

Alpine Way
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Shelton, WA 98584

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www.facebook.com/alpinewayliving

May Birthdays

Staff

5/2 Mandy Brownfield
5/7 Clover Gage
5/10 Tami Kivley
5/11 Seaira Terry
5/13 Zoey Bryson
5/18 Andrea Thompson
5/20 John Farmer
5/21 Sierra Avea
5/22 Leslie Webb
5/27 Savannah Thomas

Residents

5/3 Elizabeth P.
5/11 Carol N.
5/13 Louise C.
5/14 Rosalie C.
5/15 Margaret S.
5/17 Mary T.
5/21 Don B.
5/23 Jean M.
5/24 Ken K.
5/25 Mary T.
5/29 Ben B.
5/31 Talbot F.



2024

May

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Our Leadership Team

Executive Director

Trudy Hunter

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Wellness Director

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Assistant Wellness

Director

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Business Office Manager

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Environmental Director

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Plant Operations Director

Rod Davis

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Dining Services Director

Donna Jorgenson

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Playful May

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right in your backyard. Here's a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

For those who enjoy a challenge, organize a giant Jenga jamboree. The towering wooden blocks add an exciting twist to the classic game, requiring steady hands and careful thinking. Challenge your friends to a game, and watch the tension rise with each precarious pull.

If you're in the mood for some physical activity, plan a badminton bonanza. The game is a fantastic way to get active. Whether you're a seasoned pro or a novice, the backyard is the perfect setting for a spirited match.

Finally, as the sun sets, make the yard into a cozy haven for a campfire and stargazing. Set up a fire pit, roast marshmallows, and share stories under the stars. If you have a telescope, see what constellations you can identify... or just marvel at the beauty of the night sky.

May in the backyard is all about play, laughter, and making memories. Dust off those outdoor games, invite your favorite people, and let the backyard festivities begin!

Seattle Mariners May Schedule 		
May 1 Wed.	12:40pm	Braves
May 3 Fri.	5:10pm	Astros
May 4 Sat.	4:15pm	Astros
May 5 Sun.	11:10am	Astros
May 6 Mon.	4:40pm	Twins
May 7 Tue.	4:40pm	Twins
May 8 Wed.	4:40pm	Twins
May 9 Thur.	10:10am	Twins
May 10 Fri.	6:40pm	Athletics
May 11 Sat.	6:40pm	Athletics
May 12 Sun.	1:10pm	Athletics
May 13 Mon.	6:40pm	Royals
May 14 Tue.	6:40pm	Royals
May 15 Wed.	1:10pm	Royals
May 17 Fri.	4:05pm	Orioles
May 18 Sat.	1:05pm	Orioles
May 19 Sun.	10:35am	Orioles
May 20 Mon.	4:05pm	Yankees
May 21 Tue.	4:05pm	Yankees
May 22 Wed.	4:05pm	Yankees
May 23 Thur.	9:35am	Yankees
May 24 Fri.	3:45pm	Nationals
May 25 Sat.	1:05pm	Nationals
May 26 Sun.	10:35am	Nationals
May 27 Mon.	6:40pm	Astros
May 28 Tue.	6:40pm	Astros
May 29 Wed.	6:40pm	Astros
May 30 Thur.	1:10pm	Astros
May 31 Fri.	7:10pm	Angels

Beauty Shop Hours
10am-12pm Every Wednesday

**Alpine Way's
Tres de Mayo Celebration**

On Friday, May 3rd we will be celebrating Cinco de Mayo early!

