

# TIMELESS

AN EDITORIAL BY LYNRRIDGE OF MURPHY

MAY 2024

Don't  
**bark**  
about it!

Let's embrace the  
**Dog Days**  
**of May**  
with a puppy party!



# A Mother's Love

Created to honor the matriarchs among us, motherhood and all things maternal, as well as their impact on society, Mother's Day is an extraordinary holiday. On the second Sunday each May we celebrate the unconditional love and support of great-grandmothers, grandmothers and mothers in a way that's unique to each family. Activities for the day, gifts, group gatherings, meals and more are all designed to offer gratitude and honor the ladies that helped shape us. It's quite remarkable, really.

Not every country, region and culture celebrate the women who birthed them, though. However, there are a number that do believe it's crucial to dedicate a day to mom. While several countries choose to celebrate on the second Sunday in May, others opt for a different time of year. And, it comes as no surprise that customs and traditions vary as well. Here are a few examples:

- Thailand – Mother's Day has a fixed observance date of August 12 annually and it is customary to give jasmine to the matriarchs. In addition to celebrating maternal bonds among families, the residents of Thailand also celebrate Queen Mother Sirikit's birthday.
- Poland – Another country with a fixed observance date, Poland commemorates mothers on May 26 annually. It's traditional for young children to create handmade gifts and precious love notes and greeting cards at school to give to their mothers.
- Norway – This European country observes Mother's Day on the second Sunday in February annually. There isn't any traditional gift or customary act that marks the occasion.



# From the Executive Director

Dear Family and Friends,  
I hope this email finds you well and enjoying the beautiful weather that marks the arrival of May. As we embrace the changing seasons and the blooming flowers, I am thrilled to provide you with some exciting updates from our garden club.  
Our garden club members have been hard at work rejuvenating our patio and flowerbeds. We are proud to showcase our progress in growing a variety of fruits and vegetables in the bistro area for all to enjoy. The dedication and effort put in by our garden club truly reflects the spirit of new beginnings and growth that comes with the arrival of summer.

I am delighted to introduce our new garden club leader, Susan Debose. Susan has shown exceptional commitment in planning and organizing various club activities for the garden. Her enthusiasm and leadership have already made a positive impact on our community and we are grateful to have her on board.

In June we will be launching our Silver Sneakers program, offering residents the opportunity to engage in fitness activities both in-person, at selected gyms and through online classes tailored for seniors. This initiative aims to promote health and wellness among our residents in the community, providing them with diverse options to stay active and socialize.

I am also pleased to share that our recent viewing of the 2024 eclipse was a remarkable experience for all involved. The turnout was fantastic, and witnessing the moment when darkness enveloped us was truly unforgettable. It is moments like these that create lasting memories and strengthen the bond within our community.

Looking ahead to June, we are gearing up for our Father's Day celebration on the 14th. Join us from 11:30 A.M. to 1:30 P.M. for a special grill event prepared by our talented Chef T. We invite you to enjoy a wonderful time with family and a delightful spread as we honor and appreciate all the wonderful fathers in our community.

As we embrace the theme of "Sizzling Summer Staycation" throughout June, we have exciting events and activities planned for our residents. I will keep you informed via email about upcoming events and announcements, so please stay tuned for further details.

Remember that our team is always here to support you and address any questions or concerns you may have. May you and your loved ones continue to be blessed with good health and happiness.

Warm regards,  
Jeanie Rawlinson



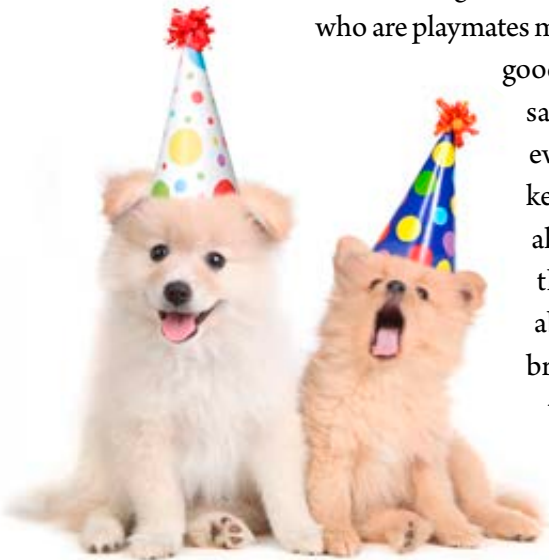
# Celebrate the Dog Days of May with a Puppy Party!

