



Canterfield OF OCALA

9589 SW Hwy 200 • Ocala, FL 34481

May 2024

COMMUNITY DIRECTORS

Executive Director

Angela Harden

Director of Marketing

Taylor Wasson

Business Office Manager

Joyce Uzar

Executive Chef

Wes Harden

Director of Environmental Services

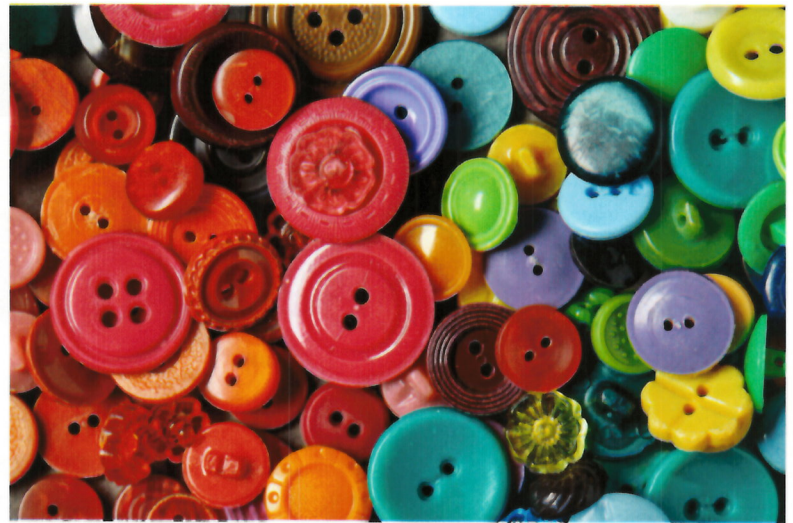
Jeff Smith

Activities Director

Elke Borzel

Resident Care Coordinator

Barbara Santos



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

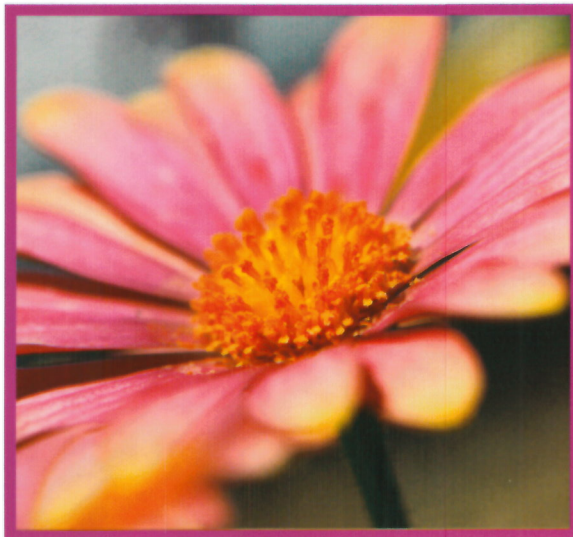
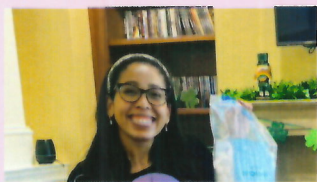


Mother's Day Tea Party
Saturday, May 11th, at 2:00pm

BE HAPPY



Memory Care



Clinical Corner

REMINDER

MEDICAL APPOINTMENTS

Be sure when you return from an appointment and you have already scheduled a new appointment, please stop at the reception desk and put your name on the transport schedule.



Happy Birthday

BIRTHDAY BASH

This Month's Birthday Bash is on May 29th at 2:00 PM In the Theater.

A Tour of American Barbecue

Barbecue is enjoyed throughout the country, but several regions are known for it.

Kansas City. This centrally located metropolis smokes chicken, pork spareribs and beef brisket low and slow. However, it's the thick tomato-based sauce laced with molasses that makes Kansas City's barbecue a go-to American staple. The local specialty, burnt ends, features the sweet, tangy sauce slathered over chopped end pieces of beef brisket and pork shoulder.

Texas. Slow-smoked beef brisket is what's big in Texas. The simply seasoned brisket, pork ribs and link sausages are tasty enough on their own. However, feel free to spice things up with the Lone Star State's thin, vinegary tomato-based sauce.

Memphis. Pork is king in Memphis, where the pit-cooked smoked ribs are served dry or wet. Dry ribs are cooked in a spice rub that often includes chili, onion and garlic powders, plus paprika, oregano and celery seed. Wet ribs come in a thin, zesty tomato-based sauce.

Carolinas. The eastern half of North Carolina goes whole hog—finely chopped and served with a vinegar-based sauce. Head west and you'll find a tomato-based sauce over shredded pork shoulder. South Carolina prefers its barbecued meats served with a tangy concoction of vinegar, mustard and brown sugar.

