



Notable Quotable

"If you want to keep your memories, you first have to live them."

~ Bob Dylan (currently 83 years young)

May Horoscopes and 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. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they're good at it, too! Witty, intellectual, and curious, they're often the life of the party.

Celebrities born in May include:

- Joseph Heller – May 1, 1923
Pete Seeger – May 3, 1919
Gary Cooper – May 7, 1901
Melissa Gilbert – May 8, 1964
Martha Graham – May 11, 1894
Perry Como – May 18, 1912
Joan Collins – May 23, 1933
Bob Dylan – May 24, 1941
Sam Snead – May 27, 1912
Henry Kissinger – May 27, 1923
Joe Namath – May 31, 1943



- Judy H - 1
Les N - 6
Robert L - 9
Joan R - 24
Gary B - 26
Audrey V - 30



Do you have a spot for lonely, unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost soles? Chances are you may never see those lost socks again. So, on May 9 -Lost Sock Memorial Day- take the time to say goodbye to those missing socks, wherever they may be.

Take this day to hunt for socks in drawers and under furniture and then match them up. But 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! This May 9, restore your mismatched socks to their former glory, and go unmatched for a day.

The Sock That Got Away



Oak Terrace Living

May 2025

Our Events

- 5/5 Vine Music
5/6 Hoover K Class
5/7 Mass at West
5/8 A&K Carlson Music
5/15 Patrick Rasmussen Music
5/20 Craig Blackstad Music
5/21 Mass at West
5/27 Podiatry
5/27 Jim Kozan Music

Celebrating May

Military Appreciation Month

Stroke Awareness Month

May Day May 1

Kentucky Derby May 3

International Firefighters Day May 4

Wildflower Week May 4-10

Mother's Day May 11

Receptionist's Day May 14

East, West and Autumn Lane | 1575 Hoover Dr | 387-8358 | Activities Department



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.

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. 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. 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 don't calm or soothe us. But, like so many things—playing an instrument, passing a football, doing your taxes—a calm and clear mind is easier to achieve with practice. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, the month of May is Meditation Month.

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. 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 the brain.

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 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. Luckily, there are 31 days in May to explore all the options.



A frog garden ornament models one of the poses used for meditation.



## More Than Margaritas

*El Cinco de Mayo*—Spanish for "The Fifth of May"—has become known as the day of Mexico's independence. But it actually celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Ignacio S. 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 them in this battle.

Six years later, France withdrew its claim on the country. It was this May 5th David-versus-Goliath moment that instilled a new sense of national pride in the young country of Mexico.

*Papel picado, colorful cut-paper banners, are a hallmark of Mexican celebrations like Cinco de Mayo.*



## A Mom-entous Occasion

Celebrated with great enthusiasm, Mother's Day falls on Sunday, May 11. Where would we be without our mothers? The fact is we would not *be* at all. Go ahead, celebrate enthusiastically!



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.

