



Reena
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Jada our high school guest at bingo asked... *Name a bow that you can't tie.*

May Birthdays - 5/5 Marylyn Menzel, 5/21 Wendy McKenzie, 5/22 Bev Wittenwyler, 5/23 Bill Ciske, 5/27 JoAnn Strayer

Last month we changed how we do birthday parties. They are now all about you. Each birthday person has an opportunity to share things about themselves. We have a list of topics if you want ideas. As always you may pass on sharing or take the opportunity to share with us. Last month, LaVonne shared her farm life with us, and we ended up locating a very old video of horse drawn farming equipment to watch.

A Rainbow

Volunteering or Involvement - Do you want to be involved in Community Life as a volunteer?

Do you have a talent or interest you'd like to share with us? The dedication of time is guided by your wishes and interests. What we have available is monthly, weekly, and occasional opportunities. You could deliver newsletters/notices/calendars etc. or even help us with vocational projects. That could involve any of the following: planning, painting, assembly, and more. We invite you to share your talent in a creative way with us. This month's projects to join: **Cow Project** - Residents are again entering the Dairy Day at the Mooseum cow decorating contest. We are also doing **Alzheimer's Crafts for a Cause**.

National Nurses Week is May 6th - 12th

Memorial Day & Jim's Honor Bus Recognition.

Let's thank our nursing team for their dedication.

We will gather in the lobby to honor those we have lost serving in the United States Armed Forces. We have asked our local VFW to join us.

We are grateful for their compassion.

Jim's Honor Bus trip is with VetsRoll.org

Mission: Closure * Gratitude * Respect

When: Thursday, May 16th at 1:00PM

Outings

If something has Sign-up listed on an activity, that means one of two things. We are going out of the building or need a count to prepare for an offering. The sign-up book is in the Activity Room (AR) and has additional information located there.

This month that includes **Soup's On Breakfast** outing on Tuesday, May 21st, **Walmart** shopping on Thursday, May 23rd in the morning, **Dorothy Carnes** stroll (on paved surface) 120 yards round trip to bird watching area and back on Thursday, May 23rd afternoon.

All trips ride our Reena Bus. We have a lift to accommodate those who are unable to do stairs. Ideally, we need five community members from Reena to go on an outing. At times we will go with four. Please come down and ask any questions you may have.

Monday, May 27th is Memorial Day.

Laurie will be here that day. She will be offering a Patriotic Sing Along at 1:30PM.

Please come on down to join us!

Transportation

The flyer you received is a general outline from the ADRC of Jefferson County. Each person must determine what will work for them. We hope it is helpful.

Movement & Well-being

Exercise, biking, walking, yoga, tai chi, qigong, mobility, balance, and more are all options to keep us strong. Movement is proven to benefit wellness in many ways, such as pain management, medication metabolization, improved sleep, improved stress, and more. Join us and do what you can do. It's on your terms. You are your best investment!

2024 Summer Olympics

Friday, July 26 - Sunday, August 11th

Games of the XXXIII Olympiad in Paris, France.

Watch your calendar for some fun activities.

Would you like to try something not on your calendar or go on an outing somewhere? Let us know.

Current Requests: Canasta Group, Sheepshead Group, Fish Fry at Stagecoach Inn, and Dancing Class
If you are interested in the above offerings, please let us know.

You may reserve an area in Reena to have a gathering with friends or family. Birthday celebrations are the most common reason for reserving. We ask for ample notice if possible, but can often work around things to make it possible. Reach out to Dawn your Community Life and Wellness Director for more information or to make a reservation.

Do you want to be added to our **Dwight Foster Library Group**? The first Tuesday of each month (unless a holiday) Deb comes from the library with books of the genre you request.

We can also assist you with enrolling in the **Library of Congress** Program called **Talking Books**. Reach out to your Community Life and Wellness team (aka activities) to inquire.

