

May 2025

Fellowship News

West Hartford Fellowship Housing | 20H Starkel Road West Hartford, CT 06117 | (860) 523-0881



WHFH Notables

The Leasing Office will be closed on Monday, May 26, 2025, in observance of Memorial Day.

You will receive a robocall regarding open Food Pantry hours for May, as the location may be changed!

CT Mobile FoodShare will take place on Friday, May 16 in the Crossroads Plaza, behind Big Y.

Recycling will now be picked up every other week.

A new cost sheet will be delivered soon regarding bulk pick-up item disposal.

Wonders of the Great Lakes

The Great Lakes—Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario—are not only beautiful but also vital to the environment, economy, and wildlife. These five lakes, which make up the largest freshwater system in the world by total area, are home to more than 30 million people and provide a habitat for countless species. Additionally, they contain about 84 percent of North America's fresh surface water!

Every year, people across the U.S. and Canada celebrate the Great Lakes during events like Great Lakes Awareness Day, observed this year on May 5. This day highlights the importance of protecting the lakes and raising awareness about environmental issues that threaten their health, such as pollution and invasive species.

But the celebrations don't stop there. May 10 marks World Migratory Bird Day. The Great Lakes provide crucial resting areas for birds traveling along their migration paths, making them key to preserving biodiversity. Some of the most notable migratory birds passing through the region include the peregrine falcon, the fastest animal on Earth, and the common loon, which uses the lakes for nesting and fishing. The Great Lakes serve as an essential hub, especially for species traveling from the Gulf of Mexico to breeding grounds in Canada.

The Great Lakes are not only a stunning natural resource but also a treasure trove of history and recreation. Their waters have witnessed countless historic events, such as the sinking of the *Edmund Fitzgerald* in Lake Superior in 1975. The lakes still conceal many sunken vessels, offering a fascinating glimpse into the past. Beyond their historical significance, the Great Lakes are a destination for outdoor recreation. Boating, fishing, kayaking, and hiking are just a few of the activities that draw millions of visitors each year. The picturesque shorelines, sandy beaches, and scenic trails make them a favorite for summer vacations. Whether you're exploring the history beneath the surface or enjoying the natural beauty above, the Great Lakes remain an essential part of the American and Canadian landscape.

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.

A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never

married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

More Than Margaritas

Cinco de Mayo—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

Tapping Through Time

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one:

Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap *a cappella*, clacking out their own beats without musical accompaniment.



Happy Birthday to all our WHFH residents born in May!

Maria S. Susan O.

Dale L. Vianela C.

Mary F. Sun C.

Michael B. Tamara J.

Debbie S. Dominga P.

Philip D. Michael O.

Shirleen E.

Johnny G. Margaret W.

Gloria J. Mary S.

Mark P.

May Birthdays

In astrology, those born from May 1–20 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 May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Joseph Heller (writer) – May 1, 1923

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

Sam Snead (golfer) – May 27, 1912

Henry Kissinger (politician) – May 27, 1923

Joe Namath (quarterback) – May 31, 1943

Racing Across the Centuries







Each May since 1912, runners have been sprinting from San Francisco Bay to the Pacific Ocean in San Francisco's Bay to Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been held continuously since 1896—five months longer than the Boston Marathon, which first took place in April 1897. And Buffalo's cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first held in 1894 and canceled only during World War I and from 1925 to 1935. The world's oldest running race may have been at Greece's Olympic Games, kicked off in 776 BC. Other notable races include Italy's Palio del Drappo Verde, first held in 1208 and run for 590 years until the French invaded Italy in 1798, and Scotland's Red Hose Run, which has taken place continuously since 1508, interrupted only by plague and war.

Congratulations
and many thanks
to our own WHFH resident
Marcella Baczewski and her team from
St. Patrick – St. Anthony Parish in
Hartford for participating in the
CT FoodShare Walk Against Hunger
and raising over \$14,000!
We are proud of you!



 **Celebrate National Have a Coke Day!** 

Join us for a fun discussion and tasting event honoring the iconic Coca-Cola! Enjoy Coke samples and share memories!

