

## Activities

**Happy Hour** – DR

Fridays – 2:00 PM

Celebrate May birthdays on the 27<sup>th</sup>

**Exercise** – CR

Monday through Friday – 9:30 AM

Saturday – 11:00 AM

**Coffee & Treats**

Daily at 10:00 AM – Jitterbug Café

**Chat with the Chef** – Dining Room

Wednesday May 18 – 1:30 PM

**Resident Council** – CR

Thursday, May 26 – 1:00 PM

**Activities Meeting** – CR

Tuesday, May 31 – 1:00 PM

**Blood Pressure Clinic** – Conference Room

Monday, May 2 – 11:00 AM

**Service with Pastor Mark** – CR

Thursday, May 12, 19 and 26 – 2:00 PM

**Catholic Communion Service** – CR

Wednesday, May 11 and 25 – 3:30 PM

**Silverwood Park Craft** – CR

Monday, May 23 – 10:00 AM

**Book Club** – CR

Mondays, May 2, 16 and 30 – 10:00 AM

**Sandwich Making** – CR

Sunday, May 15 – 1:30 PM

**Tasty Thursday** - CR

May 19 – Smoothies

**The Crown Series** – Theater

Sunday, May 15 – 2:45 PM

May 1, 8, 22 and 29 – 2:00 PM

**Yahtzee Showdown** – CR

Monday, May 9 and 23 – 1:00 PM

**Christopher Yaeger** – CR

Tuesday, May 17 – 3:15 PM

## Movies Saturday at 6:00 PM

**May 7 – Just Like Heaven**

PG-13 2005 1h 34min

**May 14 – Crooked House**

PG-13 2017 1h 55min

**May 21 – Hampstead**

PG-13 2019 1h 42min

**May 28– Dreamer**

PG 1997 1h 45min

## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21–31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Marcia S. – May 2  
Connie M. – May 10  
Joe G. – May 14  
Cookie G. – May 18  
Nancy B. – May 25  
Ann S. – May 31  
Vera W. – May 31

## Music

**Mondays** – 3:00 PM

**Jim Kirkendall** – May 2 – Lobby

**Bobbi and Christine** – May 9 – Lobby

**Wes Miller** – May 16 – Lobby

**James Shaw** – May 23 – Lobby

**Gary LaRue** – May 30 – Lobby

**Fridays** – 3:00 PM

**Michael Larson** – May 6 – Lobby

**Patrick Allen** – May 13 – Lobby

**David and John** – May 20 – Lobby

**Joe Aherns** – May 27 – Lobby

“Act as if what you do makes a difference. It does!”

William James

May 2022

# Bel Rae Reporter

Bel Rae Senior Living | 2330 Mounds View Blvd | Mounds, MN | 55112

## Celebrating May

**Gardening for Wildlife Month**

**Personal History Month**

**Global Health and Fitness Month**

**World Laughter Day**  
*May 1*

**African World Heritage Day**  
*May 5*

**148th Kentucky Derby**  
*May 7*

**Mother's Day (U.S.)**  
*May 8*

**World Belly Dance Day**  
*May 14*

**International Learn to Swim Day**  
*May 21*



## May Outings

**Trip to Aldi's**

Wednesday, May 4, 10:00 AM

**Trip to Mounds View Public Library**

Friday, May 6 – 10:00 AM

**Trip to Como Conservatory**

Tuesday, May 10 – 9:30 AM

**Trip to Home Goods**

Wednesday, May 11 – 10:00 AM

**Trip to Walmart**

Wednesday, May 18 – 10:00 AM

**Plant Shopping at Fleet Farm**

Tuesday, May 24 – 10:00 AM

**Dinner at Texas Roadhouse**

Wednesday, May 25 – 4:00 PM

To all the Mothers,  
Grandmothers,  
Aunts, Sisters  
and other women  
in our lives that care for  
us and love us  
unconditionally,  
*Happy Mother's Day!*



## Hedgehog Craft



**Visit our Bel Rae Facebook page to see pictures of your loved ones!**

You do not need to have a Facebook account to view our page. Go to [www.facebook.com](https://www.facebook.com). Go to search at the top of the page and type in Bel Rae Senior Living of Mounds View. When there, please click on "Like".



## Motherhood: Priceless



How will you show Mom that you care on this Mother's Day, May 8? In its early days, Mother's Day was celebrated by attending church and sending mom a handwritten letter. Today, Mother's Day is a \$28 billion industry. As well it should be! After all, if we were to pay Mom for the various tasks she performs, that salary would be over \$116,000 a year. The least we can do is shower her with gifts! Mothers aren't the only ones who look forward to the holiday. It is the busiest day of the year for restaurants, with 80 million people dining out. Jewelry stores make out big, too. Shoppers spend \$5 billion on new bling for Mom. When Mother's Day began in 1914, the floral industry declared that carnations were the best way to honor mothers: red carnations for moms still living, and white for those who had passed. Today, the tradition of gifting flowers lives on. Mother's Day is the number one day for floral sales, which total \$2.66 billion



## Flower of the Month – Lily of the Valley

The flower for the month of May is the lily of the valley. It is prized for its sweet fragrance. It's a common folk belief that the scent of this inedible flower in the spring air is the signal for nightingales to begin their seasonal singing and choosing of a mate. Legend has it that King Charles IX of France was given this flower on May 1, 1561. He reportedly then gave the gift of lilies of the valley to all the ladies of his court each year on May 1.

## Important Phone Numbers

Front Desk – 763-784-7633



Cinco de Mayo ("Fifth of May") is a yearly celebration held on May 5, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Led by General Ignacio Zaragoza, the victory of a smaller, poorly equipped Mexican force against the larger and better-armed French army was a morale boost for the Mexicans. Zaragoza died months after the battle from an illness, and a larger French force ultimately defeated the Mexican army at the Second Battle of Puebla and occupied Mexico City.

More popular in the United States than in Mexico, Cinco de Mayo has become associated with the celebration of Mexican American culture. Celebrations began in California, where they have been observed annually since 1863. The day gained nationwide popularity in the 1980s due to advertising campaigns by beer, wine, and tequila companies; today, Cinco de Mayo generates beer sales on par with the Super Bowl. In Mexico, the commemoration of the battle continues to be mostly ceremonial, such as through military parades or battle reenactments. The city Puebla marks the event with various festivals and reenactments of the battle.

Cinco de Mayo is sometimes mistaken for Mexico's Independence Day—the most important national holiday in Mexico—which is celebrated on September 16, commemorating the Cry of Dolores in 1810, which initiated the war of Mexican independence from Spain. Cinco de Mayo has been referenced and featured in entertainment media and has become an increasingly global celebration of Mexican culture, cuisine, and heritage.

## Homey Touches



Molly, our Activities Director, has added some special touches to make our community room a warmer and more inviting place to gather. We have a new plant "corner". Since the back of our building is facing Southwest, we have great light for the plants. It's fun to watch them and learn the traits of each. We have a few that we haven't seen before.

## Name the Fish Contest



Something else that's been fun! We have two male betta fish. They are naturally territorial and should not be housed with any other male betta fish because they will fight and injure each other. We held a contest to name them. They are our official mascots. The winning names are Blackberry and Blueberry. If you look closely, you can see a little bit of them. They didn't cooperate with me for the picture.