



TIMELESS

AN EDITORIAL BY VERADEN

MAY 2025

Expressions
OF JOY

VERADEN | INDEPENDENT LIVING

Pathways Corner!



Observing Memorial Day

On Memorial Day, which falls on May 26 this year, we mourn our nation's fallen soldiers and military personnel, those who lost their lives in service to their country. One of the largest annual Memorial Day observances occurs near our nation's capital at Arlington National Cemetery (ANC) in Arlington, VA. This remembrance event has occurred since 1868, when Memorial Day was otherwise known as Decorations Day.

There are several traditions that are held sacred in observance of Memorial Day at ANC. One of the most significant is the visit of the American president or one of his designated representatives to the Tomb of the Unknown Soldier, which was created in 1921. The president or representative participates in a wreath-laying ceremony. Beautifully adorned wreaths are commonly seen at ANC, as wreath-laying events aren't atypical. However, the Memorial Day tradition is considered to be more formal.

In the days leading up to Memorial Day Weekend, a meticulous tradition known as "Flags In" takes place. The Old Guard, ANC's ceremonial unit established in 1948, along with members of other units, place small American flags beside the graves of fallen Armed Services members. This tradition is nothing if not precise. One boot-length is all the space you'll find between each flag's plant in the ground and the base of its corresponding headstone. Flags are also placed with great care beneath the columbarium niche rows, ensuring the same level of precision and respect for the fallen.

While solemn, these observances hold great significance in our country. What observances occur in your community or city?

May Birthdays

Make A Wish!

Robert M.....	5/5
Barbara B.....	5/6
Mary H.....	5/6
Dan G.....	5/10
Lucille L.....	5/15
Jane B.....	5/23
Donna A.....	5/24

Reflections on Motherhood

Being a parent is one of the most rewarding and challenging experiences a mother might experience throughout her lifetime. As soon as that little one enters the world, a mom is entrusted with responsibility for the child's life, teaching them how to love and learn, and become a part of this world. She guides them through every little, teensy tiny thing possible, from proper vegetable intake, to discipline in athletics, to becoming a safe driver and everything in between.

As both child and mother become older, the needs experienced in that relationship, that lifelong bond, shift into something different. There's a loss to be mourned in the shift from the hands-on caregiver and life affirmer to confidant, advisor, and supporter. While it's likely all of those roles were filled by a mother during her offspring's childhood and adolescence, that takes on an entirely different meaning once the child enters adulthood.

Mothers worry. They care about their 30-year-old child's decision-making, their choice of partner, their career, their ability to be a parent, and even their house-cleaning habits ... all the things. Mothers want their children to experience all the beauty of this world and want to help their kids experience it. They love, admire, and remain devoted no matter their adult offspring's age.

So, for all the mothers out there, remember you are loved and appreciated. You have a big heart. You continue to inspire and influence, guide and support. You are beautiful inside and out. Happy Mother's Day!

May Outings

Walmart Mondays.....	10 AM
The Lookout at Kickingbird.....	11AM
Edgar Cruz At Ellison.....	2 PM
OKC Ballpark	10 AM
Swadleys Bar-B-Que.....	11 AM
DSW Shoes.....	2 PM
State Capitol Tour	10 AM
Mama Rojas Lunch.....	11 AM
Crest Shopping.....	2 PM
Eddies Steakhouse	11 AM
Charlestons Lunch.....	11 AM