 Building 60 |  1:00pm |  May 7th
Let's sip, chat, and celebrate! 




Pantry Pick Ups this month will be May 13th at 11:00 am and May 15th at 2:00 pm in 26C for those who have signed up. If you need to fill out an application for 2025, please call your RSC.

Foodshare will be at Crossroads Plaza (Big Y) on May 16th at 1:00 pm

  **Senior Citizens Day Trivia!**




Celebrate the wisdom and fun of our amazing seniors!




Join us for an afternoon of laughs, learning, and light-hearted competition with **Senior Citizens Day Trivia!** Bring your A-game and your love for trivia!

 **May 20**
 **1:00 PM**
 **Building 60**

 **National Senior Health & Fitness Day – Fit & Facts!** 

Celebrate wellness with us at our **Fit & Facts Exercise Program**—a fun mix of movement and health trivia designed just for seniors!

 **Date:** May 28th
 **Time:** 1:00 PM
 **Location:** Building 60

Stay active, stay sharp, and enjoy some fitness fun with friends!   

Reminder: The Office will be CLOSED on Monday May 26th



Mother's
Day 2025



Feliz

Cinco
de
Mayo



MAINTENANCE MATTERS

Please do not pile and leave recycling on top of bins. They will be getting emptied every other Monday now, so it is important to flatten cardboard to maximize space.



WEST HARTFORD FELLOWSHIP HOUSING

PHONE NUMBERS:

Management Office: (860) 523-0881

Linda Caban-Property Manager

Vilmary Garcia-Assistant Property Manager

Tatiana Angelo-Leasing Transition Coordinator

Resident Service Coordinators:

Debra Daigle (860) 570-0314 (Apartments 40-60)

Lindsay Morris (860) 570-0319 (Apartments 10-38)

Maintenance Department: (860) 523-0881

Dennis Carpenter-Superintendent

Carlos Zabala-Technician

Office FAX number: (860) 523-0891

Office Hours of Operation: 8:30am – 5:00pm Monday-Friday

AFTER HOURS ANSWERING SERVICE:

(860) 523-0881 OPTION #3

The non-emergency number for the town Police Department is

(860) 523-5203

The non-emergency number for the town Fire Department is

(860) 523-5263

If you have a safety or medical emergency, PLEASE CALL 911

May Theme Movie Recommendations

- [*The River Wild*](#) (1994) *The River Wild* tells the story of Gail Hartman, played by Meryl Streep, a river guide who takes her family on a whitewater adventure. Their trip takes a turn when the family runs into fugitives who hold them hostage. They travel the rapids, relying on Hartman's skills and courage to outwit the dangerous criminals.
- [*On Golden Pond*](#) (1981) *On Golden Pond* tells the story of the elderly couple Norman (Henry Fonda) and Ethel Thayer (Katharine Hepburn), as they return to their summer home on Golden Pond. As they prepare for Norman's 80th birthday, their estranged daughter Chelsea (Jane Fonda) visits with her new fiancé and his young son, leaving the boy with them for the summer. Through unexpected bonds and heartfelt moments, the family confronts past tensions, aging, and reconciliation in this touching and beautifully crafted drama.



- [*The Secret of Roan Inish*](#) (1994) Fiona (Jeni Courtney) is sent to live with her grandparents in a small Irish fishing village, where she becomes fascinated by the local legends surrounding Roan Inish, a mysterious island her family once called home. She uncovers stories of selkies, mythical seals that can shed their skins to become human. Fiona begins to believe that her missing baby brother, who was lost at sea, may still be alive.
- [*The Great Outdoors*](#) (1988) Chicago family man Chet Ripley (John Candy) looks forward to a peaceful summer getaway with his wife and kids at a lakeside cabin. But his plans for a relaxing vacation turn chaotic when his obnoxious brother-in-law, Roman Craig (Dan Aykroyd), unexpectedly shows up with his own family. As the two men clash over everything from fishing to food, their trip spirals into a hilarious series of misadventures, including encounters with wild animals, disastrous water sports, and a legendary steak-eating challenge.
- [*Grown Ups*](#) (2010) Childhood friends (Adam Sandler, Kevin James, Chris Rock, David Spade, and Rob Schneider) reunite after the passing of their beloved basketball coach, they decide to spend the Fourth of July weekend together at a lakeside cabin with their families. As they relive old memories and face the realities of adulthood, they realize that growing older doesn't mean they have to stop having fun

