

# TIMELESS

AN EDITORIAL BY PRESTONWOOD COURT

MAY 2024

Don't  
**bark**  
about it!

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

PRESTONWOOD COURT | MEMORY CARE



# 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.



## Making New Memories on MEMORIAL DAY

Among the myriad of May commemorations is Memorial Day, a federal holiday honoring the fallen members of the U.S. military who made their greatest and final sacrifice in service to our country. Since the 1860s, the graves of these courageous male and female soldiers have been decorated with flowers and flags as an act of remembrance.

While visiting and sprucing up soldiers' graves is the most common practice associated with the holiday, it doesn't have to be the only one. There are plenty of other ways to pay tribute that invoke feelings of love and gratitude and trigger some fond memories in the process.

1. Sign up for a Memorial Day race, fun run or walk that honors fallen U.S. soldiers. These events are common nationwide.
2. Do a deep dive on your family and its history far and wide. Learn as much as you can about its ties to the military. You'll be surprised at some of the connections you find.
3. Check out a classic military movie for the first time and invite your neighbors, friends or family to join you. Some options might include "A Few Good Men," "Platoon," "Saving Private Ryan" and "We Were Soldiers."
4. Attend or watch a Memorial Day concert or parade. PBS broadcasts the Memorial Day concert annually, but there are also local music concerts as well. You're less likely to find a parade on TV, so attending in person might be your best bet. Check your newspaper or hop online to see what parades are nearby.

Now, go make some new Memorial Day memories!



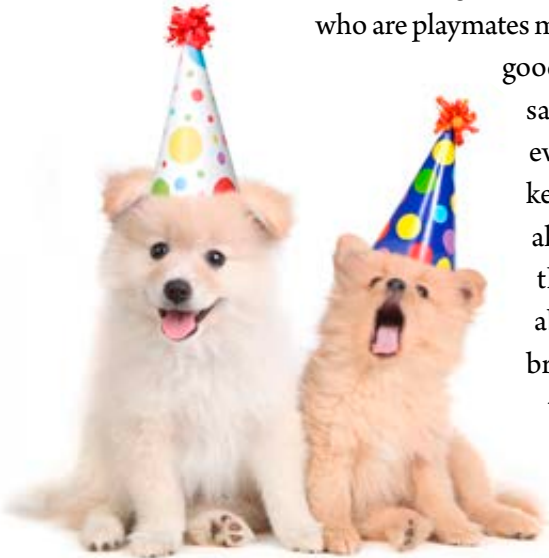
## Celebrate the Dog Days of May with a Puppy Party!

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

### Leadership Team

**Greg Anderson**  
Regional Director of Operations

**Taletha Sims**  
Executive Director

**Bhaey Scruggs**  
Business Director

**Janelle Row**  
Lifestyles Director

**Krista Miranda**  
Memory Care Program Director

**Julie Carpenter**  
Sales and Marketing Director

**Pat Bafana**  
Resident Services Director

**Theodore Holmes**  
Maintenance Director

**Guadalupe Lopez**  
Housekeeping Supervisor

**Katherine Dinocentis-Reyes**  
Dining Room Manager



7001 W Plano Pky.  
Plano, TX 75093





MAY 2024 • WEEK ONE





Dog Days  
of May


<b>WED, MAY 01</b>	8:00 Chuck's Early Bird Walk About 9:30 Move w/Music 10:00 May Decor Swap 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration	11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:30 Audiobook Club 3:00 Refreshments	4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>THU, MAY 02</b>	8:00 Chuck's Early Bird Walk About 9:30 Sit & Be Fit 10:00 <b>BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration	11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner	4:15 Gentlemen's Dinner in the Bistro 4:30 Dinner 6:00 Relax and Wind Down
<b>FRI, MAY 03</b>	8:00 Chuck's Early Bird Walk About 9:30 Move Your Muscles 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club	11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour	4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down 6:00 YouTube Music Videos
<b>SAT, MAY 04</b>	<b>"MAY THE FORTH BE WITH YOU"</b> 8:00 Chuck's Early Bird Walk About 9:30 Morning Yoga 10:15 Caregiver Craft	11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 Table Time: Games/Puzzles/Art 3:00 Ice Cream Sandwich Break	4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising

