

May Dates:

- May 5: Cinco de Mayo
- May 5: Full Moon/Mother's Moon
- May 8: V-E Day 75th Anniversary
- May 10: Mother's Day
- May 16: Armed Forces Day
- May 16: Mimosa Day
- May 18: Canada- Victoria Day
- May 25: Memorial Day
- May 25: National Wine Day
- May 27: National Senior Health & Fitness Day



HOPE GIVES YOU WINGS



MAY BIRTHDAYS

- STEVE Mc GRAW APT. 340 5/3
- SANDY NEWELL APT. 335 5/5
- JAMES FAGAN APT 211 5/6
- CAROL FELICE APT. 335 5/7
- CAROL GILLIAM APT 232 5/16
- ROGER HENN APT. 219 5/29
- JOHN BARNETT APT. 243 5/29



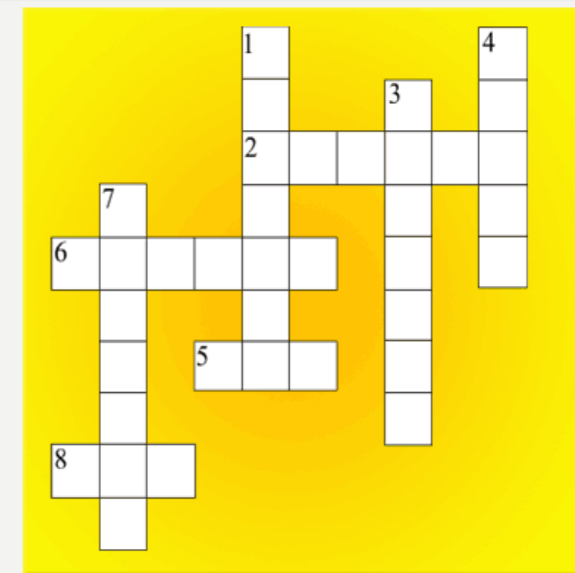
SCENIC TRAILS

SCENIC TRAILS

MAY 2020

"Come as strangers, live as friends"

May Day Crossword



Across

Up/Down

- | | |
|---|---|
| 2. May Day is observed in some countries as _____ Day | 1. May Day is related to this ancient Celtic festival |
| 5. In Hawaii, May Day is also known as _____ Day | 3. May Day is essentially a holiday for _____ |
| 6. The May Day Bank Holiday is observed in England on this weekday in May | 4. May Day is observed on this day of the May month |
| 8. May Day also is recognized in the U.S. as _____ Day | 7. In Finland, May Day is celebrated as a _____ |

COMMUNITY INFORMATION

COMMUNITY MANAGER: WENDY MULLIN

CONNECT 55+ COORDINATOR: KIM YEAGER

MAINTENANCE TECH: SHAWN BRIGHT

OFFICE PHONE # 515-442-9681 & AFTER HOURS EMERGENCY SERVICE #: 515-442-9681

MANAGER EMAIL: SCENICTRAILSMANAGER@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO . RM 30 HOLDINGS

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



May Humor: The only thing that's free of charge is a dead battery.

What a blessing a mother can be,
 a gift of love for eternity.
 Nurturing you from the very start,
 with the beating of her heart.
 A wise teacher to lead the way,
 with gentle hands and word so kind,
 she always knows what's on your mind.
 A trusting friend whose always there,
 A caring doctor who knows how you feel,
 with hugs and kisses that really heal.
 With so many different jobs to do,
 a mother is truly a blessing for you.

