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Tall Oaks

ASSISTED  LIVING

WHERE YOUR FAMILY IS OUR FAMILY



Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.



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We love 5 star reviews!!
Thank you in advance!

May 2024

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

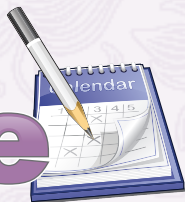
Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Save the Date



Mother's Day Tea Party

Tuesday, May 7th
2:30 p.m.
Terrace Solarium

Stroke Awareness Event

Thursday, May 9th
9:00 a.m. - 10:30 a.m.
Terrace Solarium

Caregiver Support Group

Tuesday, May 14th
4 p.m. - 5 p.m.
Every 2nd Tuesday of the
month.
Chapel

Food Committee Meeting

Tuesday, May 14th
11:00 a.m.
Terrace Solarium

Resident Council Meeting

Wednesday, May 15th
1:30 p.m.
Terrace Solarium

Washington Senators Baseball Presentation

Monday, May 20th
1:30 p.m.
Terrace Solarium

Motions in Nature With Kristin

Join us every Friday
10:30 a.m.
Terrace Solarium/ Patio

SEE YOU THERE!

Home & Garden



Just for Fun



The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.



A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an

article in the *Hawaiian Gazette*, the immigrants began “delighting the people with nightly street concerts,” playing instruments described as a strange cross between a guitar and banjo that produced “very sweet music.”

The people of Hawaii, including the royal family, fell in love with the instrument’s light, plucky sound. It’s said they called the instrument *ukulele*, meaning “jumping flea” in the Hawaiian language, as a reference to the musician’s fast-moving fingers across the strings.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music.

Wit & Wisdom

“May flowers always line
your path and sunshine
light your day.”
—Irish blessing

“Laughter is magic that
dispenses clouds and creates
sunshine in the soul.”
—Richelle E. Goodrich

“Let there always be a bright
spot in your heart for the people
around you. They might need
a bit of sunshine.”
—Ron Baratono

“Wherever you go, no matter
what the weather, always bring
your own sunshine.”
—Anthony J. D’Angelo

“Few of us really appreciate
the soothing, strengthening
power of sunshine.”
—H. Addington Bruce

“Daisies are like sunshine
to the ground.”
—Drew Barrymore

“Some sunshine is good
for the soul, but I always make
sure I wear a big hat.”
—Miranda Kerr

“To be happy, you must be
your own sunshine.”
—Charles Edward Jerningham

“Don’t let the shadows of
yesterday spoil the sunshine of
tomorrow. Live for today.”
—Nandina Morris

Word Search

Category: Words That Rhyme With "May"

H A Y T U H E Y P S I P	1. Lay _____
S J A Y X L A Y S R H N	2. _____
E S A W C C S S C K A C	3. _____
C L C H K B C B K C X Y	4. _____
C D K G D A R S B S K A	5. _____
H Y E I F A K A S T G W	6. _____
G E D E E S W A Y R H S	7. _____
I H K N X C S X X A D C	8. _____
E T G S E K T R A Y C J	9. _____
L S I C K F D K K R K S	10. _____
S E S W E I G H G S A A	11. _____
L C C S T A Y H C C X Y	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Brae	11. Ray
2. Bray	12. Say
3. Clay	13. Sleigh
4. Hay	14. Stay
5. Hey	15. Stray
6. Jay	16. Sway
7. Lay	17. They
8. Lei	18. Tray
9. Neigh	19. Way
10. Pray	20. Weigh

Signs of a Stroke

ACT

F	A	S	T
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

NATIONAL
Stroke
Awareness
Month

Stroke.org