

Good Samaritan RC

1515 Jamacha Way, El Cajon CA 92019 | (619) 590-1515



Name: _____ Date: _____

MERRY MONTH OF MAY

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- | | |
|--------------|--------------|
| GARDEN | MOTHER'S DAY |
| GEMINI | PIÑATA |
| GREEN | PLANT |
| LADYBUG | SEEDS |
| LAWNMOWER | SPRING |
| MAYPOLE | SUNSHINE |
| MEMORIAL DAY | TAURUS |
| MOM | TEACHER |

Celebrating May

Clean Air Month

Military Appreciation Month

May Day/Lei Day
May 1

Kentucky Derby
May 3

International Firefighters Day
May 4

Wildflower Week
May 4-10

Windmill Day
May 10

Mother's Day
May 11

Biographer's Day
May 16

International Coaching Week
May 12-18

World No-Tobacco Day
May 31

Save the Dates:

- Resident Cinco de Mayo Lunch @ 12pm - 05/05
- Resident Council @ 2:15pm - 05/06
- Exercise Class with Todd @ 10am - 05/07
- Wreath Making Event @ 2pm - 05/07
- Horse Encounter with Tempo @ 10am - 05/08
- Snack & Rootbeer Floats @ 10am - 05/09 & 05/23
- Love on a Leash @ 10:45am - 05/12 & 05/26
- Critter Encounters with Andrea @ 10:30am - 05/14
- Good Sam Happy Hour @ 2:30pm - 05/16
- Art Project with Diana @ 2pm - 05/20
- May Birthday Party @ 2pm - 05/28

May Birthdays:

- Maselina S. ~ 05/07
- Maribel V. ~ 05/13
- Robyn L. ~ 05/19
- Rosalinda C. ~ 05/23
- Dick N. ~ 05/26
- Charlene B. ~ 05/28
- Madeline B. ~ 05/29

Breathe into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—playing an instrument, passing a

football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They’re intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni’ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi’olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island’s signature flower and color.

The Sock That Got Away

Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.



31 DAYS IN THE MONTH

National Pet Month

Mother's Day

Lily of the Valley

Emerald Birthstone

BBQ Month

MAY FUN FACTS

Spring

Memorial Day

Cinco De Mayo

Kentucky Derby

5th Month of The Year

Astrology Signs

Taurus Gemini

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Employee of the Month:



John Daniel
(Maintenance)

Thank you for all your hard work and dedication!

Resident of the Month:



Madeline Belcher!!!