Unemployment:** 14.6% **A gallon of Gas:** 11 cents
Issue of Life Magazine: 10 cents **Cost of a first-class stamp:** \$0.03

The Stars: Ingrid Bergman, Lilian Bond, Claudette Colbert, Olivia de Havilland, Betty Grable, Rita Hayworth, Katharine Hepburn, Hedy Lamarr, Vivien Leigh, Myrna Loy, Brenda Marshall, Ginger Rogers, Barbara Stanwyck, Gene Tierney, Lana Turner

Miss America: Frances Burke (Philadelphia, PA)

Time Magazine's Man of the Year: Winston Churchill

Firsts, Inventions, and Wonders:

The Three Stooges short comedy film

The Superman radio show debuted.

The Pennsylvania Turnpike opened (first US superhighway).

The Sturgis Motorcycle Rally was held for the first time in Sturgis, South Dakota.

Brenda Starr, the first newspaper comic strip by a woman

First televised baseball game, WGN-TV (White Sox vs Cubs, an exhibition game)

May 15, 1940 – The very first McDonald's restaurant opened in San Bernardino, California.

Tom & Jerry cartoon shorts, created by William Hanna & Joseph Barbera, debuted by MGM in theaters.