Comedian Elayne Boosler once said, "My fashion philosophy is, if you're not covered in dog hair, your life is empty." Dog lovers likely agree that's a pretty solid belief. Furry companions help make us whole. They love us more than we can possibly conceive, more than we love ourselves. They're part of the family, sometimes even the most trusted and reliable relative. No amount of shedding will ever change that.

The month of May is a great time to remind our pets (and ourselves) how much we care about them and how important they are to us. What better way to display unwavering doggy devotion than to throw a puppy party! Get out those lint rollers because it's time to don a little dog hair.

Just like any party, proper planning is essential. Consider what type of paw party might work best in your facility. Is the party indoors or outdoors? When is it? Once you've determined the time, date and place, think about the guest list. Dogs similar in size and pups who are playmates mingle well at parties. Toys, games,

goodie bags and tasty treats are necessary. Everyone likes a party favor, even pooches! Remember, safety is key. Dogs should be supervised at all times. If there's tension, separate the animals. Let your vet know about the party and don't forget to bring a first aid kit. Now it's time to throw your doggy a party they'll never forget!



May 2024

## Team Members

**Jeanie Rawlinson**  
Executive Director

**Lisa Richards**  
Sales and Marketing Director

**Ruby Garcia**  
Resident Service Director

**Yaw Dwomoh**  
Resident Care Coordinator

**Nathanael Renteria**  
Lifestyle Director

**Dena Dodge**  
Pathways Director

**Terrance Smart**  
Culinary Director

**Yvonne Caulker**  
Business Director

**Dale Rose**  
Maintenance Director

**LYNRIDGE**  
— OF MURPHY —  
ASSISTED LIVING • MEMORY CARE

304 West FM 544  
Murphy, TX 75094





| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|--|---|---|---|---|
|  <div>Dog Days of May</div>   |   |  | <div>Happy Birthday Mr. Cooper 1</div> <div>National Chocolate Parfait Day</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Morning Chair Fitness (B)</div> <div>11:15 Hana Hibachi &amp; Sushi (L)</div> <div>2:30 Pretty Nail Parlor/ Arm Massages (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Dominos (MR)</div> | <div>9:30 The Daily Chronicle 2</div> <div>10:00 Prayer and Praise with Murphy Church (B)</div> <div>1:00 Balloon Tennis (B)</div> <div>1:30 BINGO! (AR)</div> <div>2:45 Gardening Club (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Giant Jenga Game (MR)</div>  | <div>9:30 The Daily Chronicle 3</div> <div>10:00 Morning Strength Training (B)</div> <div>10:30 Walmart Outing (L)</div> <div>1:00 Lifestyle Planning Committee (AR)</div> <div>3:00 Dog Trivia Happy Hour (B)</div> <div>6:00 Kings in the Corner (LR)</div>                                 | <div>9:30 The Daily Chronicle 4</div> <div>10:00 Morning Walk (B)</div> <div>10:30 Guess the Price? (B)</div> <div>1:00 Bowling (B)</div> <div>2:00 Movie Matinee &amp; Popcorn (MR)</div> <div>3:45 True or False Card Game (AR)</div> <div>6:00 Relaxation &amp; Meditation</div>   |
| <div>Cinco De Mayo 5</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Hymn Sing-Along/ Piano (DR)</div> <div>10:30 Sunday Moring Triva (AR)</div> <div>11:00 Murphy Baptist Church Live Stream</div> <div>1:30 Mexican Train (AR)</div> <div>3:00 Mini Golf Game (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Crossword Puzzles &amp; Word searches (AR)</div>           | <div>9:30 The Daily Chronicle 6</div> <div>10:00 Catholic Communion (MR)</div> <div>10:30 Morning Chair Fitness (B)</div> <div>1:30 Bingo! (AR)</div> <div>2:30 Creative Corner: Strawberry Banana Dog Ice Cream (AR)</div> <div>3:30 Resident Council Meeting (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Checkers Match (LR)</div>                                      | <div>Milky Way Day 7</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Stay