



New Castle Senior Center  
at the  
Booker T. Washington School  
400 South Street New Castle Delaware 19720

302-326-4209

[www.newcastleseniorcenter.com](http://www.newcastleseniorcenter.com)

MAY 2024

**“Where Friends Gather”**

# New Castle Senior Center

Incorporated September 2001

Telephone No. 302.326.4209

Website-www.newcastleseniorcenter.com

The senior center is open Monday-Friday from 9:00 a.m. to 3:00 p.m.

**Membership is \$20 per calendar year.**

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Mission Statement-to serve older adults with programs to enhance their health, happiness and independence within the community.

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## Senior Center

### Executive Board

Board President  
Bob Thatcher

Vice-President

Treasurer  
Erica Suppa

Secretary  
Tish Gallagher

### Program Instructors

Yoga  
Strength Building  
A.B. C. Class  
Zumba Gold  
Chair Exercise

Gale Jones  
Training by Liz  
Training by Liz  
Elisa Cordero  
Gale Jones

### Board of Directors

Judy Barthel  
Marianne Caven  
Dwayne Foster  
Alice Fox  
Marlene Johnson  
Randi Licciardello  
Susan McLaughlin  
Bonnie McMichael  
Nicole Poore

### Center Staff

Executive Director  
Natalie Kaplan

Assistant Director  
Sandra McKinney

Outreach/Activities Coordinator  
Cindy Stanavich

Transportation  
Tom Strawbridge

Nutrition Site Manager  
Crystal Thomas

Receptionist  
Glory Rolfe

*New Castle Senior Center welcomes everyone over 50 years of age regardless of race, religion, sex ethnic origin or handicap. All members attending the Center must be able to take care of their personal needs and make appropriate independent decisions as they participate in the activities of the day.*

## NEW CASTLE SENIOR CENTER

### MAY

#### WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Music Mondays w/DJ Tom 11:00 Mah Jongg 12:00 Lunch 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 10:30 Pinochle ( <i>1<sup>st</sup></i> <i>and 3<sup>rd</sup> Wednesdays</i> ) 12:00 Lunch 1:00 Agility/Balance/ Coordination Class	9-3:00 Billiards 10:00 Bridge 12:00 Lunch 12:30 Supermarket 1:00 Zumba Gold	9-3:00 Billiards 10:00 Bingo 10:30 Mah Jongg 11:30 Chair Exercise 12:00 Lunch 12:00 Games (canasta rummikub, etc.)

#### MAY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		9:30 Chair Massages 10:00-11:00 Line Dancing 11:00 Brain Fit: Memory Game	10:00 Presentation: “Remember When” 11:00 Hula Hoop w/Cindy	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:00 Yahtzee 11:00 Cup Games	10:00 Matter of Balance	10:00 Brain Fit: Word Games 10:30 Poetry and Prose Group 11:00 Lunch out: TGI Fridays	9:30 Adult Coloring 10:00 Craft w/Cindy: Paper Flower Bouquets 11:00 Brain Fit: Mad Libs	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30 Chair Massages 9:30 Race to Win Game 10:30 Presentation: “Final Expenses”	10:00 Matter of Balance	9:30 One-on-One Help w/Cell Phones 10:00-11:00 Line Dancing 11:00 LRC Game	10:00 Nutrition Ed: “Carbs/Whole Grains” 11:00 Brain Fit: Hangman	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
9:30 Large Dot-to- Dot Activity 10:30 Book Club 11:00 Hula Hoop w/Marlene	10:00 Matter of Balance	9:30 Color w/Hidden Pictures Page 10:30 “Old is Not Easy”	<b>10:30 Older Americans Month Luncheon</b>  10:30 Grief Discussion Group	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>CENTER CLOSED</b>  <b>MEMORIAL DAY</b>	10:00 Matter of Balance	9:30 Adult Coloring 10:30 Presentation: “Celebrating Mothers”	10:00 Movie: “Some Like it Hot”	

