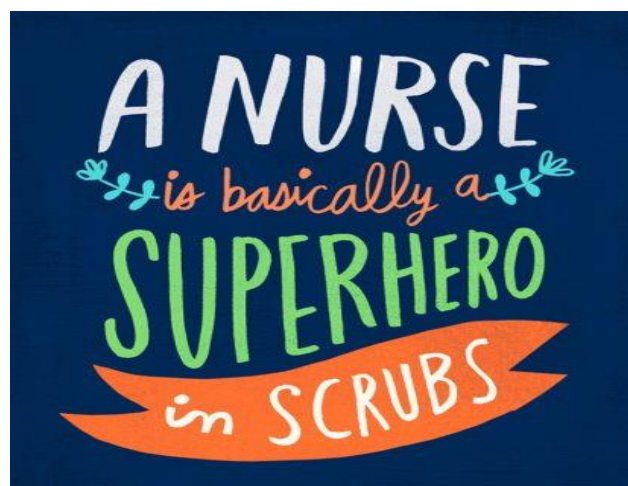


## ACTIVITY HAPPENINGS



Congratulations to Chelsea Haven. She has been a volunteer at Dogwood Senior Living since February of 2023. She is now a part-time employee in the activities department. She will be a great asset to the team. Her beautiful smile and willingness to help others is a true gift. Her hobbies are hiking, spending time with her son and learning to quilt. Please take a time out to congratulate her on becoming a member of the Dogwood family.



May 6<sup>th</sup>-12, 2024 National Nurses Week  
A special thank you to our nurses who give 100% each day to provide top notch care.

## MAY OUTINGS

- 5/1 Leisure Ride
- 5/3 Dairy Queen
- 5/8 Lunch: Outback Steak House
- 5/10 Leisure Ride/Grass Roots
- 5/15 Shopping: Goodwill
- 5/17 Leisure Ride
- 5/22 Shopping: Yoders
- 5/29 Lunch: China Buffett
- 5/31 Leisure Ride



**You must sign up with the activity staff 48 hours prior to the outing.**

## HOT SPOT BINGO DAYS

- 5/2 Bingo W/ Ellen
- 5/12 Bingo W/Chelsea
- 5/16 Bingo W/Ellen
- 5/19 Bingo W/Ellen
- 5/23 Bingo W/Chelsea
- 5/26 Bingo W/Chelsea
- 5/30 Bingo W/Activities

## HAPPY BIRTHDAY

- 5/2 Tom Piccinin
- 5/6 Midge Gallihugh
- 5/7 Charlotte Lohr



May 2024

# DOGWOOD DISPATCH

Dogwood Senior Living 120 Dogwood Lane Orange, VA 22960 540-672-1830



## Celebrating May

**Arthritis Awareness Month**

**Older Americans Month**

**Walking Month**

**Be Kind to Animals Week**

*May 5-11*

**Backyard Games Week**

*May 20-26*

**International Midwives' Day**

*May 5*

**National Third Shift Workers Day**

*May 8*

**Miniature Golf Day**

*May 11*

**Mother's Day**

*May 12*

**International Museum Day**

*May 18*

**International Tea Day**

*May 21*

**Amnesty International Day**

*May 28*

**Senior Health and Fitness Day**

*May 29*

## Playful May

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right in your backyard. Here's a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

For those who enjoy a challenge, organize a giant Jenga jamboree. The towering wooden blocks add an exciting twist to the classic game, requiring steady hands and careful thinking. Challenge your friends to a game, and watch the tension rise with each precarious pull.

If you're in the mood for some physical activity, plan a badminton bonanza. The game is a fantastic way to get active. Whether you're a seasoned pro or a novice, the backyard is the perfect setting for a spirited match.

Finally, as the sun sets, make the yard into a cozy haven for a campfire and stargazing. Set up a fire pit, roast marshmallows, and share stories under the stars. If you have a telescope, see what constellations you can identify... or just marvel at the beauty of the night sky.

May in the backyard is all about play, laughter, and making memories. Dust off those outdoor games, invite your favorite people, and let the backyard festivities begin!



## MOTHER'S DAY SOCIAL

On May 9<sup>th</sup>, 2024, from 2pm to 3pm in the afternoon, come join us in the community room. You will enjoy finger food, piano tunes, and amazing fellowship. You must RSVP to activities staff member by 5/5/24 if you plan to attend.

**AMAZING  
LOVELY  
STRONG  
HAPPY  
BEAUTIFUL  
GRACIOUS**



Thanks to McDonalds of Orange for making our McDonald celebration a success. Residents enjoyed cheeseburgers and fries. Residents were proud to wear their shirts and hats. The smiles were endless!

### IMPORTANT INFORMATION

**Date** May 22, 2024  
**Time:** 10:00-11:00  
**Location:** Community Room



The IT department at Dogwood will be hosting a class for residents and the public on Cyber Security Safety. This will be a super informative class. We encourage folks to attend who are using the internet. Please let the activity staff know if you plan to attend for seating needs.

**Pancakes and Pajama Day for staff and residents!**



## Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

## MAY EVENTS



- 5/5 Cindo De Mayo Social
- 5/6 Billy Brockman
- 5/6 Bubbles & Sunshine
- 5/10 Music W/Fritz
- 5/11 Golf
- 5/12 Nails W/Heather
- 5/13 Apple Pie Social
- 5/14 Resident Council Meeting
- 5/14 Dice Poker
- 5/16 Alan Newton
- 5/17 Pizza Party
- 5/20 Wine & Cheese
- 5/21 Davis & Bradley
- 5/23 Peanut Auction
- 5/24 Bollywood
- 5/25 Pickle Tasting
- 5/27 Patriotic Pop & Win
- 5/29 Paper Airplanes
- 5/31 Umbrella Team Challenge



## Welcome

Judy Burke arrived in April of 2024. She was born in Cherry Tree Pennsylvania. She has been living in Orange, VA for the last year. She is a retired bus driver and secretary. She graduated from Osborne High School in Manassas. Her hobbies are flowers, music, bingo, church and reading. Stop by and give her a warm welcome.

**Wear your blue jeans day is celebrated on May 20<sup>th</sup>, 2024. At 10:00 AM will be making crafts from jeans in the activity room. Be sure to attend this unique event.**