May 2025

Veraden Team

Kara Bolino
Executive Director

Brook Fields
Sales & Marketing Director

Christopher Horn
Culinary Director

Whitney Bennett
Pathways Director

Jeanee Conway
Lifestyle Director

Jason Clevenger
Maintenance Director

Brittany Henry
Business Director



2709 E. Danforth Rd
Edmond, OK 73034



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY Assisted Living Activity Room ..ALAR IL Fire Pit FP Assisted Living Lobby ALL Private Dining Room PDR Fitness Room FR Gaming Lounge GL 500 Hall Cafe 500 C Downstairs Cafe DSC IL Dining Room IL-DR AL Dining Room AL-DR Movie Theatre MT</p>	<p><i>Expressions OF JOY</i></p>			<p>Hawaiian Lei Day 1</p> <p>9:00 Balance Steps-FR</p> <p>10:00 Mary Kay Booth-ILDR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:30 Cardio Drumming-FR</p> <p>3:00 Thirsty Thursday- GL</p> <p>6:00 Movie Play The Game-MT</p>	<p>Space Day 2</p> <p>9:00 Band-IT Strength-FR</p> <p>9:30 Coffee & Chat-ILDR</p> <p>10:00 Gardening Club-500 Hall</p> <p>11:00 The Lookout At Kickingbird Lunch Outing</p> <p>1:15 Hall Hikers-FP</p> <p>2:30 Flow Yoga-FR</p> <p>3:00 Kentucky Derby Races-ILDR</p> <p>4:00 Rummikub Club-ALAR</p>	<p>Kentucky Derby Day 3</p> <p>10:00 Trailblazers Walking-FP</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>1:30 Rummikub-DSC</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:30 Mexican Train/Dominoes-MR</p> <p>4:30 Shuffleboard/Billiards-GL</p> <p>7:00 Poker Night-GL</p>
<p>Bird Day 4</p> <p>10:00 Henderson Hills Worship-MR</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>11:00 Board-Game Corner-DSC</p> <p>11:15 Dominoes/Mexican Train-MR</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>4:00 Christ Church Service-ALAR</p>	<p>Cinco de Mayo 5</p> <p>8:15 Hall Hikers-FP</p> <p>9:00 Strength & Stretch-FR</p> <p>10:00 Shopping Outing: Walmart</p> <p>1:30 Book Club-MR</p> <p>2:30 Move & Groove Steps-FR</p> <p>2:45 Edgar Cruz Entertainment-At The Ellison Outing</p> <p>3:00 Cinco De Mayo Party-Chelsea- Companion- GL</p> <p>4:00 Rummikub Club</p>	<p>National Nurses Day 6</p> <p>9:00 Flow Yoga-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:00 Movie-Julie & Julia-MT</p> <p>2:30 BandIT Strength-FR</p> <p>3:00 Coke Float Social-GL</p> <p>4:00 Rummikub- ALAR</p>	<p>9:00 Cardio Drumming-FR</p> <p>10:00 Baseball Game Outing-OKC</p> <p>10:30 Wii Bowling League-GL</p> <p>11:00 Faith Bible Devotional-MR</p> <p>11:00 Pickle Jam & Salsa Kitchen</p> <p>1:30 Gathan Entertainment -ILDR</p> <p>1:30 Book Club-MR</p> <p>2:30 Flow Yoga -FR</p> <p>3:00 Pray/Play w/ Peace Lthrn -ALAR</p>	<p>No Socks Day 8</p> <p>9:00 Balance Steps-FR</p> <p>10:00 Activity Committee Meeting-ALAR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:30 Cardio Drumming-FR</p> <p>3:00 Thirsty Thursday- GL</p> <p>6:00 Movie-Julie & Julia-MT</p>	<p>Military Spouse Day 9</p> <p>9:00 Band-IT Strength-FR</p> <p>9:30 Coffee & Chat-ILDR</p> <p>10:00 Gardening Club-500 Hall</p> <p>11:00 Swadley's Bar-B-Que Lunch Outing</p> <p>1:15 Hall Hikers-FP</p> <p>2:30 Flow Yoga-FR</p> <p>3:00 Casey & Minna Entertainment-ILDR</p> <p>4:00 Rummikub Club-ALAR</p>	<p>Windmill Day 10</p> <p>10:00 Trailblazers Walking-FP</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>1:30 Rummikub-DSC</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:30 Mexican Train/Dominoes-MR</p> <p>4:30 Shuffleboard/Billiards-GL</p> <p>7:00 Poker Night-GL</p>