## May Happenings

- May 1, 13-Chair Massages: 9:30** Khalil, licensed masseur of “Inspire by Touch”, will offer a relaxing 15 minute chair massage for only \$10.00, paid directly to Khalil. *Sign up for your timeslot in the lobby.*
- May 1, 15-Line Dancing: 10:00-11:00** Join us for this FREE class on the first and third Wednesdays of the month. Edie King-Lawrence will lead us in a variety of dances, including the Two-Step and The Wobble.
- May 1-Brain Fit: Memory Game: 11:00** Players pick 2 cards to flip to try and find matching pairs. Come play!
- May 2-Presentation: “Remember When”: 10:00** Marlene Johnson will lead a discussion focusing on some memories of our childhood. The memories will be gathered and made into a small book. Memories are timeless!
- May 2, 20-Hula Hoop: 11:00** Join us for a 40 minute, fun filled, hula hoop workout to boost your mood and energy. Only thing we don’t do is “hula hoop”! We provide the hoops for this low-key program.
- May 6-Yahtzee: 10:00** Score points by rolling certain combinations of dice over 13 rounds. Yahtzee!
- May 6-Cup Games: 11:00** Try your hand at Cup Pong, bouncing balls into cups and Find the Ball game.
- May 7, 14, 21, 28-Matter of Balance: 10:00** This class, which started April 16, is full.
- May 8-Brain Fit: Word Games: 10:00** An interactive, word-guessing game naming 2 objects for every letter in your first or last name, stating different objects each time.
- May 8-Poetry and Prose Group: 10:30** Please come and sit in on this monthly group. None of us are Poet Laureates so whatever you write will be welcomed and enjoyed.
- May 8-Lunch out: TGI Fridays: 11:00** Cost for bus-\$1/mem; \$2/non-mem. Lunch is on you. *Sign up w/Sandra.*
- May 9, 29-Adult Coloring: 9:30** Have fun coloring with friends.
- May 9-Craft w/Cindy: 10:00** Join the crafters to make a beautiful paper flower bouquet. *Sign up w/Cindy.*
- May 9-Brain Fit: Mad Libs: 11:00** Players provide random words to complete a story and Cindy reads aloud.
- May 13-Race to Win Game: 9:30** Come play this card game where chips represent horses. Take turns and call out your playing cards dealt in a race to the top to find our winner!
- May 13-Presentation: “Final Expenses”: 10:30** Jim Colligan from Lincoln Heritage Financial joins us to present facts about funeral costs, final expense insurance, and how you can protect your loved ones from financial burden.
- May 15-One-on-One Help w/Cell Phones: 9:30** Judy Upshure returns to help you individually with your devices or cell phone needs. *Sign up for your timeslot in the lobby.*
- May 15-LRC Game: 11:00** Roll the dice and pass the buttons to the player on the left, right, or center.
- May 16-Nutrition Ed: “Carbs & Whole Grains”: 10:00** Meet Megan, City Fare’s new Registered Dietitian. Learn about the importance of whole grains, ask nutrition related questions, and play nutrition bingo for fun prizes!
- May 16-Brain Fit: Hangman: 11:00** Group version of the word guessing game.
- May 20-Large Dot-to-Dot Activity: 9:30** Exercise your brain by completing 3 large dot-to-dot pages.
- May 20-Book Club: 10:30** Meet to discuss the book, “The Girls Who Stepped Out of Line: Untold Stories of The Women Who Changed The Course of World War II” by Mari K. Eder.
- May 22-Color w/Hidden Pictures Page: 9:30** Find the hidden objects in this puzzle and adult coloring page.
- May 22-“Old is Not Easy” Discussion Group: 10:30** Sit in & share with your host, member Vaughn Hilton.
- May 23-Older Americans Month: 10:30** Join us to celebrate Older Americans Month. We will have entertainment from the William Penn H.S. Jazz Band, followed by a luncheon. *Sign up in the lobby by May 15<sup>th</sup>.*  
*Sponsored by CRODA, Inc.*
- May 23-Grief Discussion Group: 10:30** Join us for this monthly discussion group hosted by Stewart Benn, Bereavement Counselor from Delaware Hospice. Come listen/share.
- May 29-Presentation: “Celebrating Mothers”: 10:30** Celebrate mothers in this interactive talk including poetry and scripture. Bring along a poem you wrote about mothers, if you would like to share. Hosted by Dr. J Macklin.
- May 30-Movie: “Some Like it Hot”: 10:00** Two unemployed musicians accidentally witness the St. Valentine's Day Massacre and flee to Miami disguised as female musicians in an all-girl band.

**SAVE THE DATE: Platinum Picnic: Wed. June 12. “Get Down with Motown”: 9:00-1:00** at the Chase Center on the Riverfront. Enjoy a buffet lunch, live entertainment, DJ & door prizes. They require registration and payment in advance, so you must sign up by **May 17<sup>th</sup>**. Cost-\$7/members; \$9/non-mem, includes bus & lunch.