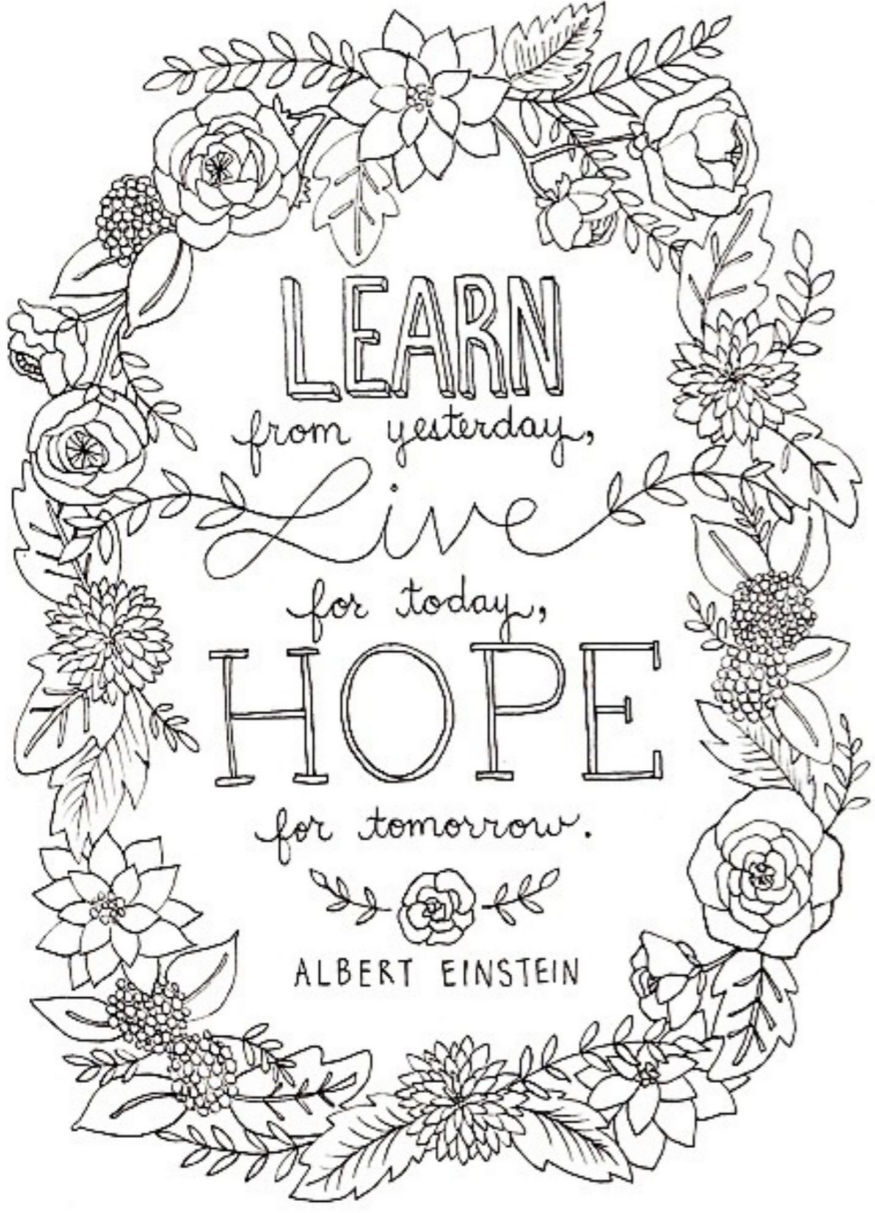


Oprah Winfrey and Deepak Chopra announced the launch of their eighth new "Oprah & Deepak 21-Day Meditation Experience" titled "Manifesting Grace through Gratitude," open for registration at Oprah.com/meditation. This all-new, **free** 21-day meditation experience beginning on Monday, July 13, will help participants stop chasing the things they think they need to be happy and start finding true joy in each present moment. Simultaneously, it aims to help alleviate stress & revitalize mind, body and spirit.

Riddle Time!
Try to guess each one!

- Soft & plump, I'll be right here. Through your dreams, you'll me near. I'll keep you comfy all through the night & you'll leave me here in the morning light.
- Flat, black, and seemingly boring, I sit in the living room all day. Not until you turn me on do colors flash on my display.
- Standing quietly against a wall, you rarely notice me though I'm tall. Inside, I keep a lot of treats. Open my door and then you'll see!
- A full one puts a smile on your face. You keep on going like it's a race. But as my contents start to diminish, you'll start to think if you're ready to finish. What am I?
- Take a gulp to cool yourself down. When it comes to beverages, I wear the crown. Not quite as sweet as soda or juice, but no other drinks could exist without my use.
- Strong and steady, count on me! Just keep me locked, and you'll see. Tall and solid, all homes have me. To get me open, you'll need a key.
- Jump inside, the waters fine! If it's not, take your time. Move the knobs and get it right. I make sure you're clean every day and night.
- It's been a long day, it's time to rest. You can lie down on my chest. Soft yet sturdy, I'll cradle you. And in the morning, feel life anew.
- With four strong legs, I stand with pride. But please, don't hesitate to take a ride. Though I love to stand all day, I was made for your rump to stay.
- I'm almost like your favorite chair, but my seat's a little bare. There's not much there, I will admit, but I'll keep it clean when you've had too much to eat.
- If it's work or if it's play, my features will fill up your day. No, I'm not a book or board game, but I will work just the same. So have a seat and light my screen. I'll show you exactly what I mean.
- Keep me open, keep me closed. There's really nothing I oppose. But when it rains, or when it's cold, to keep me shut is what you're told.
- Open me up, there's lots to see. But sometimes, you still frown at me! You'll say I'm not diverse enough. It's not my fault you don't buy new stuff!
- You say we're pals, that we're best friends. But only until the morning ends. You say I give you fuel for the day. And when we're done, you're gone away.
- Don't frown at me, I made it clear. Won't make a difference if you're near. Just stand in front and I'll show you exactly how the world will know you.
- In a bowl or on a hook, just keep me somewhere you can look. On a shelf or in your pocket, make sure I'm near before you lock it.
- I'm always running, though I never walk. Sometimes, I can sing, but I never talk. I have hands, I have a face. You use me to decide you pace.
- Dry and crunchy-that's how I'm made! But people like to see me bathe. In a box or in a pouch, the perfect meal for any slouch.
- Open, shut, open shut. When you're bored, I take the brunt. But there's nothing here, you see. Time to visit the grocery.
- No morning routine is complete without me. Pick me up & you'll see. If you leave without our session, you'll spend the day worrying about your impression.

Color Me!



Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.



- ACTCSU _____
- OCTA _____
- CUMSI _____
- ASSAL _____
- RAADEP _____
- ATELBT _____
- FATISE _____
- TOLITARL _____
- CMEAUGLAO _____
- CTAAESNST _____
- OICEMX _____
- ABECEILNORT _____
- OACIMD _____
- MOESRRB _____
- ATIPAÑ _____
- SREWLF0 _____
- AMACIIRH _____
- COUSEQNT _____
- POLUEB _____
- CAMRAA _____