<p>Mothers Day 11</p> <p>10:00 Henderson Hills Worship-MR</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>11:00 Board-Game Corner-DSC</p> <p>11:15 Dominoes/Mexican Train-MR</p> <p>2:00 Bridge Club-MR</p> <p>2:00 Worship: Peace Lutheran-ALAR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>4:00 Christ Church Service-ALAR</p>	<p>National Hospital Day 12</p> <p>8:15 Hall Hikers-FP</p> <p>9:00 Strength & Stretch-FR</p> <p>10:00 Shopping Outing: Walmart</p> <p>1:30 Book Club-MR</p> <p>1:30 Carolyn & Julie Entertainment-ILDR</p> <p>2:00 DSW Shoe Outing</p> <p>2:30 Move & Groove Steps-FR</p> <p>3:00 Wine-d Down Monday-GL</p> <p>4:00 Rummikub Club</p>	<p>National Apple Pie Day 13</p> <p>9:00 Flow Yoga-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:00 Movie-Message In A Bottle-MT</p> <p>2:30 BandIT Strength-FR</p> <p>3:00 Apple Pie & Coffee Social-GL</p> <p>4:00 Rummikub- ALAR</p> <p>6:30 Aspiring Attitudes Dance Performance-ILDR</p>	<p>9:00 Cardio Drumming-FR</p> <p>10:00 State Capitol Tour Outing</p> <p>10:30 Wii Bowling League-GL</p> <p>11:00 Faith Bible Devotional-MR</p> <p>1:30 Book Club-MR</p> <p>2:30 Flow Yoga -FR</p> <p>3:00 Pray/Play w/ Peace Lthrn -ALAR</p>	<p>National Chocolate Chip Day 15</p> <p>9:00 Balance Steps-FR</p> <p>10:00 Sunshine Card Committee</p> <p>11:00 Quarter Bingo -ALAR</p> <p>1:45 Paint By Number-ALAR</p> <p>2:30 Cardio Drumming-FR</p> <p>3:00 Thirsty Thursday W/ Monte-GL</p> <p>6:00 Movie-Message In A Bottle-MT</p>	<p>National Mimosa Day 16</p> <p>9:00 Band-IT Strength-FR</p> <p>9:30 Coffee & Chat-ILDR</p> <p>10:00 Gardening Club-500 Hall</p> <p>11:00 Resident Council Meeting-DSC</p> <p>11:00 Mama Rojas Lunch Outing</p> <p>1:15 Hall Hikers-FP</p> <p>2:30 Flow Yoga-FR</p> <p>3:00 Food Demo W/ Chef Jason-ILDR</p> <p>4:00 Rummikub Club-ALAR</p>	<p>National Walnut Day 17</p> <p>10:00 Trailblazers Walking-FP</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>1:30 Rummikub-DSC</p> <p>2:00 Bridge Club-MR</p> <p>2:00 Mothers Day Tea party</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:30 Mexican Train/Dominoes-MR</p> <p>4:30 Shuffleboard/Billiards-GL</p> <p>7:00 Poker Night-GL</p>
<p>World Baking Day 18</p> <p>10:00 Henderson Hills Worship-MR</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>11:00 Board-Game Corner-DSC</p> <p>11:15 Dominoes/Mexican Train-MR</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:00 Edmond Womens Chorus Performs-ILDR</p> <p>4:00 Christ Church Service-ALAR</p>	<p>National Devil's Food Cake Day 19</p> <p>8:15 Hall Hikers-FP</p> <p>9:00 Strength & Stretch-FR</p> <p>10:00 Shopping Outing: Walmart</p> <p>1:30 Book Club-MR</p> <p>2:00 Crest Foods Shopping Outing</p> <p>2:30 Move & Groove Steps-FR</p> <p>3:00 Wine-d Down Monday-GL</p> <p>4:00 Rummikub Club</p>	<p>Pick Strawberries Day 