



# River Grand Highlights

MAY 2024

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HAPPY MAY!

May 2024 is Older Americans Month, which recognizes the important role seniors play in society. The theme for 2024 is "Powered by Connection", which highlights the impact that social connections and meaningful relationships have on health and well-being. Here are some tips for YOU that may be helpful:

**•Physical activity**

Regular exercise can help seniors stay fit and independent, control weight, lower blood pressure and cholesterol, and reduce the risk of falls, disease, and illness. Physical activity can also improve sleep quality, build stamina, and relieve depression. This is a great opportunity to take advantage of outdoor walking, Fit n' Feisty group and the NEW Happy Beats exercise group!

**•Mental health**

Seniors can seek emotional support when needed, and mental stimulation can improve brain health. See me about resources available in the Grand Rapids community!

**•Social connections**

Seniors can nurture social connections, engage with the community, and keep in touch with loved ones through video calls, texts, or emails. River Grand has an iPad available for you to utilize to stay connected to your friends and family! See Liz to borrow the iPad!

**•Continuous learning**

Seniors can read regularly, pursue hobbies, and learn new things, check out the activities calendar for the summer events happening at River Grand. Take a chance and try new opportunities

Sincerely,

*Jessica*





It looks like the sun is here to stay! I have been enjoying getting to know all of you. It is so lovely to see your faces each morning! Thank you all for being patient with me while I've been learning the ropes at River Grand.



Happy May!!!

*Megan*

May always reminds me while growing up, my mom always did May Day Baskets with me on May 1st for our neighbors and a few relatives. Which was always a fun tradition and a great way to celebrate the start of warmer days ahead! Anyway back to business, just a reminder that we put up a corkboard by the mailboxes for residents to make announcements to everyone. Just kind of a fun way to get the word out to all!

*Brandi*

Mother's Day Ice Cream Social with Amy...  
and maybe Petunia!

Saturday May 11th @ 1:30pm

*Amy*





Welcome May!

The month of new beginnings, where the birds come back the buds begin to blossom and the air is full of sunrise scents. Some of you might know the old saying “N’er cast a clout till May is out”……. It’s a saying that reminds us of our crazy May weather and its ability to bathe us in sunshine one day and bring chilly winds the next!! Either way I’ve enjoyed our sunny days.

**Dates to remember**

We will be starting our spring / Summer Menu on Sunday May 5th!! Be on the lookout for some new delicious recipes!

Our Culinary Meeting is Monday, May 13th at 2:00 in the activities space. I value each of your opinions your input is so important. I hope to see you there.

It’s National Cherry Cobbler Day on May 17th! We will be serving Cherry cobbler for our lunch dessert!

We will be hosting our Fine Dining Event May 30th. We will be enjoying some authentic and popular Chinese dishes and beautiful atmosphere.

\*\*Just a reminder that if you have any menu requests or a recipe you’d like to see on the menu see me anytime!

We have lots of changes going on in the kitchen keep your eye out for Hannah!! She is one of our new cooks, let’s welcome her to the team!

*Angie*





## Fitness groups:

With the warmer weather, it gives us the opportunity to get our bodies moving and healthy!

Join me for “**Good Morning Yoga**” on Monday and Wednesday mornings in the **GREAT ROOM!**

Also on the May calendar, I will be going on walks outside of the building for Tuesday “**Nature Walks.**” Come take a stroll with me if the weather allows.

“**Fit & Feisty**” is by far our best attended fitness group. Happening five days per week. During each session we begin with light stretching, resistance bands, and end with balloon ball! The benefits of this class are endless!

For a more cardio based group, consider joining in “**Happy Beats.**” This group combines FUN music, seated or standing rhythmic movement that will get your heart pumping. Wednesday and Friday afternoon.

*Liz*

## Dates to Remember:

May 9: Mother’s Day Dessert Buffet & Music to follow

May 10: Music with Brad Hanson

May 20: Errand Day, Music with Corey @2:30

May 22: Birthday Party of the Month

May 23: Memorial Day Program

May 30: Tour of China: Fine Dining Event

(Must sign up in advance, and if you attended the previous event please allow others to sign up first)





RG  
Birthdays

Ron- 5/6

Dorothy J.- 5/9

Betty Lou- 5/15

Jack- 5/16

Bev E.- 5/21

Grace- 5/30