Nutrition Corner from UConn Healthy Family CT SNAP-Ed Program

Best Superfoods for Gut Health

Written by UConn Dietetics Master's student Ava Krenicki

Gut health and the gut microbiome are key to our overall well-being. Research shows they can support digestion, immunity, metabolism, mental health, and much more!¹ Our diets play a major role in shaping our gut health, so familiarizing yourself with gut-friendly foods is important. If you want to start prioritizing the health of your gut, here are some “superfoods” you should know about:



1. Pomegranates

Pomegranates contain something called polyphenols which can feed our gut bacteria! These gut bacteria keep our gut lining healthy, boost our immunity, and can help reduce inflammation.²

2. Ginger

Ginger has many digestive benefits. It contains over 400 natural compounds, including gingerol, which can improve how fast food moves through your digestive system, it can help combat nausea, and can decrease bloating and gas.³

3. Asparagus

The soluble fiber (inulin) in asparagus can promote regular bowel movements by drawing water into our intestines and softening our stool.⁴

4. Yogurt & Kefir

Yogurt (with live and active cultures) and kefir (a fermented milk drink) are considered probiotic foods. They contain beneficial bacteria to improve digestion, immune function, and absorption of nutrients.⁵

5. Sauerkraut

Sauerkraut is another fermented food that is rich in lactic acid bacteria which can help support our immune system and can exert anti-inflammatory effects.⁶

These gut-healthy foods can fit into your diet through smoothies and salads! Try this tasty entrée using fresh asparagus, a springtime favorite.

Sausage Asparagus Pasta

Ingredients:

- 3 cups uncooked whole wheat bow tie pasta (about 8 ounces)
- 1 pound fresh asparagus, trimmed and cut into 1-1/2-inch pieces
- 1 package (19 1/2 ounces) Italian turkey sausage links, casings removed
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/4 cup shredded Parmesan cheese
- Additional shredded Parmesan cheese, optional



Directions

1. In a 6-qt. stockpot, cook pasta according to package directions, adding asparagus during the last 2-3 minutes of cooking. Drain, reserving 1/2 cup pasta water; return pasta and asparagus to pot.
2. Meanwhile, in a large skillet, cook sausage, onion and garlic over medium heat until no longer pink, 6-8 minutes, breaking sausage into large crumbles. Add to stockpot. Stir in 1/4 cup cheese and reserved pasta water as desired. Serve with additional cheese if desired.

For more fact-based nutrition information and low-cost, tasty recipes go to UConn Healthy Family CT <https://healthyfamilyct.cahn.uconn.edu/> or scan the QR code to the right using your phone camera.



References:

1. <https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-improving-gut-health#>
2. <https://www.health.com/pomegranate-health-benefits-8725154>
3. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/ginger-benefits#:~:text=Health%20Benefits%20of%20Ginger,remedy%20for%20nausea%20and%20vomiting.>
4. <https://www.health.com/nutrition/asparagus-health-benefits#:~:text=6.,8.>
5. <https://www.healthline.com/health/kefir-vs-yogurt#probiotics>
6. <https://www.medicalnewstoday.com/articles/health-benefits-of-sauerkraut#gut-health>
7. <https://www.tasteofhome.com/recipes/bow-ties-with-sausage-asparagus/#RecipeCard>

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider.