20</p> <p>9:00 Flow Yoga-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>12:00 Lunch Cookout W/ Companion-Front Entrance</p> <p>2:00 Movie-1917-MT</p> <p>2:30 BandIT Strength-FR</p> <p>3:00 Strawberry Dessert Social-GL</p> <p>4:00 Rummikub- ALAR</p>	<p>National Waitstaff Day 21</p> <p>9:00 Cardio Drumming-FR</p> <p>10:30 Wii Bowling League-GL</p> <p>11:00 Faith Bible Devotional-MR</p> <p>1:30 Book Club-MR</p> <p>2:30 Flow Yoga -FR</p> <p>3:00 Pray/Play w/ Peace Lthrn -ALAR</p> <p>3:00 Karaoke Happy Hour W/ Kevin-SHS-GL</p>	<p>Buy a Musical Instrument Day 22</p> <p>9:00 Balance Steps-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>1:45 Paint By Number-ALAR</p> <p>2:30 Cardio Drumming-FR</p> <p>3:00 Thirsty Thursday W/Sugar Time Band-GL</p> <p>6:00 Movie-1917-MT</p>	<p>World Turtle Day 23</p> <p>9:00 Band-IT Strength-FR</p> <p>9:30 Coffee & Chat-ILDR</p> <p>10:00 Gardening Club-500 Hall</p> <p>11:00 Eddie's Steakhouse Lunch Outing</p> <p>1:15 Hall Hikers-FP</p> <p>2:30 Flow Yoga-FR</p> <p>3:00 Lets Play Yahtzee-GL</p> <p>4:00 Rummikub Club-ALAR</p>	<p>National Escargot Day 24</p> <p>10:00 Trailblazers Walking-FP</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>1:30 Rummikub-DSC</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:30 Mexican Train/Dominoes-MR</p> <p>4:30 Shuffleboard/Billiards-GL</p> <p>7:00 Poker Night-GL</p>
<p>National Wine Day 25</p> <p>10:00 Henderson Hills Worship-MR</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>11:00 Board-Game Corner-DSC</p> <p>11:15 Dominoes/Mexican Train-MR</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>4:00 Christ Church Service-ALAR</p>	<p>MEMORIAL DAY 26</p> <p>8:15 Hall Hikers-FP</p> <p>9:00 Strength & Stretch-FR</p> <p>2:30 Move & Groove Steps-FR</p>	<p>Sunscreen Day 27</p> <p>9:00 Flow Yoga-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:00 Movie-Wicked-MT</p> <p>2:30 BandIT Strength-FR</p> <p>3:00 Sit Poolside W/ Lemonade Social</p> <p>4:00 Rummikub- ALAR</p>	<p>National Hamburger Day 28</p> <p>9:00 Cardio Drumming-FR</p> <p>10:00 Walmart Shopping Outing</p> <p>10:30 Wii Bowling League-GL</p> <p>11:00 Faith Bible Devotional-MR</p> <p>1:30 Mary Ann Entertainment-L</p> <p>1:30 Book Club-MR</p> <p>2:30 Flow Yoga -FR</p> <p>3:00 Pray/Play w/ Peace Lthrn -ALAR</p> <p>4:00 Town Hall-ILDR</p>	<p>National Paperclip Day 29</p> <p>9:00 Balance Steps-FR</p> <p>11:00 Quarter Bingo -ALAR</p> <p>2:00 Gary Johnson The Piano Man-ILDR</p> <p>2:30 Cardio Drumming-FR</p> <p>3:00 Thirsty Thursday-GL</p> <p>6:00 Movie-Wicked-MT</p>	<p>Mint Julep Day 30</p> <p>9:00 Band-IT Strength-FR</p> <p>9:30 Coffee & Chat-ILDR</p> <p>10:00 Gardening Club-500 Hall</p> <p>11:00 Charllestons Lunch Outing</p> <p>1:15 Hall Hikers-FP</p> <p>2:30 Flow Yoga-FR</p> <p>3:00 Lets Play UNO-GL</p> <p>4:00 Rummikub Club-ALAR</p>	<p>National Macaroon Day 31</p> <p>10:00 Trailblazers Walking-FP</p> <p>10:30 Wii Bowling/Sports-GL</p> <p>1:30 Rummikub-DSC</p> <p>2:00 Bridge Club-MR</p> <p>2:30 31 Scat/Farkle-GL</p> <p>3:30 Mexican Train/Dominoes-MR</p> <p>4:30 Shuffleboard/Billiards-GL</p> <p>7:00 Poker Night-GL</p>