## WEEKLY EXERCISE CLASSES

**Exercise classes are \$1 for paid members and \$3 for non-members**

**CHAIR YOGA** -Focuses on health and wellness at all levels of the person: physical, psychological and spiritual. Yoga, a simple yet profound stress management technique. **Gale is here Mondays at 1:00.**

**STRENGTH BUILDING/ EXERCISE**-An invigorating routine choreographed to music, featuring low impact strength building and aerobic movements. Free weights are used. This is a great aerobic workout for people of all levels of fitness! **Join Training by Liz for a session Tuesday afternoons at 1:00 p.m.**

**AGILITY/BALANCE/COORDINATION (A.B.C. Class)**- The class focuses on agility, balance and coordination, with some relaxation techniques at the end, and can be modified for people of all ability levels. **Join Training by Liz on Wednesdays at 1:00.**

**ZUMBA GOLD**-Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of active, older participants. What stays the same are the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere. **Thursdays at 1:00 w/Elisa.**

**CHAIR EXERCISE**-This exercise program is for everyone; go at your own pace! It is a full body workout consisting of a series of gentle movements designed to reduce body aches, pain, stiffness, and increase range of motion and circulation. **Fridays at 11:30 with Gale.**

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## Welcome May

**“Life is like a roller coaster. It has its ups and downs, but in the end, it’s worth the ride.” ~ Unknown**

May is...Older Americans Month, National Salad Month, National Bike Month, National Physical Fitness and Sports Month, Cinco de Mayo (5/5), National Nurses Day (5/6), Mother’s Day (5/12), National Mental Health Awareness Week (5/13-5/19), National Hamburger Day (5/28), Memorial Day (5/27)

**May is Older Americans Month.** The theme for 2024 is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

**May 13 – 19<sup>th</sup> is National Mental Health Awareness Week**, an annual dedication to spread awareness about the importance of mental health and to speak out against the stigma around mental illness. This year’s theme, as set by the Mental Health Foundation, is “Movement: moving for our mental health.”

**May 12** is Mother’s Day. On this day we celebrate the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in our society.

**May 27** is Memorial Day. This Federal holiday is observed every year on the last Monday in May. This day was originally called “Decoration Day”. Memorial Day honors brave souls who died in active military service.

Be sure to **Ensure** yourself a delicious nutrition shake for strength and energy. Get your valuable \$3 off coupon while supplies last from our Information board in the hallway. Coupon good on any one **Ensure** multipack until 9/30/24.

## **Be Gracious With Yourself**

May can be a stressful month and it's okay to give yourself space to rest and recharge. Don't pressure yourself to complete a certain number of tasks or reach certain goals. Take time out of your day to do something that brings you joy, whether it's reading a book, taking a walk, or having a relaxing bubble bath. Give yourself permission to take breaks and practice self-care.

## **Enhance Your Well-being in Your Golden Years**

Life is not always easy, but no matter what challenges we face, we can find joy in every moment. We can choose to be happy and enjoy the journey no matter what storms come our way. Understanding what brings you joy can enhance your well-being in your golden years. Below are all critical factors in senior citizen happiness:

Social connections – Spend quality time with people (a group, a club, a class).

Physical health - The well-being of the body and the proper functioning of the organism of individuals.

Mental well-being - The state of thriving in life (relationships, work, and play) despite ups and downs.

Emotional resilience – How we empower ourselves to overcome and keep evolving through pain and sufferings.

Finding purpose – The journey of uncovering what drives you and makes you feel alive.

Financial security – The ability to cover day to day expenses and afford a financially independent lifestyle.

A supportive environment - Relationships of trust and respect between persons.

Spirituality - Being concerned with the human spirit or soul as opposed to material or physical things.

## **Challenge Your Brain**

“Use it or lose it” commonly refers to the importance of exercising your body and staying fit. Exercising your brain is just as important. Your brain needs a regular workout, especially as you age. After the age of 65, your risk of developing dementia doubles approximately every five years.

Keep an “active mind”. There are plenty of online games and apps available to play on the computer, your cell phone, or tablet. Some are free and some require a one-time or monthly fee. Don't forget the benefits of playing simple board games, such as checkers, chess, matching games, or a jigsaw puzzle. Other puzzle games, such as Sudoku and crossword puzzles, are challenging as well, and are often found in your local newspaper. Look for activities that stretch your short-term memory, listening, attention, language, logic, reaction time, hand-eye coordination, alphabetizing, and visual and special abilities. Consider activities that apply to your everyday life. Don't try to change everything at once. Start slow by choosing one brain game. Also try the following:

- writing a to-do list and memorizing it
- listen to a new song and write down some of the lyrics
- draw a map from your home to the library
- research a new topic
- read a how-to book
- get moving with physical exercise
- maintain an active social life by regularly spending time with friends, volunteering, or joining a club

Don't give up. Change up your daily living routine, too. For example, if you always brush your teeth and then comb your hair, try reversing your routine. Do the same thing with your healthy living. Swap a fried food for the grilled version.

