

May 2017

The Garden Globe

The Gardens at West Highlands

2641 Garry Drive West Lethbridge

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Celebrating May

Mother's Day Craft

May 1st

Cupcake Demo

May 1st

Book Club: The Scarlet Pimpernel

May 5th

Bingo

May 8th

Cardston Choir

May 9th

Mother's Day Garden Party

May 9th & 10th

Zirkoa: Field Trip to Yates

Theatre

May 11th

Resident Council

May 12th

Happy Mother's Day!

May 14th

Handbells

May 15th

Sing Along

May 19th

Mennonite Choir

May 21st

Homemade Ice Cream

May 24th

Birthday Party with Chuck!

May 25th

Hearing Life Canada

May 26th

Card Making Craft

May 31st



Mothers Day Garden Party

This year for Mother's Day we will be celebrating on two days.

We love that you bring guests to celebrate this occasion with you and don't want you to feel restricted in inviting them. If you haven't signed up already, please do. The sign-up sheets (one for the 9th and 10th) are just around the corner from the mailboxes; if you head up the ramp, they are on the right-hand board. Please sign up by May 3rd so we know the numbers we're dealing with.

As we have done in previous years, there will be a ladies Hall of Fame and we are looking for pictures of you when you were young! There is a list posted by the sign-up sheet with the ladies we need pictures from. If you could please bring one down to the office, Randi or Karen will make a copy of it for our display.

One last thing for your information, this is not a ladies only event! Men are more than welcome to attend as well, just make sure you sign-up on our list so we can fit you into our seating arrangement.

Did You Say Cupcakes? I'm There!

On Monday, May 1st we will watch a demonstration of beautiful cupcake



decorating done by Karen's friend, Sharon. She is very talented and we hope you come out to see such a unique

talent and art!

The Cardston Choir Comes to Charm

Tuesday, May 9th the Cardston Choir is coming at 10:00am to sing for us!

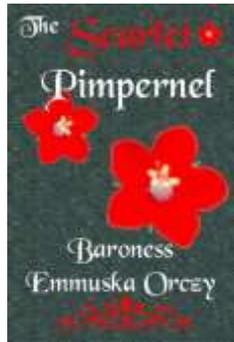
Because of their early arrival, Coffee & Chat will be half an hour earlier so

you can still enjoy that! We would

love to have you come watch the choir when you can.



May is National Book Month! "Money and titles may be hereditary, but brains are not" – Emmuska Orczy "The Scarlet Pimpernel"
Our last novel we discussed was "Robinson Crusoe" and everyone loved it! Over April we read "The Scarlet Pimpernel" and will be discussing it on Friday, May 5th at 2:00 in the library. Snacks will be provided! Anyone is welcome to join us (even if it is just for the snacks!). We would LOVE to have you!



CONGRATULATIONS TO THE GREEN TEAM AT SHUFFLEBOARD ON SUNDAY, APRIL 23RD! I HEAR IT WAS A QUICK 5 MINUTES GAME, NEVER

SEEN BEFORE! GOOD JOB! WE HAVE AN AVID GROUP OF SHUFFLEBOARD PLAYERS; IT'S GREAT FUN AND A GREAT PLACE TO MEET PEOPLE! IT HAPPENS EVERY SATURDAY (AFTERNOON AND EVENING), SUNDAY EVENING AND TUESDAY EVENING.

If You're Ever Wondering About Upcoming Events...

Chances are there will be an information sheet or sign-up sheet for something on our new posting board! The board is just around the corner from the mailboxes; it's at the top of the ramp on the right side. This board will be designated for sign-up sheets, resident council information and information about upcoming events in The Gardens and the community. The board on the left side is for general information sheets and for sale items. Please check these out as a way to stay up-to-date with our upcoming events!



Horse Racing is scheduled a couple times this month on May 13th and 27th! If you have any questions concerning what it is or how to play, Chuck (#377) would be happy to answer your questions! Something you do need to play is quarters!



Missing!

We are missing one white bean bag! If you have seen it around, please let Randi know. If we don't find it soon, we will begin looking for a replacement.

Regular Activities at The Gardens

Every day (except Sunday)

Coffee, Chat & Crib

Monday

Exercises / Scrabble / Movie Night / Pay Me

Tuesday

Tai Chi/Yoga / Bridge / Bingo / Canasta / Shuffleboard

Wednesday

Exercises / Line Dancing / Rook / Crib

Thursday

Tai Chi/Yoga / Whist

Friday

Exercises / Yarn Time / Movie Night / Pay Me

Saturday

Various Games / Shuffleboard

Sunday

Shuffleboard

May Activities

May 1 – Mother's Day Craft

May 1 – Cupcake Demo

May 3 – Wii Games: Bowling!