- [Meatballs](#) (1979) At Camp North Star, a summer camp full of misfits and mischief, head counselor Tripper Harrison (Bill Murray) leads the way with his laid-back attitude and hilarious antics. As he mentors shy camper Rudy (Chris Makepeace) and prepares for the camp's annual rivalry against the snobby Camp Mohawk, Tripper inspires his fellow counselors and campers to embrace the chaos, have fun, and believe in themselves.
- [Somewhere in Time](#) (1980) Playwright Richard Collier (Christopher Reeve) becomes obsessed with a portrait of a beautiful woman, Elise McKenna (Jane Seymour), hanging in a historic Grand Hotel on Mackinac Island. Driven by an unexplainable connection, he researches her life and discovers she was a famous actress from the early 1900s. Using self-hypnosis, Richard transports himself back to 1912, where he meets and falls deeply in love with Elise. But as their romance unfolds, the forces of time threaten to separate them.
- [Superior](#) (2015) Set in the summer of 1969, *Superior* follows best friends Derek (Thatcher Robinson) and Charlie (Paul Stanko) as they embark on a life-changing journey, biking 1,300 miles around the breathtaking shores of Lake Superior before heading off to college. Along the way, they encounter colorful locals, unexpected challenges, and moments of self-discovery that test their friendship and shape their futures.
- [Mysteries of the Great Lakes](#) (2008) This stunning IMAX documentary takes viewers across the vast Great Lakes, uncovering their hidden wonders and untold mysteries. From the ancient legends of the native Anishinaabe people to the incredible story of the endangered lake sturgeon, *Mysteries of the Great Lakes* explores the rich history, wildlife, and environmental challenges of one of North America's most important natural treasures.
- [Shipwreck: The Mystery of the Edmund Fitzgerald](#) (1995) On November 10, 1975, the massive freighter, SS Edmund Fitzgerald mysteriously sank in the stormy waters of Lake Superior, taking all 29 crew members with it. This documentary explores the haunting mystery behind one of the most infamous shipwrecks in Great Lakes history. Through dramatic reenactments, expert analysis, and underwater footage of the wreck, *Shipwreck: The Mystery of the Edmund Fitzgerald* examines the possible causes of the disaster and the enduring legacy of this maritime tragedy.
- [Project Ice](#) (2014) *Project: Ice* is a documentary that explores the impact of ice on the history, culture, and future of the Great Lakes region. From the formation of the lakes thousands of years ago to the role ice plays in commerce, recreation, and climate change today, this film takes viewers on a breathtaking journey across frozen landscapes and beneath the icy waters. Featuring expert interviews, historical insights, and stunning cinematography, *Project: Ice* reveals how this ever-changing element has shaped the people and places surrounding North America's largest freshwater system.
- [Drain the Great Lakes](#) (2011) Using CGI and sonar imaging, *Drain the Great Lakes* takes viewers beneath the surface to reveal the hidden landscapes, shipwrecks, and geological secrets lying at the bottom of North America's largest freshwater system. This fascinating documentary uncovers lost history, from sunken vessels to ancient land formations, while exploring the forces that shaped the Great Lakes over thousands of years. A blend of science, history, and technology, *Drain the Great Lakes* offers a new perspective on these vast and mysterious waters.

Soft Vanilla Pudding Cookies

Makes about 24 cookies

Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup unsalted butter, softened
- 3/4 cup brown sugar, packed
- 1/4 cup sugar
- 1 (3.4-ounce) package instant vanilla pudding mix
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups semi-sweet chocolate chips



Directions

1. Preheat the oven to 350°F and line baking sheets with parchment paper.
2. In a bowl, whisk together the flour, baking soda, and salt. In a separate bowl, beat the butter, brown sugar, and granulated sugar until creamy. Add the pudding mix, eggs, and vanilla extract, and mix until smooth. Gradually stir in the dry ingredients until combined, then fold in the chocolate chips.
3. Drop spoonfuls of dough onto the prepared baking sheets, spacing them 2 inches apart.
4. Bake for 10–12 minutes or until the edges are lightly golden. Let the cookies cool on the baking sheet for 2 minutes before transferring to a wire rack.

Cooking Tidbit

Vanilla pudding mix helps keep these cookies soft and chewy for days. Experiment with different pudding flavors like chocolate or butterscotch for a fun twist.

