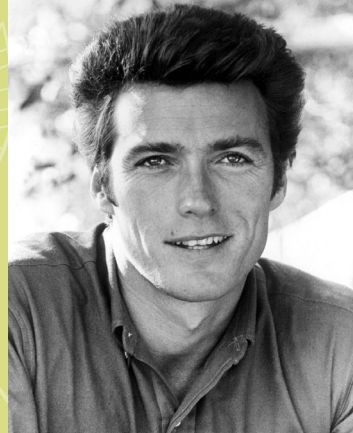


May Horoscopes and Birthdays



Notable Quotable

“Always keep your ego in check and not be afraid to listen. Listening is a great art form.”

~ Clint Eastwood
95 years young

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Frankie Valli – May 3, 1934
Rory McIlroy – May 4, 1989
Willie Mays – May 6, 1931
Cher – May 20, 1946
Bill Robinson – May 25, 1878
Sally Ride – May 26, 1951
Gladys Knight – May 28, 1944
Clint Eastwood – May 31, 1930
Brooke Shields – May 31, 1965



Game for Life

While May has earned the nickname Tennis Month, tennis has earned the nickname “the sport for a lifetime.” Health Expert, Dr. Groppel, calls tennis the most healthful sport due to its wide-ranging health benefits for all ages.

Tennis not only provides a vigorous physical workout but it exercises the brain as well. Tennis requires such a high level of alertness and thinking that playing the sport prompts our brains to grow new nerve connections.

Tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. This May, grab a racket and a tennis ball, and put your mind and body to use.

Local Legends

Judy H ~ 1
Barb G ~ 4
Una L ~ 12
Brenda L ~ 24
Joan R ~ 24
Gary B ~ 26
Audrey V ~ 30
Alonzo W ~ 30



The skill of tennis can also translate into the popular game of pickleball. Pickleball uses a smaller court, a lighter plastic ball, and underhand serves, resulting in less running, slower speeds, and a more relaxed, social, and accessible gameplay compared to the high-intensity, physical demands of tennis.



Oak Terrace Living

May 2026

Our Events

- 5/4 Vine Music
- 5/7 Hoover Visit
- 5/11 Mother’s Day Party
- 5/14 LAST Hoover Visit
- 5/14 Patrick Rasmussen Music
- 5/18 WWII Museum Virtual Tour
- 5/20 A&K Carlson Music
- 5/26 Brian and Dave Music
- 5/28 Sustainable Safari

Celebrating May

- Family Month
- Star Wars Day
May 4
- Mother’s Day
May 10
- Nurses Week
May 6-12
- Rescue Dog Day
May 20
- Memorial Day
May 25

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



Life at Turtle Speed

Turtles have been moving through Earth’s waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about resilience, conservation, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world’s roughly 360 turtle/tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in crossing areas, reducing plastic use, and supporting conservation organizations can help turtles remain part of our future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures.

They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance — moving forward while carrying one’s home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase “slow and steady.” Turtles remind us that progress doesn’t have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach. As World Turtle Day approaches, it’s a good moment to reflect on both action and attitude. Sometimes, slowing down isn’t falling behind —it’s choosing a wiser way forward.



In Minnesota, turtle migration and nesting peak in late May and June



Norman Perceval Rockwell, *The Saturday Evening Post's* most famous illustrator, is considered by many to be one of America's greatest artists. He was a master storyteller via canvas and paint, and his works, capturing the triumphs and foibles of the common man, are as popular today as they were in decades past. Rockwell's talent flourished during a period referred to as "The Golden Age of Illustration."

Rockwell always wanted to be an illustrator. He transferred to the Chase Art School at the age of 14, and then went on to the National Academy of Design and the Art Students League. There, he was taught by famous artists such as Thomas Fogarty, George Bridgman, and Frank Vincent DuMond. Rockwell's first major commission came in 1912, when he was just 18, with his first book illustration for Carl H. Claudy's *Tell Me Why: Stories about Mother Nature*.

Rockwell later produced works for *St. Nicholas Magazine* and the Boy Scouts of America's publication *Boys' Life*, of which he later became the art editor. During his three-year tenure (1913–1916), he painted several covers, the first, *Scout at Ship's Wheel*, appearing on the Boys' Life September 1913 edition.

Rockwell's involvement with *The Saturday Evening Post* began in 1916. His family had moved to New Rochelle, New York, where a then 21-year-old Rockwell shared a studio with cartoonist Clyde Forsythe, who worked for the *Post*. Forsythe helped Rockwell submit his first successful cover painting, *Mother's Day Off*, to the *Post* in 1916. Forty-seven years later, Rockwell's work had appeared 322 times on the cover of *The Saturday Evening Post* — the last, a portrait of John F. Kennedy, appeared in 1963, a week after the president's assassination.

Rockwell spent the last 10 years of his career painting about civil rights, poverty, and space exploration for *Look* magazine. He received the Presidential Medal of Freedom, the United States of America's highest civilian honor, in 1977 for "vivid and affectionate portraits of our country."

Holy Rollers

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony.

In massive cathedrals like New York City's St. John the Divine, pews are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe bicycling season.

Since 1972, the Blessing of the Bikes has become a May ritual in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony.

Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

Riders often decorate their bikes with flowers, ribbons, or other symbols of protection.



Earth day flower seed planting, multi-media crafts and ice cream in the sun



Sound Sense

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week.

So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, noise-cancelling headphones often help make the loud environment more comfortable.

It turns out that the best medicine for our ears is to give them a rest. Limit exposure to very loud sounds, such as a 100-decibel rock concert, and follow them with extended periods of quiet to reduce ear strain.