All programs are subject to change due to circumstances beyond our control. Thank you for your understanding. Prestonwood Court MC

MAY 2024 • WEEK TWO


<b>SUN, MAY 05</b> 	<b>Cinco de Mayo</b> 8:00 Chuck's Early Bird Walk About 9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration	11:00 Walk 'n talk walking club 11:30 Lunch 12:30 "Chicken Soup for the Soul" 1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals	4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising
<b>MON, MAY 06</b> 	8:00 Chuck's Early Bird Walk About 9:30 Monday Meditations 10:00 Out and About Van trip 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration	11:30 Lunch 12:30 Communion 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 <b>Movie Monday w/ fresh popcorn</b> 4:00 Bingo Before Dinner	4:30 Dinner 6:00 Relax and Wind Down
<b>TUE, MAY 07</b>	<b>Sherri's Birthday!!</b> 8:00 Chuck's Early Bird Walk About 9:30 Grow & Flow w/Nature 10:00 Clue 11:00 These are a few of my favorite things	11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class	2:00 Let the games begin! 3:00 Tuesday Tidbits 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>WED, MAY 08</b>	8:00 Chuck's Early Bird Walk About 9:30 Move w/Music 10:15 <b>Musical Moments Music Therapy</b> 10:45 Family Feud	11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 Beena's Bible Study	2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>THU, MAY 09</b>	8:00 Chuck's Early Bird Walk About 9:30 Sit & Be Fit 10:00 <b>BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration	11:00 Walk 'n talk walking club 11:00 <b>Birthday Luncheon</b> 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies	4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>FRI, MAY 10</b>	8:00 Chuck's Early Bird Walk About 9:30 Move Your Muscles 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club	11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour	4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down 6:00 YouTube Music Videos
<b>SAT, MAY 11</b>	8:00 Chuck's Early Bird Walk About 9:30 Morning Yoga 10:15 Caregiver Craft 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club	11:30 Lunch 12:30 Table Time: Games/Puzzles/Art 3:00 Ice Cream Sandwich Break 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising	

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MAY 2024 • WEEK THREE				
<div> <div>SUN, MAY 12</div>  </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>9:30</div> <div>Dance to the "Oldies"</div>	<div>12:30</div> <div>"Chicken Soup for the Soul"</div>	<div>6:15</div> <div>Courtyard Cruising</div>	
	<div>10:00</div> <div>DEVOTIONAL WORSHIP</div>	<div>1:00</div> <div>Gaither Gospel Hour</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Sing-Along Sunday</div>	<div>3:00</div> <div>Ice Cream Social</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>3:15</div> <div>Sunday Devotionals</div>	<div>4:30</div> <div>Dinner</div>	
<div> <div>MON, MAY 13</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>4:30</div> <div>Dinner</div>	
	<div>9:30</div> <div>Monday Meditations</div>	<div>12:30</div> <div>Communion</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>10:00</div> <div>Out and About Van trip</div>	<div>12:30</div> <div>IN2L Videos</div>		
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Movie Monday w/ fresh popcorn</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
<div> <div>TUE, MAY 14</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Let the games begin!</div>	
	<div>9:30</div> <div>Grow &amp; Flow w/Nature</div>	<div>3:00</div> <div>Tuesday Tidbits</div>	<div>3:00</div> <div>Tuesday Tidbits</div>	
	<div>10:00</div> <div>Clue</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>11:00</div> <div>These are a few of my favorite things</div>	<div>4:30</div> <div>Dinner</div>	<div>4:30</div> <div>Dinner</div>	
		<div>12:30</div> <div>IN2L Videos</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
		<div>1:00</div> <div>Fitness w/ Lovell</div>		
		<div>1:30</div> <div>Legacy Live Well Class</div>		
<div> <div>WED, MAY 15</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>4:30</div> <div>Dinner</div>	
	<div>9:30</div> <div>Move w/Music</div>	<div>12:30</div> <div>IN2L Videos</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>10:45</div> <div>Family Feud</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Beena's Bible Study</div>		
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>2:30</div> <div>Audiobook Club</div>	<div>3:00</div> <div>Refreshments</div>	
		<div>3:00</div> <div>Refreshments</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	<div>4:00</div> <div>Bingo Before Dinner</div>
		<div>4:00</div> <div>Bingo Before Dinner</div>		<div>6:00</div> <div>Relax and Wind Down</div>
<div> <div>THU, MAY 16</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>3:00</div> <div>Fresh Baked Cookies</div>	
	<div>9:30</div> <div>Sit &amp; Be Fit</div>	<div>11:30</div> <div>Lunch</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>10:00</div> <div>BRAD ACKLAND "The Australian"</div>	<div>12:30</div> <div>IN2L Videos</div>	<div>4:15</div> <div>Gentlemen's Dinner in the Bistro</div>	
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>	<div>4:30</div> <div>Dinner</div>	
		<div>1:30</div> <div>Songs and Smiles Karaoke</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
		<div>2:00</div> <div>"In the Deep" Discussion</div>		
<div> <div>FRI, MAY 17</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>9:30</div> <div>Move Your Muscles</div>	<div>12:30</div> <div>IN2L Videos</div>	<div>4:30</div> <div>Dinner</div>	
	<div>10:45</div> <div>Hand Massages</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>1:45</div> <div>North Court "Sprinkle Club"</div>	<div>6:00</div> <div>YouTube Music Videos</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>2:00</div> <div>Let the games begin!</div>		
		<div>2:00</div> <div>Table Time</div>		
		<div>3:00</div> <div>Fun Friday Happy Hour</div>		
<div> <div>SAT, MAY 18</div>  </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>		
	<div>9:30</div> <div>Morning Yoga</div>	<div>12:30</div> <div>Table Time: Games/Puzzles/Art</div>		
	<div>10:15</div> <div>Caregiver Craft</div>	<div>3:00</div> <div>Ice Cream Sandwich Break</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>4:30</div> <div>Dinner</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>6:15</div> <div>Courtyard Cruising</div>		

