Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 Water Toning (Spa/Pool) 9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Mexican Train (Solarium)	AM Doctor Appointment 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar) 2:00 Debbie Dimitre Portrays Rachel Carson*T (Fairfield Fitness Room) 4:30 Happy Hour at Billy McHale's *T\$	8:30 Men's Breakfast *T\$ 11:00 Fitness (Fitness Rm) 12:00 Chair Chi (Fitness Rm) 1:30 Cribbage (Card Rm) 1:30 Current Events with Pete Mazza (Fitness Room) 4:00 Round Table (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Des Moines Creek Trail*T 10:00 Thailand Treasures Sale (Fairfield Fitness Room) 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) 1:00 Avon 1-3 pm (Solarium) PM Doctor Appointments	9:00 Traveling Library (HS Lobby) 9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 12:30 Scooter/Wheelchair Safety Training (Fitness Room) 1:30 Bridge (Card Rm) Cinco de Mayo	1:30 Dime Bingo (Fitness Room)	6
Church Pick up:	8	9	10	11	12		13
8:45 9:05 1:30 Scenic Bus Ride *T	9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 12:30 Kent Senior Center with Carolyn *T \$1 1:30 Carol Hendrickson (Gardens/Hearthside Juice Bar) 2:00 Mexican Train (Solarium)	AM Doctor Appointment 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar) 1:30 Music with Ron Herring (Gardens/Hearthside Juice Bar)	12:00 Stretch (Fairfield Fitness Room) 1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Milton Trail *T 10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) 1:30 Book Club (Fairfield Mtg Rm) PM Doctor Appointments	9:30 Shopping *T 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm) 4:00 Poetry with Natalie (Solarium)	1:30 Dime Bingo (Fitness Room)	
Church Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T	9:30 Shopping *T 2:00 Mexican Train (Solarium)	AM Doctor Appointment 9:30 Art History \$ (Mtg Room) 1:00 Pinochle (Juice Bar) 2:00 Shopping at Value Village*T	12:00 Stretch (Fairfield Fitness Room) 1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Celebration Park *T  10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar)	9:00 Water Toning (Spa/Pool) 9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm)	1:30 Dime Bingo (Fitness Room)	20
21 Church Pick up: 8:45 9:05 1:30 Scenic Bus Ride *T	9:00 Water Toning (Spa/Pool) 9:30 Shopping *T 10:15 Zumba Gold (Fit Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 2:00 Mexican Train (Solarium) 2:00 Birthday Celebrations with Dan Roberts (Gardens/Hearthside Juice Bar)	AM Doctor Appointment  1:00 Pinochle (Juice Bar)  4:00 Sunset Dinner at Wally's Chowder House*T\$	10:15 Zumba Gold (Fitness Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Chi (Fitness Rm) 1:15 Port of Tacoma Tour *T 1:30 Cribbage (Card Rm) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Interurban Trail *T  10:00 Bible Study (Mtg Rm) 1:00 Pinochle (Juice Bar) PM Doctor Appointments 1:00 Jewelry Sale with Marcia (Solarium) 2:00 Wine and Cheese Social (Dining Room)	9:00 Water Toning (Spa/Pool) 9:30 Shopping *T 10:15 Zumba Gold (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Chair Yoga (Fitness Rm) 1:00 Care Givers Support Group (Fairfield Meeting Room) 1:30 Bridge (Card Rm) 3:30 Jeopardy (Fit Rm)	1:30 Dime Bingo (Fitness Room)	27
28 Church Pick up: 8:45 9:05  1:30 Scenic Bus Ride *T	Memorial Day BBQ 11 AM ~ 1 PM Hearthside Gazebo *T	AM Doctor Appointment  1:00 Pinochle (Juice Bar)  2:00 Let's Talk Soup with Chef Michael (Fairfield Meeting Room)  2:30 Activity Meeting (Fairfield Fitness Room)	9:30 Northwest Trek and Lunch *T\$ 1:30 Cribbage (Card Rm) 1:30 Music with Gerald Braude (G/HS Juice Bar) 3:00 Whammo (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)		May 2017 d and C		S



"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

(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