April Showers Bring May Flowers!



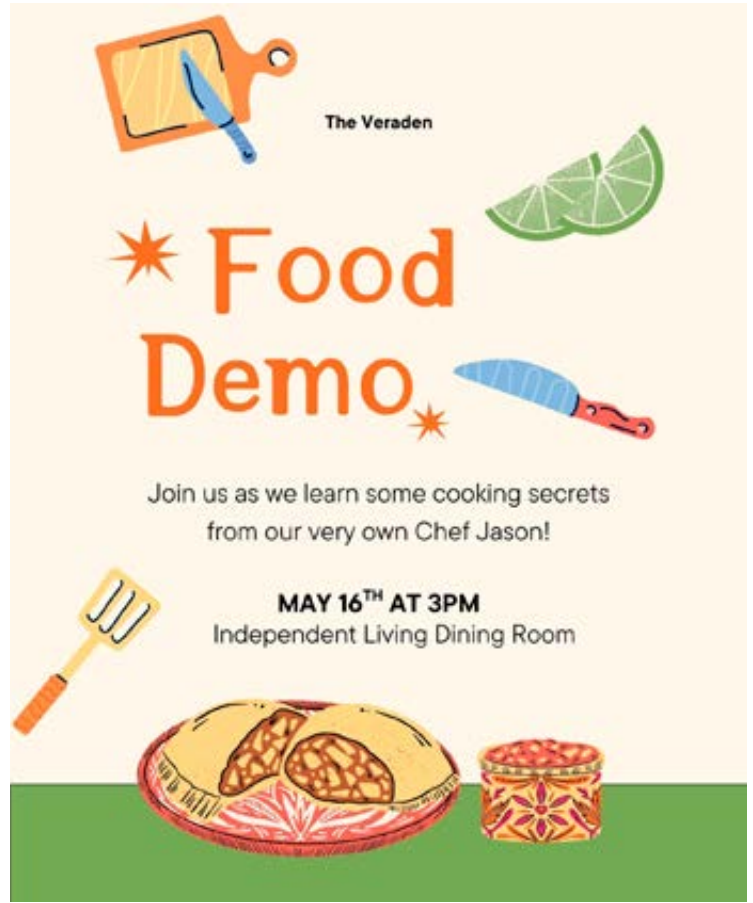
SAVE THE DATE!



*Crafting
at the
Veraden*

JOIN US ON MAY 6TH, 20TH & 27TH AT
3PM FOR SOME CRAFTS! COME HAVE
SOME FUN AND GET CREATIVE.
WHERE: ALAR

See you there!



The Veraden

Food Demo

Join us as we learn some cooking secrets
from our very own Chef Jason!

MAY 16TH AT 3PM
Independent Living Dining Room



JOIN US FOR A

Mother's Day

TEA PARTY

RESIDENTS NO CHARGE. \$15 PER GUEST

MAY
SATURDAY | 17 | 2:00pm

Please RSVP by May 9th to
Jeanee 580-236-4630

JOIN US
FOR

PAINT & SIP

WHEN:
MAY 28TH
AT:
3PM



JOIN US
FOR SOME
PAINTING
AND WINE!

**THE
VERADEN**

WHERE:
GAMING
LOUNGE