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Prestonwood Court MC

MAY 2024 • WEEK FOUR				
<div> <div>SUN, MAY 19</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>9:30</div> <div>Dance to the "Oldies"</div>	<div>12:30</div> <div>"Chicken Soup for the Soul"</div>	<div>6:15</div> <div>Courtyard Cruising</div>	
	<div>10:00</div> <div>DEVOTIONAL WORSHIP</div>	<div>1:00</div> <div>Gaither Gospel Hour</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Sing-Along Sunday</div>	<div>3:00</div> <div>Ice Cream Social</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>3:15</div> <div>Sunday Devotionals</div>	<div>4:30</div> <div>Dinner</div>	
<div> <div>MON, MAY 20</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>4:30</div> <div>Dinner</div>	
	<div>9:30</div> <div>Monday Meditations</div>	<div>12:30</div> <div>Communion</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>10:00</div> <div>Out and About Van trip</div>	<div>12:30</div> <div>IN2L Videos</div>		
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Movie Monday w/ fresh popcorn</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
<div> <div>TUE, MAY 21</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Let the games begin!</div>	
	<div>9:30</div> <div>Grow &amp; Flow w/Nature</div>	<div>3:00</div> <div>Tuesday Tidbits</div>	<div>3:00</div> <div>Tuesday Tidbits</div>	
	<div>10:00</div> <div>Clue</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>11:00</div> <div>These are a few of my favorite things</div>	<div>4:30</div> <div>Dinner</div>	<div>4:30</div> <div>Dinner</div>	
		<div>12:30</div> <div>IN2L Videos</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
		<div>1:00</div> <div>Fitness w/ Lovell</div>		
		<div>1:30</div> <div>Legacy Live Well Class</div>		
<div> <div>WED, MAY 22</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>3:00</div> <div>Refreshments</div>	
	<div>9:30</div> <div>Move w/Music</div>	<div>12:30</div> <div>IN2L Videos</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>10:45</div> <div>Family Feud</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>	<div>4:30</div> <div>Dinner</div>	
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>2:00</div> <div>Beena's Bible Study</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>2:00</div> <div>Chef Hector's Cooking Demo</div>		
		<div>2:30</div> <div>Audiobook Club</div>		
<div> <div>THU, MAY 23</div>  </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>4:30</div> <div>Dinner</div>	
	<div>9:30</div> <div>Sit &amp; Be Fit</div>	<div>11:30</div> <div>Lunch</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>10:00</div> <div>BRAD ACKLAND "The Australian"</div>	<div>12:30</div> <div>IN2L Videos</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>	<div>2:00</div> <div>"In the Deep" Discussion</div>	
		<div>2:00</div> <div>"In the Deep" Discussion</div>	<div>3:00</div> <div>Fresh Baked Cookies</div>	
		<div>4:00</div> <div>Bingo Before Dinner</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
<div> <div>FRI, MAY 24</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>	<div>4:00</div> <div>Bingo Before Dinner</div>	
	<div>9:30</div> <div>Move Your Muscles</div>	<div>12:30</div> <div>IN2L Videos</div>	<div>4:30</div> <div>Dinner</div>	
	<div>10:45</div> <div>Hand Massages</div>	<div>1:00</div> <div>Fitness w/ Lovell</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>1:45</div> <div>North Court "Sprinkle Club"</div>	<div>6:00</div> <div>YouTube Music Videos</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>2:00</div> <div>Let the games begin!</div>		
		<div>2:00</div> <div>Table Time</div>		
		<div>3:00</div> <div>Fun Friday Happy Hour</div>		
<div> <div>SAT, MAY 25</div> </div>	<div>8:00</div> <div>Chuck's Early Bird Walk About</div>	<div>11:30</div> <div>Lunch</div>		
	<div>9:30</div> <div>Morning Yoga</div>	<div>12:30</div> <div>Table Time: Games/Puzzles/Art</div>		
	<div>10:15</div> <div>Caregiver Craft</div>	<div>3:00</div> <div>Ice Cream Sandwich Break</div>		
	<div>11:00</div> <div>Wet your whistle... Infused Hydration</div>	<div>4:30</div> <div>Dinner</div>	<div>6:00</div> <div>Relax and Wind Down</div>	
	<div>11:00</div> <div>Walk 'n talk walking club</div>	<div>6:15</div> <div>Courtyard Cruising</div>		

