

Use the visual clues in the puzzle to figure

Wacky Wordies

OUTSIDE	working FLY	put the TOP	all world
1. _____	2. _____	3. _____	4. _____
a no no no trouble trouble trouble trouble	HOUR ↑	tostayuch	ALL MAP
5. _____	6. _____	7. _____	8. _____
Lick ety	with me	THINK	miBUnte
9. _____	10. _____	11. _____	12. _____

1. Step outside 2. Working on the fly 3. Put the top down 4. All is right with the world 5. A nose for trouble 6. Bottom of the hour 7. Stay in touch 8. All over the map 9. Lickety-split 10. Fine with me 11. Think outside of the box 12. Be with you in a minute

Concentration

<p>Puzzle #1</p>	<p>Puzzle #2</p>
<p>Puzzle #3</p>	<p>Puzzle #4</p>

Puzzle #1 We're out of the woods.
Puzzle #2 It's a jungle out there.
Puzzle #3 Like a fish out of water.
Puzzle #4 Hope springs eternal.

Regular Events

Social Hour w/ Live Entertainment

Every Day at 4:00 pm

Tai Chi with Rafael

Every Sunday at 10:30 am

Sculpture Class with Norberto

Saturday 4 & 18 at 10:30am

Art and You (Art Class)

Tuesdays & Saturdays at 1:30 pm

Hot Topics with Fyanne

Every Thursday at 2:00 pm

Shabbat Shalom w/ Eliezra & Eugene

Fridays at 5:30pm (New time) -Dining Room

Errands: Fridays 2:00 pm

Chair Yoga with Janet

Every Saturday at 10:00 am

This Month Outings Wednesdays

5/1 Festival Flea Market (Friday)

5/8 Lunch at Petit Gourmet

5/15 The Art of the Brick (\$25)

5/22 Lunch at Christine Lee's

5/29 Island Queen Boat Ride & Tour \$35

(Please sign up at Front Desk)

Upcoming Events

FIU Lifelong Learning Institute

Agatha Christie

By Lauren Radick

Monday, 5/6 –2:00 pm

Mother's Day Teatime

Sunday, 5/12-3:30 pm

Short Story Circle with Marilyn & Glenda

Monday, 5/13—2:00 pm

Resident Council Meeting

Monday, 5/20- 2:00 pm

Museums You Thought You Knew

By: Professor Alan Garfield

Tuesday, 5/21– 11:00 am

FIU Lifelong Learning Institute

The Prelude: Where It All Began

By Dr. Alan Mason

Tuesday, 5/22 -2:00 pm

Memorial Day Sing Along Show

Tuesday, 5/27—2:00 pm

Seniors' Prom Birthday Bash

Thursday, 5/29 –4:00 pm



May is the fifth month of the year on the Gregorian calendar and one of seven months with 31 days. May is a special month for just about every culture. What's not to love? May signals the height of spring, and summer's just around the corner! For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate the month's namesake, Maia, goddess of the life cycle.



Your Community Staff

Mimi Turrie

Executive Director

Jodi-Ann Coombs

Director of Administration

Barry Ger

Director of Sales & Marketing

Dorinda Caamano

Director of Resident Care

Ahmed Labib

Director of Food Service

Brenda Siino

Director of Activities & Transportation

Rita Collazo

Director of Resident Relations

Milourine Orange

Dining Room Manager

Michael Pena

Director of Maintenance & Housekeeping



Dear Residents,

May the month of May bring flowers, sunshine, and joy! This month we celebrate some very special loved ones: mothers! Please join us for a special tea time on Mother's Day and celebrate all the special ladies we call mothers. If you fancy something more than tea, join us for frozen margaritas on Cinco Dr Mayo! We'll bring the cold drinks, you bring the heat!

There are some exciting outings planned this month. There is a special Lego Art Exhibition, as well as the beloved Island Queen boat ride. If you are interested, please sign up.

We'll celebrate all May birthdays with a prom. Bring the corsages and boutonnieres for your prom dates and get ready to dance!