Basic Tuna Salad

Makes 4 servings | A No-Bake Recipe

Ingredients:

- 2 (5-ounce) cans tuna, drained
- 1/3 cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped red onion
- (Optional) 1 tablespoon chopped fresh parsley
- Salt and pepper to taste



Directions

1. Combine the tuna, mayonnaise, Dijon mustard, and lemon juice in a medium bowl, mixing until smooth.
2. Stir in the celery, red onion, and parsley. Season with salt and pepper to taste.
3. Serve immediately or refrigerate for up to 3 days.

Cooking Tidbit

For a twist, add diced apples or pickles to the tuna salad for extra crunch and flavor. This recipe is perfect for sandwiches and wraps, or as a topping for crackers.

Do you know what I am? Here are some clues:

1. I am a replacement for ancient technology.
2. In my recognizable form, I am less than 100 years old.
3. I am worn by 150 million people around the world.
4. I am at the center of a \$9 billion industry.
5. I used to be made of glass.
6. I am now made of plastic.
7. I can be used by people as young as eight years old.
8. The Food and Drug Administration (FDA) classified me as a drug until 1971.
9. Early versions of me blocked oxygen.
10. I can change a person's appearance.
11. I am used in movies and TV shows.
12. NASA developed a special version of me to be worn in low gravity.
13. People believe I am easily lost.
14. I can solve several health-related problems.
15. There are versions of me that are for monthly use.
16. The most common version of me is worn for only a day.
17. I need to be cleaned with a special solution.
18. You should always wash your hands before using me.
19. You shouldn't use me while swimming.
20. I am not biodegradable.
21. It is not recommended to use me while sleeping.
22. Cosmetic versions of me can make a person look ill or injured.
23. If used incorrectly, I can be irritating.
24. I do not fog up or get wet in the rain.
25. Blinking helps me.
26. Using me can trigger someone's fear of touching their eyes.
27. I help people see more clearly.

Last Month's Answer: Garfield

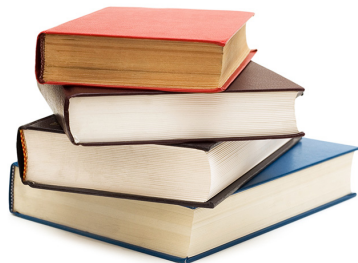


ACROSS

- 5. Book back
- 7. Book's name
- 8. Account of a life
- 10. Leaves of a book
- 13. Used to checkout books, library _____
- 15. Love story
- 16. Person in a novel
- 18. Hushed
- 19. Shelf gadgets for novels