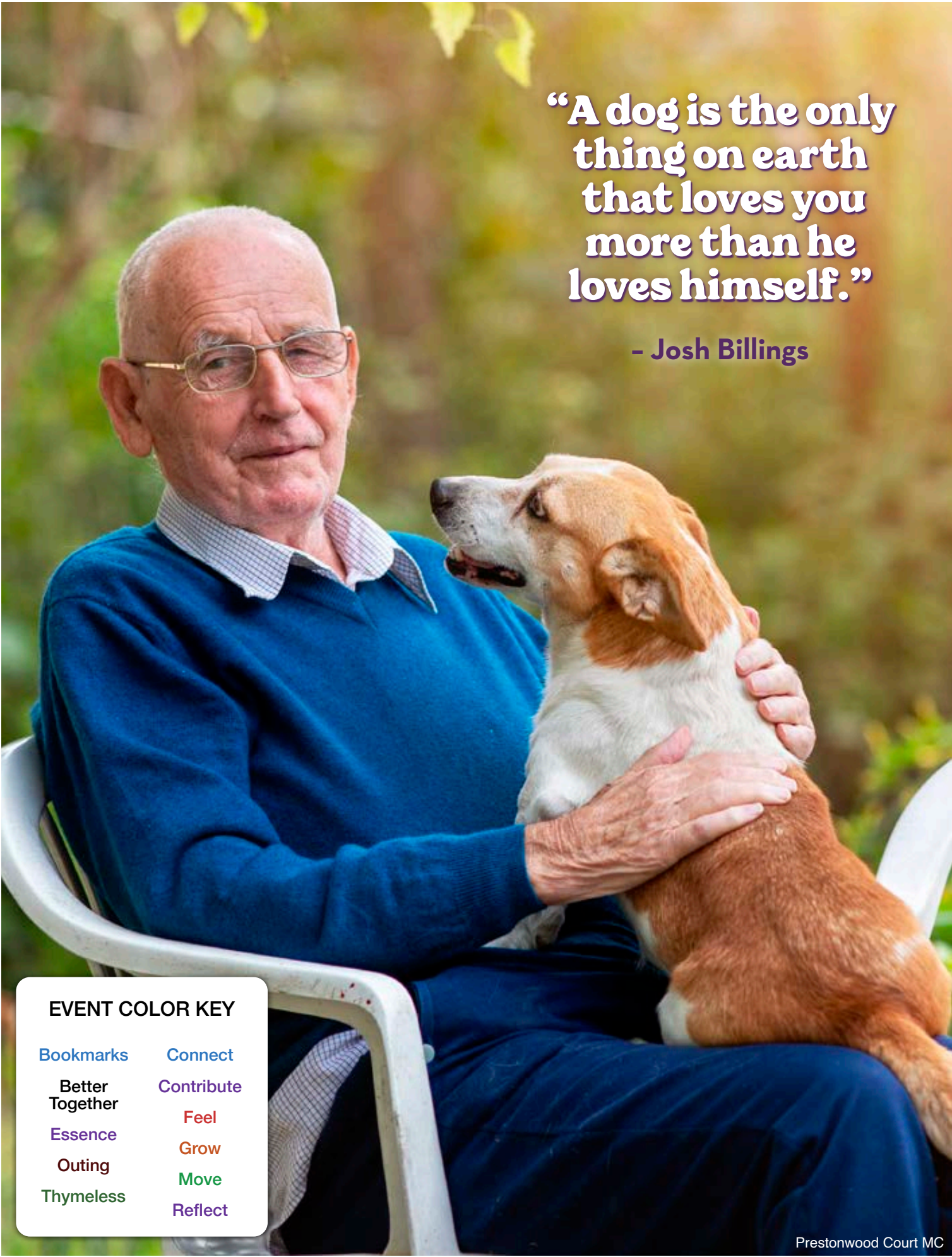
All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