Fit with Nathanael (B)</div> <div>1:00 Movie Matinee and Popcorn: Julie &amp; Julia (MR)</div> <div>3:15 Corn Hole (B)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Kings in the Corner (LR)</div>  | <div>Concierge Day 8</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Morning Chair Fitness (B)</div> <div>11:15 Lunar Golf (L)</div> <div>2:30 Pretty Nail Parlor/ Arm Massages (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Let's Go UNO (MR)</div>  | <div>Butterscotch Brownie Day 9</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Prayer and Praise with Murphy Church (B)</div> <div>1:00 Balloon Tennis (B)</div> <div>1:30 BINGO! (AR)</div> <div>2:45 Gardening Club (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Mexican Train (AR)</div>                     | <div>Mother's Day Brunch Celebration 10</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Morning Strength Training (B)</div> <div>10:30 Target Outing (L)</div> <div>1:00 Wheel of Fortune (AR)</div> <div>3:00 Happy Hour (B)</div> <div>6:00 Kings in the Corner (LR)</div>             | <div>Opening Day "Westminster Kennel Club Dog Show" 11</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Morning Walk (B)</div> <div>10:30 Dogs A-Z (AR)</div> <div>1:00 Bowling (B)</div> <div>2:00 Movie Matinee &amp; Popcorn (MR)</div> <div>3:45 True or False Card Game (AR)</div> <div>6:00 Relaxation &amp; Meditation</div> |
| <div>Mother's Day Day two "Westminster Kennel Club Dog Show" 12</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Hymn Sing-Along/ Piano (DR)</div> <div>10:30 Sunday Moring Triva (AR)</div> <div>11:00 Murphy Baptist Church Live Stream</div> <div>1:30 Mexican Train (AR)</div> <div>3:00 Mini Golf Game (P)</div> <div>6:00 Crossword Puzzles &amp; Word searches (AR)</div> | <div>Day Three "Westminster Kennel Club Dog Show" 13</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Catholic Communion (MR)</div> <div>10:30 Morning Chair Fitness (B)</div> <div>1:30 Bingo! (AR)</div> <div>2:30 Lynridge Cooking Club (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Checkers Match (LR)</div>  | <div>Final day "Westminster Kennel Club Dog Show" 14</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Stay Fit with Nathanael (B)</div> <div>2:00 Safety &amp; Falls with Kelly/Reliant at Home (B)</div> <div>2:45 Movie Matinee and Popcorn: Megan Leavey (MR)</div> <div>6:00 Kings in the Corner (LR)</div> <div>6:00 Family Support Group with Megan Rader (MR)</div> | <div>9:30 The Daily Chronicle 15</div> <div>10:30 Morning Chair Fitness (B)</div> <div>11:15 North Dallas Zoo (L)</div> <div>2:30 Pretty Nail Parlor/ Arm Massages (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Dominos (MR)</div>   | <div>9:30 The Daily Chronicle 16</div> <div>10:00 Prayer and Praise with Murphy Church (B)</div> <div>1:00 BINGO! (AR)</div> <div>2:00 Cooking Demo with Chef T. (B)</div> <div>2:45 Gardening Club (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Giant Jenga Game (MR)</div>  | <div>National Pizza Party Day 17</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Morning Strength Training (B)</div> <div>10:30 Walmart Outing (L)</div> <div>1:00 Resident Ambassadors Meeting (AR)</div> <div>3:00 Pizza Happy Hour (B)</div> <div>6:00 Kings in the Corner (LR)</div> | <div>I Love Chocolate Reese's Day 18</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Morning Walk (B)</div> <div>10:30 Guess the Price? (B)</div> <div>1:00 Bowling (B)</div> <div>2:00 Movie Matinee &amp; Popcorn (MR)</div> <div>3:45 True or False Card Game (AR)</div> <div>6:00 Relaxation &amp; Meditation</div>            |