## **Experts Can't Agree on How Much Screen Time Is Too Much for Adults**

Recent research has found that too much screen time can still have damaging consequences, such as digital eye strain. Have your eyes checked regularly.

Are you sleeping well?

Are you eating well?

Are you leaving the house and being social?

Are you physically active?

If all of these things are happening, then you shouldn't worry about your screen time say doctors.

# Brain teaser



May 2024

## TRIVIA: Memorial Day

- What city is known as the birthplace of Memorial Day?
  - Waterloo, NY
  - Philadelphia, PA
  - Arlington, VA
- The National Moment of Remembrance takes place at what time each Memorial Day?
  - 1:00pm
  - 3:00pm
  - 2:00pm
- Which president signed the National Moment of Remembrance Act?
  - Bush
  - Clinton
  - Carter
- What famous monument was dedicated on Memorial Day?
  - Lincoln Memorial
  - United States Capital
  - Washington Monument
- The annual biker rally in Washington, D.C. each Memorial Day is called what?
  - Rolling Thunder
  - American Motorcyclist
  - Christian Motorcyclists



## TRIVIA: Vision Month



- The average person blinks 9 to 13 times per minute. True or False
- An eye ball weights about 7.5 grams (0.25 ounce). True or False
- Early evening is the best time for an eye exam. True of False
- Humans move their eyes about 1 to 2 times a second. True or False
- Diabetic Retinopathy is the main cause of blindness in adults in the U. S.? True or False

## TRIVIA: The Five Ws of Sunscreen

**WHO:** Everyone, no matter how \_\_\_\_\_ or \_\_\_\_\_ your skin.

**WHAT:** SPF \_\_\_\_ or higher. SPF \_\_\_\_ for a day outdoors. (SPF, or Sun Protection Factor)

**WHEN:** Every day. Reapply every \_\_\_\_\_ hours with exercise or excess perspiration.

**WHERE:** All skin that's exposed or \_\_\_\_\_.

**WHY:** Reduce your \_\_\_\_\_ of skin damage and skin cancer.

## TRIVIA: DOUS Words

(There are only four words in the English language which end in "dous")

metern \_\_\_\_\_ dous  
 rehrn \_\_\_\_\_ dous  
 ptsune \_\_\_\_\_ dous  
 razah \_\_\_\_\_ dous

**Answer Key:**

- a
- b
- b
- a
- a
- True
- True
- False (Morning)
- False (2 to 3)
- True

**5 Ws of Sunscreen**

Who: light or dark  
 What: 30/60  
 When: 2  
 Where: uncovered  
 Why: risk

**DOUS Words**

tremendous  
 horrendous  
 stupendous  
 hazardous  
**EXTRA**  
 No

**EXTRA**

Is it impossible to sneeze with your eyes open?

# City Fare Grab & Go Menu May 2024



Monday

Tuesday

Wednesday

Thursday


Friday

<div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p><b>** Menus are subject to change!</b></p> </div>		<p>5/1 BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin</p>	<p>5/2 Turkey &amp; Swiss on Club Roll with Lettuce, Tomato &amp; Onion Diced Peaches Potato Salad</p>	<p>5/3 Beef Burgundy over Egg Noodles California Blend Veggies Orange Dinner Roll</p>
<p>5/6 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie</p>	<p>5/7 Chicken Salad Platter Lettuce &amp; Tomato Mandarin Oranges Ambrosia Whole Grain Saltines</p>	<p>5/8 Hot Dog on a Bun Hamburger on a Bun Baked Beans Corn Tropical Fruit Cookie</p> <div style="text-align: center;">  </div>	<p>5/9 Lasagna Roll up with Meat Sauce Italian Blend Veggies Applesauce White Wheat Bread</p>	<p>5/10 Hamburger on a Hamburger Roll Seasoned Greens Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>
<p>5/13 Cheese Ravioli in Meat Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice</p>	<p>5/14 Ham &amp; Swiss on Club Roll with Lettuce, Tomato &amp; Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>5/15 BBQ Chicken Sweet Potatoes Baked Beans Peach cup Goldfish Graham</p>	<p>5/16 Battered Pollock Filet Broccoli Spears Diced Red Potatoes w. Peppers &amp; Onion Orange Blueberry Muffin</p>	<p>5/17 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread slice Pudding Cranberry Sauce</p>
<p>5/20 Flounder with Lemon &amp; Parsley Sauce Macaroni &amp; Cheese Stewed Tomatoes Mixed Fruit Cup Chocolate Chip Muffin</p>	<p>5/21 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread loaf</p>	<p>5/22 Italian Hoagie on White Sub roll w. shredded lettuce &amp; tomato Pineapple tidbits Cucumber salad Mayo packet</p>	<p>5/23 Meatball Sub on Club Roll with Mozzarella Cheese Carrots Chocolate Chip Muffin</p>	<p>5/24 Breaded Chicken Patty Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange</p>
<p>5/27</p> <div style="text-align: center;">  </div>	<p>5/28 Chicken Fajitas with Peppers, Onions and Shredded Cheese Tortilla Brown Rice Beans Mixed Fruit</p>	<p>5/29 Tuna Salad on Kaiser Roll Lettuce &amp; Tomato Mediterranean Salad Fruit Cocktail</p>	<p>5/30 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish</p>	<p>5/31 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Cup Apple Waffle Cookie</p>