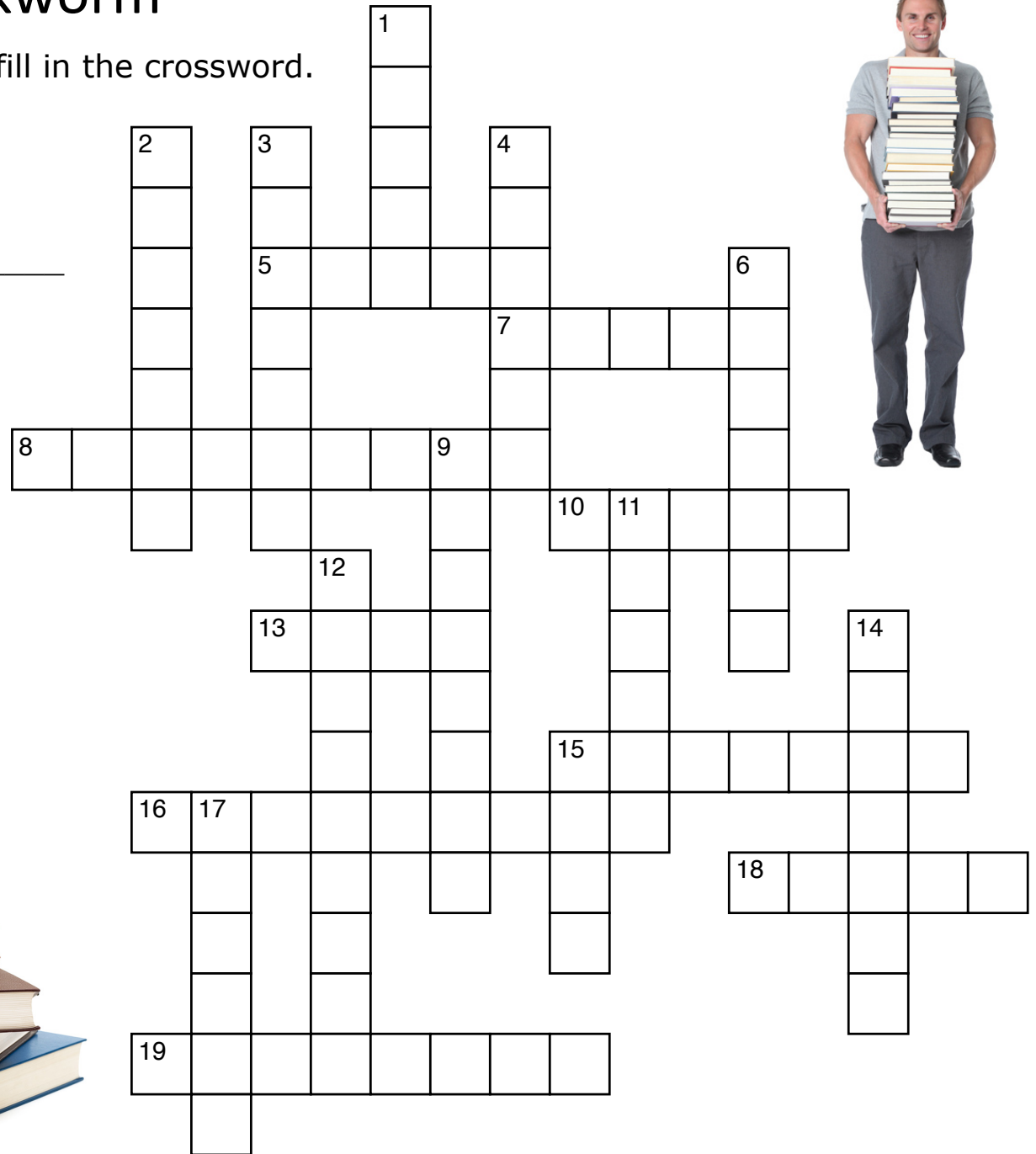
DOWN

- 1. Futuristic genre
- 2. Book finding system, card _____
- 3. Suspenseful novel
- 4. Verse works
- 6. Cowboy story
- 9. Book with a stiff cover
- 11. Novelist
- 12. Soft-cover book
- 14. Invented story
- 15. Crack a book
- 17. Scary novel