| <div>9:30 The Daily Chronicle 19</div> <div>10:00 Hymn Sing-Along/ Piano (DR)</div> <div>10:30 Sunday Moring Triva (AR)</div> <div>11:00 Murphy Baptist Church Live Stream</div> <div>1:30 Mexican Train (AR)</div> <div>3:00 Mini Golf Game (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Crossword Puzzles &amp; Word searches (AR)</div>                                   | <div>9:30 The Daily Chronicle 20</div> <div>10:00 Catholic Communion (MR)</div> <div>10:30 Morning Chair Fitness (B)</div> <div>1:30 Bingo! (AR)</div> <div>2:30 Creative Corner: Doggie Beds (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Checkers Match (LR)</div>   | <div>National Strawberry &amp; Cream Day 21</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Stay Fit with Nathanael (B)</div> <div>1:00 Movie Matinee and Popcorn: Jerry &amp; Marge Go Large (MR)</div> <div>3:00 Town Hall (MR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Kings in the Corner (LR)</div>   | <div>Happy Birthday Mr. Guzzetti 22</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Morning Chair Fitness (B)</div> <div>11:15 North Dallas Escape Room (L)</div> <div>2:30 Pretty Nail Parlor/ Arm Massages (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Let's Go UNO (MR)</div>                                   | <div>World Turtle Day 23</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Prayer and Praise with Murphy Church (B)</div> <div>1:00 Balloon Tennis (B)</div> <div>1:30 BINGO! (AR)</div> <div>2:45 Gardening Club (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Mexican Train (AR)</div>                            | <div>9:30 The Daily Chronicle 24</div> <div>10:00 Morning Strength Training (B)</div> <div>10:30 Target Outing (L)</div> <div>1:00 Wheel of Fortune (AR)</div> <div>3:00 Happy Hour &amp; Birthday Bash (B)</div> <div>6:00 Kings in the Corner (LR)</div>                                    | <div>9:30 The Daily Chronicle 25</div> <div>10:00 Morning Walk (B)</div> <div>10:30 Dogs A-Z (AR)</div> <div>1:00 Bowling (B)</div> <div>2:00 Movie Matinee &amp; Popcorn (MR)</div> <div>3:45 True or False Card Game (AR)</div> <div>6:00 Relaxation &amp; Meditation</div>   |
| <div>9:30 The Daily Chronicle 26</div> <div>10:00 Hymn Sing-Along/ Piano (DR)</div> <div>10:30 Sunday Moring Triva (AR)</div> <div>11:00 Murphy Baptist Church Live Stream</div> <div>1:30 Mexican Train (AR)</div> <div>3:00 Mini Golf Game (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Crossword Puzzles &amp; Word searches (AR)</div>                                   | <div>Memorial Day 27</div> <div>National Grape Popsicle Day</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Catholic Communion (MR)</div> <div>10:30 Morning Chair Fitness (B)</div> <div>1:30 Bingo! (AR)</div> <div>2:30 Lynridge Cooking Club (AR)</div> <div>3:15 New Resident Orientation (MR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Checkers Match (LR)</div> | <div>Eat a Hamburger Day 28</div> <div>9:30 The Daily Chronicle</div> <div>10:30 Stay Fit with Nathanael (B)</div> <div>1:00 Movie Matinee and Popcorn: A Dog's Purpose (MR)</div> <div>3:15 Corn Hole (B)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Kings in the Corner (LR)</div>   | <div>9:30 The Daily Chronicle 29</div> <div>10:30 Morning Chair Fitness (B)</div> <div>11:15 The Dinosaur Company (L)</div> <div>2:30 Pretty Nail Parlor/ Arm Massages (AR)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Dominos (MR)</div>   | <div>National Senior Health &amp; Fitness Day 30</div> <div>9:30 The Daily Chronicle</div> <div>10:00 Prayer and Praise with Murphy Church (B)</div> <div>1:00 Balloon Tennis (B)</div> <div>1:30 BINGO! (AR)</div> <div>2:45 Gardening Club (P)</div> <div>4:00 Walking Club (B)</div> <div>6:00 Giant Jenga Game (MR)</div> | <div>9:30 The Daily Chronicle 31</div> <div>10:00 Morning Strength Training (B)</div> <div>10:30 Walmart Outing (L)</div> <div>1:30 Lynridge Gold Lock Shop (AR)</div> <div>3:00 Happy Hour (B)</div> <div>6:00 Kings in the Corner (LR)</div>  | <div>KEY</div> <div>Activities Room.....AR</div> <div>Bistro.....B</div> <div>Fitness Center.....FC</div> <div>Living Room.....LR</div> <div>Media Room.....MR</div> <div>Private Dining Room.....PD</div> <div>Patio Off Dining Room.....P</div> <div>Front Living Room.....FLR</div>  |