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

4	9	5	1	2	8	3	7	6
9	4	2	9	5	6	8	1	7
8	3	7	6	4	1	2	8	5
2	1	6	3	4	8	9	5	7
1	4	5	3	7	2	8	6	9
9	6	8	2	1	4	7	3	5
7	2	3	5	6	8	1	4	9
6	8	4	1	9	2	3	5	7
5	7	6	8	4	1	9	2	3
8	2	5	1	9	6	3	4	7
7	8	4	2	7	5	3	1	6
3	7	6	1	8	4	9	5	2

3	7	6						
			2	5				6
			6					8
7	6					2		
					8	1		
1		5			2			
	8	9	3	4				
4	1			5		7	8	3
6				2		5		



A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an article in the Hawaiian Gazette, the immigrants began “delighting the people with nightly street concerts,” playing instruments described as a strange cross between a guitar and banjo that produced “very sweet music.”

The people of Hawaii, including the royal family, fell in love with the instrument’s light, plucky sound. It’s said they called the instrument *ukulele*, meaning “jumping flea” in the Hawaiian language, as a reference to the musician’s fast-moving fingers across the strings.

Three Portuguese woodworkers—Manuel Nunes, Augusto Dias and Jose do Espirito Santo—are credited with developing the ukulele as a hybrid of the machete and other small guitars from their home country. The first ukuleles were made of koa wood, from a flowering tree native to Hawaii. King David Kalakaua, Hawaii’s “Merrie Monarch,” embraced the ukulele, learning to play it and performing for guests at palace celebrations.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music. It’s also a popular beginning instrument for children, thanks to its small size, affordability and ease of play.

Sunday, May 26th



Remembering and Honoring Our Heroes



Fiesta De 5 De Mayo
Join the Fiesta



UNIQUELELE
Performers May 9th
Experience the Enchanting Melodies of the Ukulele Live!

Honey’s Mini Therapy Pony
* Special Visit Alert:
Honey’s Therapy Pony will be arriving for a visit on May 14th.

Cardio Drumming
Cardio Drumming Sessions every Saturday at 9:30 am

Canterfield OF OCALA

May 2024

Sunday

Monday

Tuesday

Wed



CINCO DE
MAYO



9:30 Exercise with
9:30 Queen of Pe
10:30 Sing Alongs
2:00 Outdoor Wa
3:00 Cribbage (Ir

5
9:30 Exercise Workout★
10:30 Horse Racing■
2:00 Fiesta de Cinco De Mayo ■
2:00 Nondenominational Service ★
4:30 Rosary●

6
9:30 Exercise with Elke■
10:30 Publix Shopping
10:30 Rummikub (Independent) ←
2:00 BINGO■
3:00 Cribbage (Independent) ←
3:00 Movie Matinee★

7
9:30 Exercise with Elke■
10:30 Presentation/Speaker★
2:00 BINGO■
3:00 Checkers (Independent) ←
3:15 Paint & Sip■

9:30 Exercise with
9:30 Queen of Pe
10:30 Sing Alongs
2:00 Backyard S
3:00 Cribbage (Ir

12
9:30 Exercise Workout★
10:30 Outing: World Equestrian
Center
2:00 Nondenominational Service ★
3:00 Movie Matinee■
4:30 Rosary●

13
9:30 Exercise with Elke■
10:30 Rummikub (Independent) ←
10:30 Walmart Shopping
2:00 BINGO■
3:00 Cribbage (Independent) ←
3:00 Movie Matinee★

14
9:30 Exercise with Elke■
10:00 Therapy Pony Visit✓
2:00 BINGO■
3:00 Checkers (Independent) ←

9:30 Exercise with
9:30 Queen of Pe
10:30 Sing Alongs
2:00 Outdoor Wa
3:00 Cribbage (Ir

19
9:30 Exercise Workout★
10:30 Outing: Bealls
2:00 Nondenominational Service ★
3:00 Movie Matinee★
4:30 Rosary●

20
9:30 Exercise with Elke■
10:30 Publix Shopping
10:30 Rummikub (Independent) ←
2:00 BINGO■
3:00 Cribbage (Independent) ←
3:00 Movie Matinee★

21
9:30 Exercise with Elke■
10:30 Color Creations■
2:00 BINGO■
3:00 Checkers (Independent) ←

9:30 Exercise with
9:30 Queen of Pe
10:30 Sing Alongs
2:00 Outdoor Wa
3:00 Cribbage (Ir

26
9:30 Exercise Workout★
2:00 Memorial Day Reflections■
2:00 Nondenominational Service ★
4:30 Rosary●

27
Memorial Day
9:30 Exercise with Elke■
10:30 Rummikub (Independent) ←
10:30 Walmart Shopping
2:00 BINGO■
3:00 Cribbage (Independent) ←
3:00 Memorial Day Reflections■
3:00 Movie Matinee★

28
9:30 Exercise with Elke■
10:30 Color Creations
10:30 Let's Meditate★
2:00 BINGO■
3:00 Checkers (Independent) ←