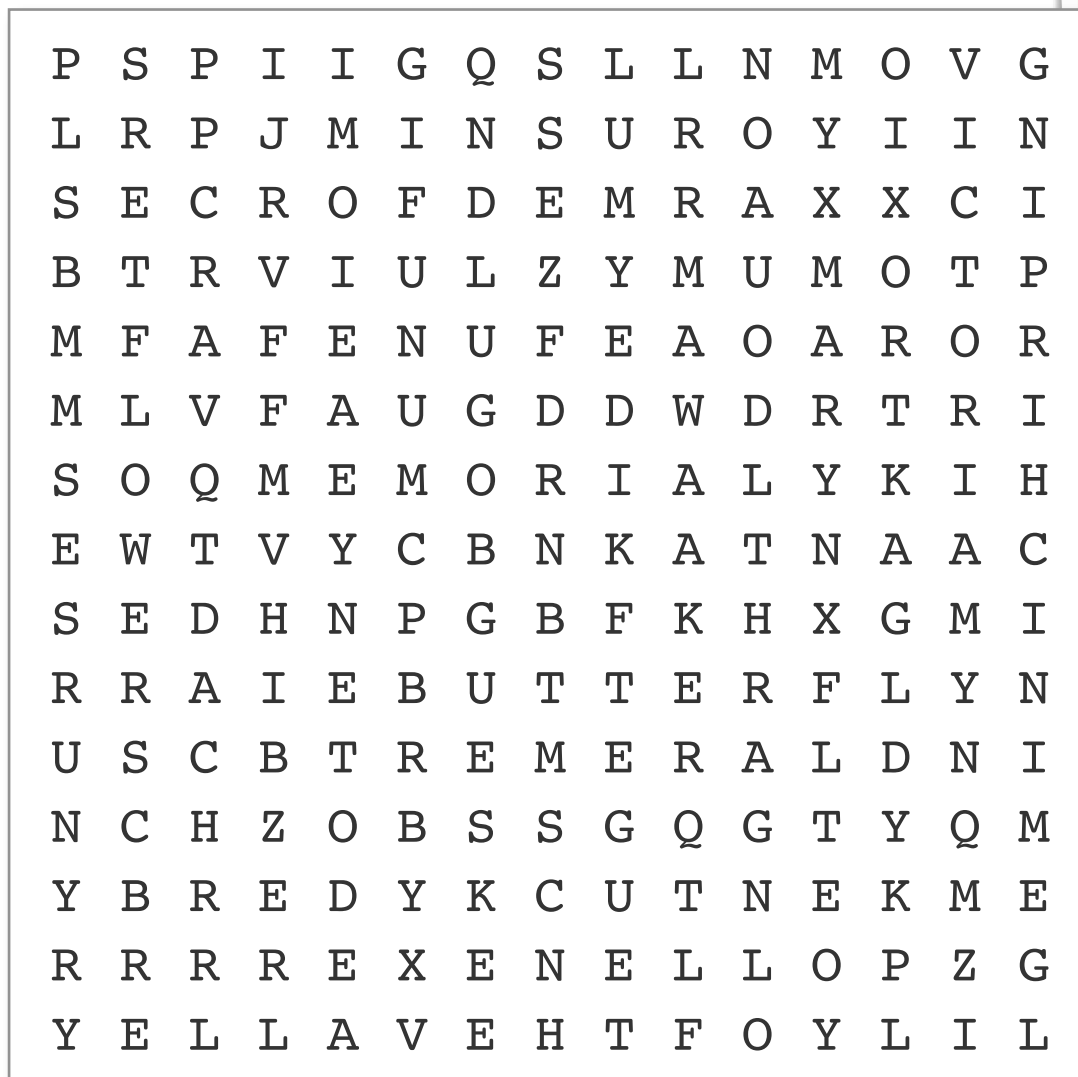
Bookworm

Use the clues to fill in the crossword.



Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



ARMED FORCES (Day)

BUTTERFLY

CHIRPING

CINCO DE MAYO

EMERALD

FLOWERS

GEMINI

KENTUCKY DERBY

LILY OF THE VALLEY

MAY DAY

MEMORIAL (Day)

MOTHER'S (Day)

MOWING

NURSES (Day)

POLLEN

SPRING

TAURUS

VICTORIA (Day)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

"May is the perfect time to take a breath of fresh air and enjoy the beauty of spring." - Debasish Mridha



May Day

4



Cinco de Mayo

5

Trader Joe's Delivery
4:00 pm

6

National Have a Coke
Day Discussion
1:00 pm Bldg. 60



7

1

2

3

8

9

10

11



Mother's Day
National Skill Nursing Care Week

12

Pantry Pick Up
11:00 am in 26C

13

Trader Joe's Delivery
4:00 pm

14

Pantry Pick Up
2:00 pm in 26C

15

Foodshare at
Crossroads Plaza
(Big Y) 1:00 pm

16

17

Armed Forces Day

18

19

Senior Citizens Day
Trivia
1:00 pm Bldg. 60

20

Trader Joe's Delivery
4:00 pm

21

22

23

24



Victoria Day (Canada)

25



Memorial Day

26

Trader Joe's Delivery
4:00 pm

27

National Senior
Health & Fitness Day
Fit & Facts Exercise
Program
1:00 pm Bldg. 60

28

29

30

31

Please contact your RSC to sign up for programs this month: Debra 860—570-0314; Lindsay 860-570-0319