Our kitchen will be serving a themed lunch menu that includes the following:

Entrees

Lime Chipotle Carnitas Tostada

-or-

Cheese Enchilada
w/ Red Enchilada Sauce

Sides

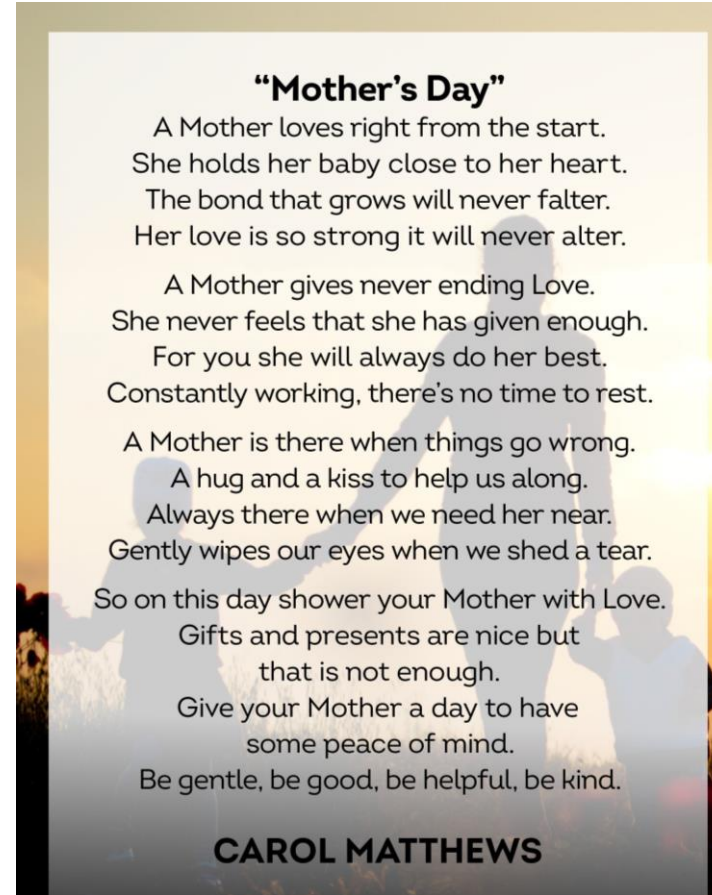
Spanish Rice
Mexican Street Corn

Homemade Chips
w/ Pico de Gallo

Dessert

Fresas con Crema
&
Churro

Afterwards Life Enrichment will continue the celebrations with a pinata at 2:00 in the Cedar Room!



"Mother's Day"

A Mother loves right from the start.
She holds her baby close to her heart.
The bond that grows will never falter.
Her love is so strong it will never alter.

A Mother gives never ending Love.
She never feels that she has given enough.
For you she will always do her best.
Constantly working, there's no time to rest.

A Mother is there when things go wrong.
A hug and a kiss to help us along.
Always there when we need her near.
Gently wipes our eyes when we shed a tear.

So on this day shower your Mother with Love.
Gifts and presents are nice but that is not enough.
Give your Mother a day to have some peace of mind.
Be gentle, be good, be helpful, be kind.

CAROL MATTHEWS

Memorial Day
With Memorial Day being a time to remember those who have made the ultimate sacrifice in service to their country. Thank you for your service seems the most appropriate greeting on memorial and veteran's day to members of the military.
On Friday, May 31 We will pause for a moment of prayer for those loved and lost while fighting for our country.

May Day Around the World
May Day is a bountiful, beautiful tradition that's celebrated on the first of May each year. Essentially a spring festival, May Day honors the return of life, flowers, fertility, growth, and the longer, warmer days of summer soon to come. Many unique May Day traditions have developed around the world over the past centuries, some of which continue to be celebrated to this day. A few of the most prominent May Day traditions are making floral baskets, dancing around maypoles, lighting bonfires, feasting, and dancing.

- Coming in May**
- 5/2 Kentucky Derby Hat Craft**
 - 5/3 Tres De Mayo Celebration – Pinata!**
 - 5/3 Zumba provided by Steel Feather**
 - 5/6-5/10 Nurse Appreciation Week**
 - 5/7 Resident Council**
 - 5/8 Retired Nurses Luncheon**
 - 5/9 Whitney Gardens Picnic**
 - 5/11 Mother's Day Hat Tea Party**
 - 5/12 Mother's Day**
 - 5/16 Steve & Kristi Music**
 - 5/17 Zumba provided by Steel Feather**
 - 5/21 May Birthday Party**
 - 5/27 Memorial Day**
 - 5/28 Veteran's Talk Townhall Meeting Chef Talk**