Prestonwood Court MC



MAY 2024 • WEEK FIVE			
<b>SUN, MAY 26</b>	8:00 Chuck's Early Bird Walk About 9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club	11:30 Lunch 12:30 "Chicken Soup for the Soul" 1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals 4:30 Dinner	6:00 Relax and Wind Down 6:15 Courtyard Cruising
<b>MON, MAY 27</b> 	8:00 Chuck's Early Bird Walk About 9:30 Monday Meditations 10:00 Out and About Van trip 10:00 Honoring our NC Military 11:00 Walk 'n talk walking club	11:00 Wet your whistle... Infused Hydration 11:30 Lunch 12:30 Communion 12:30 IN2L Videos 1:00 Fitness w/ Lovell	2:00 Movie Monday w/ fresh popcorn 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>TUE, MAY 28</b>	8:00 Chuck's Early Bird Walk About 9:30 Grow & Flow w/Nature 10:00 Singing w/ Paul Anderson! 10:00 Clue	11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos	1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down
<b>WED, MAY 29</b> 	8:00 Chuck's Early Bird Walk About 9:30 Move w/Music 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club	11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner	4:30 Dinner 6:00 Relax and Wind Down
<b>THU, MAY 30</b>	8:00 Chuck's Early Bird Walk About 9:30 Sit & Be Fit 10:00 BRAD ACKLAND "The Australian" 11:00 Wet your whistle... Infused Hydration	11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner	4:15 Gentlemen's Dinner in the Bistro 4:30 Dinner 6:00 Relax and Wind Down
<b>FRI, MAY 31</b>	8:00 Chuck's Early Bird Walk About 9:30 Move Your Muscles 10:45 Hand Massages 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration	11:30 Lunch 12:30 Table top flower arranging 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Table Time 2:00 Let the games begin!	3:00 Fun Friday Happy Hour 4:00 Bingo Before Dinner 4:30 Dinner 6:00 YouTube Music Videos 6:00 Relax and Wind Down





**“A dog is the only thing on earth that loves you more than he loves himself.”**

**- Josh Billings**

EVENT COLOR KEY

Bookmarks

Better Together

Essence

Outing

Thymeless

Connect

Contribute

Feel

Grow

Move

Reflect

Prestonwood Court MC





The Power of Pet Therapy

There is nothing like the unconditional love provided by a pet. It’s simple and magical. That love can be life-changing, both physically and emotionally. Studies have shown that pets are a source of comfort and can help elevate mood, lower stress and anxiety levels and promote an active lifestyle, which ultimately helps lower the risk of cardiovascular disease. Those are just a few of the health benefits. It’s no wonder that pet therapy is so effective.