There are so many activities; there is something for everyone. Please participate and earn your Plaza bucks for the next auction!

Respectfully,

Brenda Siino

Director of Activities / Transportation

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!



May Happenings

May Birthdays

David L. May 2
Arnona M. May 7
James B. May 13



What's Lucky?

Lucky Color: Yellow
Lucky Animal: Squirrel
Lucky Letters: B and S
Lucky Day: Friday
Lucky Plant: Rose

May Zodiacs

Taurus (The Bull)
May 1-20
Gemini (The Twins)
May 21-31

Birthstone – Emerald
Flower – Lily of the Valley
Tree – Elm

Special Days

May Day
May 1
Cinco de Mayo
May 5
Mother's Day
May 12
Israel's Independence Day
May 13 Night-May 14
Armed Forces Day (U.S.)
May 18
Victoria Day (Canada)
May 20

The Good Old Days



In 1943 (over 80 years ago), the average annual income was \$2,043. Today, it's around \$60,000. The average cost of a new house was \$3,600. A loaf of bread was 9¢, and a gallon of milk was 62¢. Stamps were 3¢ each. A car cost \$1,100, and gas was just 21¢ per gallon. According to the Consumer Price Index calculator, \$1 in 1943 is equivalent to over \$14 in today's money.

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Brenda or Jose, or email us anytime at: bsino@royalaventura.com
Thank you!

Agatha Christie: The Real Life Gone Girl



With Lauren Radick
Monday, May 6 -2pm

A Crime writer who has disappeared from her own crime scene. While it may read like fiction, this is the true story of Agatha Christie's disappearance in December 1926. Join us as we solve the case of the world's most famous detective novelist!



The Prelude: Where it All Began

With Dr. Alan Mason
Tuesday May 21- 2pm



Dr. Alan Mason's captivating lecture delves into the origins of the first instrumental musical form. We will start with Bach's renowned Prelude in C major, a staple for every student, and move on to the dramatic and bombastic Prelude in C sharp minor by Rachmaninoff, beloved by music enthusiasts worldwide.

Beyond The Wobble: A Guide To Improving Your Balance With Yoga

By Howard VanEs source: Healthy Aging Magazine

Every second of every day, someone falls down and sustains a fall injury.

It is not surprising, given that some 800,000 people have fall accidents every year, according to the CDC. Sadly, a large majority of fall injuries result in negative outcomes, with many resulting in mortality.

Therefore, taking care of your balance is critically important to maintaining your overall health, quality of life, and independence. So, how do we lose our balance?

There are several reasons.

The first is simply a matter of “use it or lose it.” As we age, muscles and proprioception (knowing where you are in space) tend to atrophy if we are not actively involved in activity that keeps us fit.

Alignment issues are also a significant cause of balance problems, including rounded shoulders, scoliosis, kyphosis, twisted hips, knocked knees, pronation, etc.

Other common contributing factors include using certain medications, high or low blood pressure, stress, and eye or ear problems. And on occasion, just bad luck!

The good news is that it doesn’t take much to improve your balance, and the time-tested practice of yoga offers the perfect answer for almost everyone!

Why Yoga is Good for Everyone?

Whether you are seventy years old and have been away from activity for a long time, a competitive athlete, or someone dealing with injuries, the practice of yoga can be performed and enjoyed by anybody.

Of course, matching the right practice level to your specific needs is important. There are yoga classes for seniors, the terminally inflexible, classes specializing in back care, athletically challenging classes, and a wide variety of styles and themes that match almost anyone’s interest.

Yoga is also an exceptional modality for improving and maintaining balance as there is a whole group of postures called “balance poses” which are geared to working your balance.

Not only do these postures help improve your balance, but they also help improve overall alignment, strength, flexibility, and focus. Many people who practice yoga regularly enjoy the additional benefits of sleeping better, an improved immune system, and an enhanced feeling of overall well-being.

Join
Chair Yoga with Janet
Every Saturday at 10am—Theater



Making Memories

