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**Heritage Springs**  
 Assisted Living Memory Care  
 www.HeritageSpringsSeniorLiving.com

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 Assisted Living Memory Care

# The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV 89147  
 (702) 360-6023  
 www.HeritageSpringsSeniorLiving.com

Articles are from Activity Connection

May 2023 Issue



**Bernice Forrest**  
**Mary Jo Bishop**  
**Eva Hernandez**  
**Betty Jenkins**  
**Edward Copeland**  
**Audrey Brown**

from your friends at  
  
 Assisted Living Memory Care

### Special Days of May

**May Day**  
 May 1st

**Cinco de Mayo**  
 May 5th

**Mother's Day**  
 May 14th

**Armed Forces Day**  
 May 20th

**Memorial Day**  
 May 29th



May is the fifth month of the year and one of the seven months with 31 days. There are several theories about how May got its name. The most widely accepted explanation is that it was named for **Maia**, the greek goddess of fertility, spring and growth. The name **Maia** also means "mother" in Greek.

The Roman poet Ovid, however, provides a second etymology in which he says that May is named for the **maiores**, Latin for "elder" or "ancestors" who were celebrated during this month.





**Bill F. - May 12th**  
**Sylvia M. - May 14th**  
**Stella P. - May 18th**  
**Dolores V. - May 23rd**  
**Joyce J. - May 29th**  
**Connie I. - May 29th**  
**Rita I. - May 30th**

### Eye Love May

Now is the perfect timeto take care of your eyes, as May is Healthy Vision Month. According to the American Academy of Ophthalmology, age-related vision impairment can be reduced by getting regular eye exams.

The Difference Between Living and Living Well

# Dear Edna,

Thank you for all those wonderful years you have shared with us as one of our Chefs. We wish you great luck on your future endeavors.



From your family at  
**Heritage Springs**  
 Assisted Living Memory Care



### BUS SCHEDULE

Sign up at the Front Desk. There's a \$30 charge when a resident is accompanied by one of our staff.

Doctor Appointment Hours are Mondays, Wednesdays and Thursdays from 8:00am to 2:00pm

Personal Errands Hours and Shopping Days are every Tuesdays and Fridays (Please See our Activity Calendar)



Join us for our monthly **RESIDENT COUNCIL MEETING** and Food For Thought with Chef Celeste **Second Wednesdays at 10:00 am at the Second Floor Commons**



### Photos from Our Easter Celebration



### This Month's Upcoming Events

**Heritage Springs**  
 Assisted Living Memory Care

# Celebrate Mother's Day

Sunday, May 14th  
 At the Dining Room  
 11AM - 1PM

Please RSVP by May 9th  
 8720 West Flamingo Road, Las Vegas, NV 89147  
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**Heritage Springs**  
 Assisted Living Memory Care

# Memorial Day PICNIC

Monday  
 MAY 29th  
 11am - 1pm  
 DINING ROOM and BACK PATIO

Music. Food. Fun  
**BURGERS, HOT DOGS, CHIPS, SALAD and SIDES**

8720 West Flamingo Road, Las Vegas, NV 89147  
 (702) 360-6023



**Kathy's Hair Cottage**  
 call (702) 326-2260 to set an appointment

- Shampoo Only ..... \$10
- Men's Shampoo and Haircut ..... \$22
- Women's Shampoo and Haircut ..... \$27
- Shampoo, Cut and Style ..... \$43
- Shampoo and Style..... \$27
- Color and Style ..... \$62
- Color, Cut and Style ..... \$77
- Men's Haircut .....\$20
- Fingernail or Toenail Trim ..... \$15
- Manicure ..... \$25
- Pedicure ..... \$37