



Happy  
Mother's Day

MOM  
*With love*

May 2026 Newsletter

Senior Assisted Living Community



**Julian F.**

is our Assisted Living Resident of the Month

**J**ulian F. was born on April 25, 1956 to Ray and Doris in Tarzana, CA. He is the oldest brother and he has a younger brother named Joan. Julian was never married and never had any children. He went to Canoga Park High School. Julian worked as a cashier in a liquor store. Julian believes that everything created by God is beautiful. He reads the bible once in a while. Congratulations Julian, on being named our May Assisted Living Resident of the Month!

**Jose C.**

is our Arbor Hall Resident of the Month

**J**ose C. was born on March 25, 1975 in Culiacan, Sinaloa Mexico to Andres C. and Elsa S. Jose has six siblings. When Jose was around eight years old, they immigrated to the United States. They settled in Los Angeles, CA. Jose never married but has lived a good life and has five wonderful children. He worked in construction and demolition. Jose's favorite hobbies are listening and dancing to romantic Spanish music. His favorite dish is red enchiladas with a cold Seven-Up. Jose's favorite colors are light blue and light green. He likes to play bingo here in the facility and chat with new friends. Jose's favorite quote to live by is: "I thank God for everything and anything, he is always by my side." Congratulations, Jose on being our Arbor Hall Resident of the Month.



to the best  
**MOM**



HAPPY MOTHER'S DAY

## May Birthday Party

Friday, May 29 at 1:00 p.m.

All residents whose birthday is in May are invited to join us in the Hobby Room to celebrate their natal day. We'll have cake and ice cream for you to enjoy.

### All Birthdays

Dale E.	5/16
Roux R.	5/16
Ricardo V.	5/17
Darin C.	5/25
Nancy L.	5/29

### Arbor Hall Birthdays

Jacqueline B.	5/11
James H.	5/19

### Staff Birthdays

Aldrin E.	5/02
Mechill B.	5/03
Patricia C.	5/05
Rodel P.	5/23
Agustina G.	5/28
Nora G.	5/29

## MAN EVENTS FOR MAY 2026

### Council Meeting

RESIDENT COUNCIL MEETING

Thursday, May 14 - 1:00 p.m.

in the Hobby Room.



Note: Shopping trips can be scheduled Monday through Friday as long as the driver available.

### Kitchen Tips

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Jhun know 3 hours before meal time. Please DO NOT STAND BY OR NEAR THE KITCHEN DOOR during meal time. It is not safe. Thank you.



### Church Services

**St. Philomena Church** will have Catholic mass every third Monday of each month.

**Church of Christ-Iglesia Ni Cristo** will offer Bible Study every Thursday at 6:00 p.m. in the Front TV Room, and Saturdays at 1:00 p.m.

**The Good Shepherd Ministry** comes in every 2nd and 4th Saturday of the month at 10:30 a.m. They invite you to join them in their spiritual advocacies.

**The Metropolitan Church of Christ** comes every Sunday and Thursday of the month at 2:00 p.m.

### Bingo

Every Monday, Wednesday, and Friday

### Medical Runs

Every Monday to Thursday of the month.



## May HOroscOpe Signs

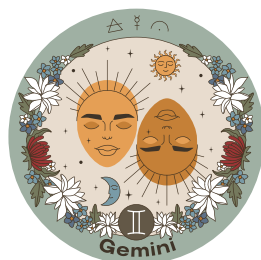
### Taurus - April 20 to May 20

Taurus is a sign that likes to closely examine things in order to understand how stuff work and what makes people tick. While gentle by nature, Taurus don't like to be pushed. This star sign loves home comforts, and prioritizes the good life over everything else. Their desire to ponder and consider every move is what can also make these intensely physical creatures often appear stubborn. Taurus are natural born foodies, and don't eat to live, but instead, live to eat. You'll usually find little drama or tension with them, as they are soothing, stoic, and happy in their own skin.



### Gemini - May 21 to June 20

Known as the celestial twins, Gemini are marked by an intrinsic duality. If they could just clone themselves, the Gemini might be able to keep up with the many pursuits they are constantly juggling. Quick-witted, playful and intellectually curious, this air sign is considered to be the social butterfly of the zodiac and can talk to anyone about anything. Gemini are most satisfied when they can move fluidly and quickly from one idea to the next.



### New Residents

Victoria M.

# May 2026 Arbor Hall Activities Calendar

This calendar is subject to change.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b></p> <p>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 11:30 12:30 Relaxation / TV Time Snacks &amp; Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day 5:10</p>	<p>"May is the month of expectation, the month of wishes, the month of hope."  ~ Emily Brontë</p>	<p><b>MAY DAYS TO NOTE...</b></p> <p>01 May Day 02 Kentucky Day 03 Nat'l Lemonade Day 04 Nat'l Nurses Day 06 Nat'l Teacher Day 07 Nat'l Teacher Day 08 Reward Yourself Day 10 Nat'l Golf Day 11 Nat'l Eat What You Want Day 12 Nat'l Limerick Day 13 Tulip Day 14 The Stars &amp; Stripes Forever Day</p>	<p><b>15</b> Bring Flowers to Someone Day <b>16</b> Nascar Day <b>18</b> Nat'l Museum Day <b>19</b> Plant Something Day <b>20</b> World Bee Day <b>21</b> World Meditation Day <b>23</b> Lucky Penny Day <b>24</b> Indianapolis 500 <b>26</b> Scripps Spelling Bee begins <b>30</b> Senior Health &amp; Fitness Day <b>31</b> Nat'l Smile Day</p>	<p><b>Month of May</b></p> <p>Birthstone: Emerald (rebirth, youth and good fortune)  Flowers: Lily of the Valley Hawthorn  Colors: Yellow and Red</p>	<p><b>1</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>2</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>
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<p><b>Memorial Day</b></p> <p><b>24</b></p> <p>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks &amp; TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks &amp; Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day 5:10</p>	<p><b>25</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>26</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>27</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books 2:00 Snacks &amp; Puzzles Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>28</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>29</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>	<p><b>30</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 Final Stretch of the Day 5:10</p>

# Cinco de Mayo

## WORD SEARCH

BATTLE  
 FELIZ  
 FIESTA  
 FIFTH  
 MARIACHI  
 PIÑATA  
 SALSA  
 SOMBRERO  
 VICTORY

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O	H	H	Y	P	T	E	Y	M	O
A	I	M	R	H	L	S	Z	V	H



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345 E. Carson St.  
 Carson, CA 90745  
 (310) 830-4010  
 Lic#: 198204950