- All meals subject to change. All meals contain 1% milk . Call the senior center by noon the day before to order your lunch. 302-326-4209.
- Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.



# May 2024 Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		5/1 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard	5/2 Grilled Chicken Patty on Whole Wheat Hamburger Roll Cucumber and Onion Salad Pudding Cup Mayonnaise Fruit & Vegetable Juice	5/3 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice
5/6 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	5/7 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup	5/8 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice	5/9 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice	5/10 2 Soy Butter & Jelly Sandwiches Hummus Cup with Baby Carrots Fruit Cup
5/13 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt	5/14 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard	5/15 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice	5/16 Grilled Chicken Patty on Whole Wheat Hamburger Roll Cucumber and Onion Salad Pudding Cup Mayonnaise Fruit & Vegetable Juice	5/17 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice
5/20 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	5/21 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice	5/22 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice	5/23 2 Soy Butter & Jelly Sandwiches Hummus Cup with Baby Carrots Fruit Cup	5/24 Pepper Ham & Muenster Cheese on Whole Grain Club Roll Black Bean & Corn Salad Apple Fruit & Vegetable Juice
5/27 	5/28 Cheese Sandwich Hummus with Carrots Fruit Cup Fruit & Vegetable Juice	5/29 Turkey & Swiss on White Wheat Bread Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise Fruit & Vegetable Juice	5/30 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice	5/31 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice

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- Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.

# May

V O X K D A L A S M M E V Z Z W P P B J  
 U R T U Y L I L Y O F T H E V A L L E Y  
 G Y O Y U Y S Z T F D E L B U H V S Y D  
 E J O D B A Z F V X T M M E Q W E R A H  
 I A S L A S S J Q Y A K F E L C K J G P  
 S K G S X G W N U D X C P W R Q V F Q R  
 I I U G Q M W I E F M T Z O S A M G L P  
 T N H K E B J V N C G E F Y I G L V F K  
 A I T Y U P B M O G E D L A S M B D L A  
 U M L A R I D W Y Q E U Q M O H T X O S  
 R E A D M F H B T M W R Q E R O M F W D  
 U G E L T F I D R C W W N D O J O W E B  
 S R H A J S I A I Y B H R O P Y O U R U  
 J G L I O K S F H C H I S C O H L M M R  
 K L A R N R O H T W A H R N E L D U O G  
 J R T O C G Y T X H F R E I T U E V O E  
 W C N M F O Q R T S J Q H C S L R J N R  
 V P E E U N G H G T J P T H O I R G W B  
 D O M M F Y R B E C D X O Y Z E Y J K F  
 H D J V H W P W W G G M M E U Z W Z V K

Armed Forces	Emerald	Lily of the Valley	Osteoporosis
BBQ	Fifth	Memorial Day	Salad
Burger	Flower Moon	Mental Health	Salsa
Cinco de Mayo	Gemini	Mothers	Taurus
Egg	Hawthorn	Older	Thirty One

- May is the fifth month. Birthstone is Emerald. Birth flowers are Lily of the Valley and Hawthorn. Zodiac signs are Taurus and Gemini. May has 31 days. The May full moon is called the Flower Moon.
- May holidays include Cinco de Mayo, Mother's Day, Armed Forces Day and Memorial Day. May is Older Americans Month. It is also National Osteoporosis month and Mental Health Awareness month. Food holidays include National BBQ month, Burger month, Egg month, Salad month and Salsa month.