May 4 – Bean Bag Toss

May 5 – Book Club: The Scarlet Pimpernel

May 8 – Bingo

May 9 – Cardston Choir (coffee/chat @ 9:30!)

May 9 – Mother's Day Garden Party

May 10 – Mother's Day Garden Party

May 11 – "Zirkoa" - Field Trip to Yates Theatre

May 12 – Resident Council

May 12 – Shuffleboard

May 13 – Horse Racing

May 14 – Happy Mother's Day!

May 15 – Handbells

May 15 – Pre-dinner music by Karen

May 17 – Bean Bag Toss

May 18 – Carpet Bowling

May 19 – Sing Along

May 21 – Mennonite Choir

May 22 – Scrabble & One-Eyed Jacks (Sequence)

May 24 – Homemade Ice Cream

May 25 – Birthday Party with Chuck!

May 26 – Wii Games: Bowling

May 26 – Hearing Life Canada

May 27 – Horse Racing

May 29 – Carpet Bowling

May 31 – Card Making Craft

The Gardens' Top Scorers of March

Bean Bag Toss Top Scorers Overall

1st: Marilyn Rathwell with 81 points

2nd: David Picken with 62 points

3rd: Yoho Kimoto with 58 points

Carpet Bowling Top Scorers Overall

1st: Gordon Gostick with 77 points

2nd: Joan Gostick with 71 points

3rd: Jean Shepherd with 67 points



April in Review



We had quite a revolving table swap this month! Here Isobel fashions a beautiful fur ← coat.



The Cardston Line Dancers were a very talented group that we thoroughly enjoyed watching! They were very inspiring for our own line dancers to watch!

The Airdrie High School Band was *such* a talented group! It was great to hear some good ol' jazz. →



4 Ever Praise helped us reflect on the meaning of Easter; we sure love their voices and sincerity. Thanks Adrien for the great snacks and thanks to the ladies who decorated the cookies!



We had a lot of fun decorating and creating designs on our Easter eggs!



Happy Birthday!!

Marina was back and we enjoyed her new set of songs and stories. →



Pauline Bohnert's grandchildren are a very talented group and we are so glad they could come and perform in a variety show for us! We heard original poems, songs played on the piano, guitar and violin. We also saw an original dance and lots of artwork! ← →



A Voice in the Crowd

“The following is the last paragraph of the first chapter of the book ‘The Wealth of Nations,’ written by the English author Adam Smith, published in 1776.”



‘Our merchants and master manufacturers complain much of the bad effects of high wages in raising the price and thereby lessening the sale of their goods both at home and abroad. They say nothing concerning the bad effects of high profits, they are silent with

regard to the pernicious effects of their own gains, they complain only of those of other people.’”

“I wonder greatly about how true I find this statement with regard to the present day. In particular with a certain company in Quebec, where the Directors gave themselves a 60% increase, from money supplied to them by our Federal government. That is our money”

– David Picken

May Birthdays

In astrology, those born from the 1st to the 20th in May have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between the 21st and 31st are Gemini’s Twins. Gemini’s love conversation and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party.

Famous Birthdays

Pete Seeger (singer) – May 3, 1919

Gary Cooper (actor) – May 7, 1901

Martha Graham (dancer) – May 11, 1894

Perry Como (singer) – May 18, 1912

Joan Collins (actress) – May 23, 1933

Bob Dylan (singer) – May 24, 1941

Exercise Information Corner

Squats are an amazing form of exercise that focuses on working the entire body, especially the glutes!

The movement is simple: all you do is stand with your feet shoulder width apart, with your toes pointed slightly out. Your weight will be placed on your heels and the balls of your feet. As you squat down, tighten your stomach muscles, push your butt out but keep your back straight and your shoulders up. Keep your knees in-line with your feet but don’t let them go over your toes, as you don’t want to put pressure on your knees. Doing a squat with bad posture or not putting the weight on your heels and balls of your feet will damage your knees so it is very important to do it correctly. The **benefits** of doing a proper squat include **gaining flexibility** and **increasing strength** in knees and hips which **decreases risks of injury** in everyday activities. *If you would like a brief tutorial on squats or any other exercise/tai chi move in person, just ask Randi - she would love to help you out or answer any questions!*