9:30 Exercise with
9:30 Queen of Pe
10:30 Sing Alongs
2:00 Music w Day
3:00 Birthday Ba
3:00 Cribbage (Ir

- Activity Room
- ★ Movie Theater
- ✓ Main Lobby
- Library
- ← Country Kitchen

Wednesday	Thursday	Friday	Saturday
1 1 Elke ■ ace ● ★ k with Elke (dependent) ←	2 9:30 Exercise with Elke ■ 10:30 Ceramic Painting ■ 2:00 Bingo ■ 3:00 Checkers (Independent) ← 3:00 Thursdays Documentary ★	3 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ←	4 9:30 Cardio Drumming ★ 10:30 Yahtzee ■ 2:00 Ice Cream Social ■ 2:00 Rummikub (Independent) ← 3:30 Cornhole ★
8 1 Elke ■ ace ● ★ cial (dependent) ←	9 9:30 Exercise with Elke ■ 10:30 Ceramic Painting ■ 2:00 Uniqulele Performance ★ 3:00 Checkers (Independent) ← 3:30 Thursdays Documentary ★	10 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ←	11 9:30 Cardio Drumming ★ 10:30 Yahtzee ■ 2:00 Mother's Day Tea Party ■ 2:00 Rummikub (Independent) ← 3:30 Cornhole ★
15 1 Elke ■ ace ● ★ k with Elke (dependent) ←	16 9:30 Exercise with Elke ■ 10:30 Ceramic Painting ■ 2:00 Bingo ■ 3:00 Thursdays Documentary ★ 3:00 Checkers (Independent) ←	17 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ←	18 9:30 Cardio Drumming ★ 10:30 Yahtzee ■ 2:00 Carol's Art Retreat ■ 2:00 Rummikub (Independent) ← 3:30 Cornhole ★
22 1 Elke ■ ace ● ★ k with Elke (dependent) ←	23 9:30 Exercise with Elke ■ 10:30 Ceramic Painting ■ 2:00 Bingo ■ 3:00 Checkers (Independent) ← 3:00 Thursdays Documentary ★	24 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ←	25 9:30 Cardio Drumming ★ 10:30 Yahtzee ■ 2:00 Carol's Art Retreat 2:00 Rummikub (Independent) ← 3:30 Cornhole ★
29 1 Elke ■ ace ● ★ id Beaty ★ sh ■ (dependent) ←	30 9:30 Exercise with Elke ■ 10:30 Ceramic Painting ■ 3:00 Bingo ■ 3:00 Checkers (Independent) ← 3:00 Thursdays Documentary ★	31 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ←	

Memorial Day

The Day To Remember

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones, not just service members.



Influential Asian Americans

May is Asian American and Pacific Islander Heritage Month, an opportunity to recognize this diverse group's accomplishments in many realms. Celebrate by learning more about a few famous names:

Dalip Singh Saund. Born in India, Saund came to the U.S. in 1920 to study at the University of California in Berkeley, where he earned a Ph.D. He later became the first Asian American person elected to Congress, serving three terms as a U.S. Representative for California.

Chien-Shiung Wu. A Chinese immigrant, Wu's scientific studies earned her the nicknames "First Lady of Physics" and "Queen of Nuclear Research." She worked on the famous

Manhattan Project during World War II and won several awards throughout her career.

Chloe Kim. Born in the U.S. to South Korean parents, Kim started snowboarding at age 4. At 17, she became the youngest woman to win an Olympic gold medal in snowboarding.

I.M. Pei. A world-renowned architect, Chinese-born Pei famously designed the glass Louvre Pyramid in Paris. His well-known works in the U.S. include the Rock and Roll Hall of Fame in Cleveland and the John F. Kennedy Library in Boston.

Larry Itliong. Arriving in the U.S. from the Philippines at only 15 years old, Itliong began working on farms in several states. His work experience and mastery of multiple languages led to a new role: the voice of the people. Itliong was one of several leaders who advocated for improved conditions for the agricultural industry.





Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.



FUN THINGS



Our Mall Outing



Just for Fun 

Health & Fitness

May 2024



Audiobook of the Year

Called the Oscars for audiobooks, the annual Audie Awards honor the year's top titles in a variety of categories. Check out some of the past winners named audiobook of the year.

<u>Year</u>	<u>Audiobook/Author</u>
2004	"Harry Potter and the Order of the Phoenix" J.K. Rowling
2006	"The Hitchhiker's Guide to the Galaxy: Tertiary Phase" Douglas Adams
2008	"The Chopin Manuscript: A Serial Thriller" Various Authors
2012	"Bossypants" Tina Fey
2015	"Mandela: An Audio History" Nelson Mandela
2017	"Hamilton: The Revolution" Lin-Manuel Miranda and Jeremy McCarter
2023	"Finding Me" Viola Davis

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.