Resident Spotlight

Dear Residents,
As part of our commitment to showcasing the wonderful individuals who make our community thrive, we are delighted to introduce our resident spotlight for May - the wonderful Dorothy Rollins.

Dorothy truly embodies the spirit of community and kindness. As an ambassador, she goes above and beyond to give assistance to her fellow residents. Known for her compassionate nature and willingness to lend a helping hand, Dorothy has touched the hearts of many in our community.

Not only is Dorothy a caring soul, but she also exudes warmth and positivity wherever she goes. Her ability to connect with others and create a sense of belonging is truly admirable. Whether she is helping during activities, welcoming new residents or simply sharing a kind word, Dorothy's presence enriches our community in countless ways.

One of Dorothy's many talents includes her skill in solving puzzles, which she enjoys doing in her spare time. Her passion for puzzles not only showcases her sharp mind but also adds a fun and engaging element to our community activities.

We are incredibly grateful to have Dorothy as a part of our community, and we look forward to creating more cherished memories with her in the days to come. Let us continue to celebrate Dorothy's contributions and the positive impact she has on all of us.

Please join us in congratulating Dorothy Rollins on being our resident spotlight for May. If you see her around the community, be sure to extend your warm wishes and appreciation for all that she does. Together, let's make our community even brighter through acts of kindness and connection.

Thank you for your attention, and stay tuned for more updates on our amazing residents.

Warm regards,
Nathanael Renteria



Rick

Dear Team and Residents,
I hope this message finds you well. I am writing to inform you that Rick Jones and his wife Eugene have left our community but not our hearts. I want to show my gratitude to Rick who has been an exceptional ambassador and president for our community.

During his tenure, Rick has demonstrated unwavering dedication and commitment through his leadership in various community activities, from organizing morning exercises to leading our afternoon walking club. His presence has been a significant asset to our community, and we are sincerely grateful for all that he has contributed.

As Rick prepares to move on to new endeavors, it is important for us to take a moment to express our gratitude and appreciation for his hard work and positive impact. Despite his lighthearted nature and humor, Rick's kindness and jovial personality have made him a beloved member of our community.

In addition to his contributions here, we also acknowledge and honor Rick's 14 years of service in the army, including his active duty in Vietnam from 1969 to 1971. Rick Says, "It was my honor to serve, but I'm glad it's over! Hurry up and wait," exemplifies his humility and dedication to duty.

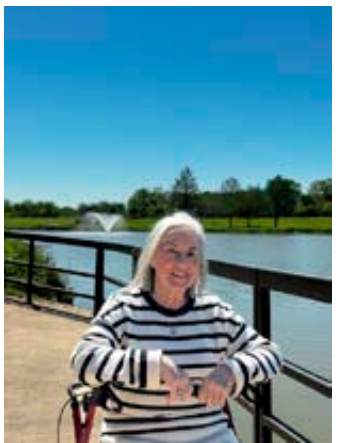
We will miss you, Rick and Eugene.
Warm regards,
Nathanael Renteria

Happy Birthday!!

- Raymond Cooper ..... May 1st
Rose Rice ..... May 19th
William Guzzetti ..... May 22nd
Karen Boman ..... May 23rd



Capturing Wonderful Memories







# ECLIPSE 2024

