



"Life is like riding a bicycle. To keep your balance you must keep moving." -Albert Einstein

*Hail, bounteous May, that doth inspire
Mirth, and youth, and warm desire;
Woods and groves are of thy dressing,
Hill and dale doth boast thy blessing.*
~ John Milton



Flower of the Month – Lily of the Valley



The lily of the valley is known by a few names. One name is *Our Lady's tears*. According to legend, the tears Mary shed at the cross turned into lily of the valley. Other names of the May birth flower include *May lily*, *May bells*, *lily constancy*, and *ladder to heaven*.

The lily of the valley is a very fragrant plant and is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate.

Traditionally, lily of the valley is sold on the streets of France on May 1. Since 1982, the lily of the valley has been the national flower of Finland and Yugoslavia.

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother's Day
May 14

Armed Forces Day (U.S.)
May 20

Victoria Day (Canada)
May 22

Memorial Day (U.S.)
May 29

Birthstone – Emerald

The emerald is generally thought of as the gemstone for the season of spring because of its rich green color, but it is specifically the birthstone of May. These beautiful stones have long been a favorite of royalty; Cleopatra favored them over any other stone and had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. The largest emerald in the world is the Bahia Emerald. It was discovered in 2001 in Bahia, Brazil.

Emeralds are the gift associated with couples' 55th wedding anniversary and are said to symbolize enduring love. However, in many cultures, these stones are a symbol of fertility because their deep green color is reminiscent of lush vegetation and spring. They are becoming a popular gift among newlyweds and couples planning to have a baby.



Fairfield & Cottages May Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Church pick-up Sunday: 8:45 am and 9:05 am

Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm

Thursday: 1:00 pm - 4:00 pm

Local Morning Shopping: Monday: 9:30 am (Fred Meyer, WinCo, Post Office, Banking)

Friday: 9:30 am (320th, Safeway, Walmart)

Extras

Water Toning Monday & Friday 9:00 Spa/Pool Room

Zumba Gold Monday–Wednesday–Friday 10:15 Fitness Room

Fitness Monday–Wednesday–Friday 11:00 Fitness Room

Yoga Monday and Friday 12:00 Fitness Room

Chair Chi Wednesday 12:00 Fitness Room

King Co. Traveling Library 1st Friday of each month 9:00 Hearthside Lobby

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthside/Gardens Building

Bingo – Wednesday at 6:45 pm & Saturday at 1:45 pm in the Fitness Room

Birthday Party – Monday, May 22nd at 2:00 pm celebrating birthdays at GHS Juice Bar

Bridge – Friday at 1:30 pm in the Card Room.

Cribbage – Wednesday at 1:30 pm in the Card Room.

Jeopardy – Friday at 3:30 pm in the Fitness Room.

Mexican Train – Monday at 2:00 pm in the Solarium.

Pinochle –Tuesdays & Thursdays at 1:00 pm in the Juice Bar

Whammo – Wednesday at 3:00 pm in the Fitness Room