Pets play a major role in the success of many therapy programs, especially those designed for seniors. Animal-assisted therapy and animal-assisted activities can significantly affect one’s recovery from a variety of health issues and play an integral role in the treatment of countless other medical conditions, including depression, epilepsy, autism, dementia and post-traumatic stress disorder, to name a few. In addition, it can be used as a tool to help improve speech, social skills and body movement. Pet therapy is also extremely helpful when coping with major transitions and difficult circumstances, such as moving away from family and friends or experiencing the loss of a loved one.

These days, it is common for long-term therapy facilities to offer animal visitation programs. The benefits are undeniable, and the power of pet therapy is palpable. The bonds created between humans and animals have far-reaching, positive effects we can never fully grasp.

Another Perspective on Mother’s Day

There’s never a dull moment in the animal birthing world. Some creatures are born underwater. Some incubate and hatch from eggs. Some are born from males instead of females. Some give birth upside-down. The list goes on and on. And, some parents leave their babies when they’re very young while others seek closeness for life and would do anything to ensure their children survive. As we celebrate Mother’s Day, let’s take a look at a few interesting mother-child relationships in the animal kingdom.

- Mother giraffes are nothing if not overprotective. They hover over their offspring with such a watchful eye that they only allow themselves 30 minutes of sleep daily.
- Baby koalas can’t process the eucalyptus leaves vital to their diets. Their parents can, so the mama koalas share their own feces with their babies, chewing it before feeding them the nourishment they need.
- Elephant herds are led by ladies. Their matriarchy provides lots of extra mothering as different females act as caregiver, provide the babies with lots of love and help them learn how to nurse.
- Mother gorillas give their newborn babies absurd amounts of kisses and are known to share their nest for approximately 4 to 6 years!
- After 18 months, pandas are free to leave their mothers, having learned enough to take care of themselves in the wild.



Poker-Playing Pets

Cassius Marcellus, or C.M., Coolidge was really onto something. He’s the talented yet not-so-well-known American artist behind the 18-piece series of paintings known as “Dogs Playing Poker.” This popular series was initially used as promotional art on cigar boxes. Over time, society’s middle class became drawn to the humorous and intriguing artwork and it was likely you’d find one or more pieces



from “Dogs Playing Poker” on display in homes across the nation.

The most common painting, “A Friend in Need,” is said to be the most valuable piece in the series and arguably the most popular, as it features a friendly card game played by hounds and bulldogs at the poker table. The

most puzzling part of the doggy depiction is the cheating, though. Dogs cheating at poker, passing cards under the table, is so bizarre one could hardly shift their gaze elsewhere. It’s comical and engaging, and leaves art fans

wanting more. This particular painting is also the one in the series that is often called “Dogs Playing Poker,” when, in fact, it has a completely different name.

While society’s middle class was overwhelmingly attracted to

the Coolidge paintings, the art world held a different view. “Dogs Playing Poker” was not well-respected among the elites or critics, unfortunately, meaning the paintings didn’t sell for top dollar. Coolidge was gipped in that sense, but despite everything, he was definitely still able to make his mark on the world.



May 2024 Dates to Celebrate



Birthstone: Emerald | Flower: Lily of the Valley | Zodiac Signs: Taurus/Gemini

May Day .....	5/1	Mother’s Day .....	5/12
Kentucky Derby .....	5/4	Skilled Nursing Care Week .....	5/12-5/18
Cinco de Mayo .....	5/5	Armed Forces Day .....	5/18
National Pet Week .....	5/5-5/11	Memorial Day .....	5/27
National Nurses’ Week .....	5/6-5/12	National Senior Health & Fitness Day .....	5/29

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difficult

it's a  
**Puppy Paw-ty!**

BEAGLE  
BORDER COLLIE  
BULLDOG  
CHIHUAHUA  
CORGI  
DACHSHUND  
GOLDEN  
RETRIEVER  
HUSKY  
LABRADOR  
POODLE  
PUG  
SHEPHERD  
SHIH TZU  
SPANIEL  
TERRIER

L E A A L G A A U G L U G O D L L U B I I N  
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