

# MAY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

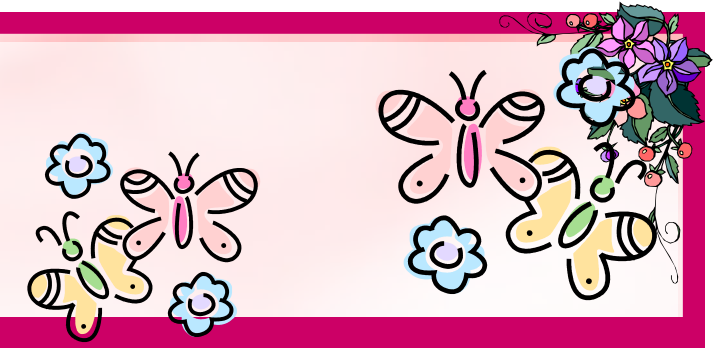
SATURDAY



A proud member of the family.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1 9:00 MORNING GREETINGS 10:00 YOGA 11:00 WORD GAMES / PUZZLES 2:00 <b>MAY DAY CRAFT</b> 3:00 VISIT THE HORSES 6:00 GAMES SHOW "YOUTUBE"</p>	<p>2 9:00 SECOND CUP OF COFFEE 10:00 WALKING WARRIORS 11:00 BINGO 2:00 TRIVIA 3:00 BOARD GAMES 6:00 EVENING MATINEE</p>
<p>3 9:00 MORNING GREETINGS 10:00 CHURCH SERVICE "YOUTUBE" 2:00 BEAUTIFUL NAILS 3:00 RESIDENTS CHOICE 6:00 BIBLE TRIVIA</p>	<p>4 9:00 MORNING GREETINGS 10:00 <b>GSL BOOK READING</b> 11:00 CANDY BAR BINGO 2:00 CRAFTY CORNER 3:00 TALKING POINT ON THE PORCH 6:00 EVENING MATINEE</p>	<p>5 <b>CINCO de MAYO</b> 9:00 HAIR &amp; HAVEN SALON 10:00 <b>CINCO DEMAYO CELEBRATION CHIPS &amp; SALSA</b> 11:00 THE PRICE IS RIGHT 2:00 MUSIC &amp; CHURCH 3:00 GAMES ON THE PORCH 6:00 EVENING MATINEE</p>	<p>6 9:00 MORNING GREETINGS 10:00 CHAIR ZUMBA CLASS 11:00 CANDY BAR BINGO 2:00 GUESS WHATS IN THE BOX 3:00 SING-A-LONG ON THE PORCH 6:00 EVENING MATINEE</p>	<p>7 9:00 MORNING GREETINGS 10:00 PAINTING CLASS 11:00 KARAOKE 2:00 <b>TIRSTY THURSDAY &amp; TREATS WITH THE GOLDEN GIRLS "VOLUNTEERS"</b> 3:00 BUBBLES ON THE PORCH 6:00</p>	<p>8 9:00 MORNING GREETINGS 10:00 <b>MOTHER'S DAY TEA</b> 11:00 WORD GAMES / PUZZLES 2:00 <b>LIVE MUSIC (HOOTS)</b> 3:00 VISIT THE HORSES 6:00 GAMES SHOW "YOUTUBE"</p>	<p>9 9:00 SECOND CUP OF COFFEE 10:00 WALKING WARRIORS 11:00 BINGO 2:00 TRIVIA 3:00 BOARD GAMES 6:00 EVENING MATINEE</p>
<p>10 <b>Mother's Day</b> 9:00 MORNING GREETINGS 10:00 CHURCH SERVICE "YOUTUBE" 2:00 BEAUTIFUL NAILS 3:00 RESIDENTS CHOICE 6:00 BIBLE TRIVIA</p>	<p>11 9:00 MORNING GREETINGS 10:00 BALLON SWAT "GAME" 11:00 CANDY BAR BINGO 2:00 CRAFTY CORNER 3:00 TALKING POINT ON THE PORCH 6:00 EVENING MATINEE</p>	<p>12 9:00 HAIR &amp; HAVEN SALON 10:00 1:1 NAIL CARE 11:00 THE PRICE IS RIGHT 2:00 MUSIC &amp; CHURCH 3:00 GAMES ON THE PORCH 6:00 EVENING MATINEE</p>	<p>13 9:00 MORNING GREETINGS 10:00 CHAIR ZUMBA CLASS 11:00 CANDY BAR BINGO 2:00 <b>GSWC MUSIC</b> 3:00 SING-A-LONG ON THE PORCH 6:00 EVENING MATINEE</p>	<p>14 9:00 MORNING GREETINGS 10:00 <b>KW CRAFTS/BINGO</b> 11:00 KARAOKE 2:00 <b>TIRSTY THURSDAY &amp; TREATS WITH THE GOLDEN GIRLS "VOLUNTEERS"</b> 3:00 BUBBLES ON THE PORCH</p>	<p>15 9:00 MORNING GREETINGS 10:00 BALL EXERCISE 11:00 WORD GAMES / PUZZLES 2:00 POPSICLES &amp; RING TOSS ON THE PORCH 3:00 VISIT THE HORSES 6:00 GAMES SHOW "YOUTUBE"</p>	<p>16 <b>Armed Forces Day</b> 9:00 SECOND CUP OF COFFEE 10:00 WALKING WARRIORS 11:00 BINGO 2:00 TRIVIA 3:00 BOARD GAMES 6:00 EVENING MATINEE</p>
<p>17 9:00 MORNING GREETINGS 10:00 CHURCH SERVICE "YOUTUBE" 2:00 BEAUTIFUL NAILS 3:00 RESIDENTS CHOICE 6:00 BIBLE TRIVIA</p>	<p>18 9:00 MORNING GREETINGS 10:00 BALLON SWAT "GAME" 11:00 CANDY BAR BINGO 2:00 CRAFTY CORNER 3:00 TALKING POINT ON THE PORCH 6:00 EVENING MATINEE</p>	<p>19 9:00 HAIR &amp; HAVEN SALON 10:00 1:1 NAIL CARE 11:00 HE PRICE IS RIGHT 2:00 MUSIC &amp; CHURCH 3:00 GAMES ON THE PORCH 6:00 EVENING MATINEE</p>	<p>20 9:00 MORNING GREETINGS 10:00 CHAIR ZUMBA CLASS 11:30 CANDY BAR BINGO 2:00 GUESS WHATS IN THE BOX 3:00 SING-A-LONG ON THE PORCH 6:00 EVENING MATINEE</p>	<p>21 9:00 MORNING GREETINGS 10:00 PAINTING CLASS 11:00 -2:00 <b>SPRING FLING/ BURGERS, MUSIC, ICECREAM &amp; GAMES</b> 3:00 BUBBLES ON THE PORCH 6:00</p>	<p>22 9:00 MORNING GREETINGS 10:00 BALL EXERCISE 11:00 WORD GAMES / PUZZLES 2:00 <b>LIVES MUSIC (HOOTS)</b> 3:00 VISIT THE HORSES 6:00 GAMES SHOW "YOUTUBE"</p>	<p>23 9:00 SECOND CUP OF COFFEE 10:00 WALKING WARRIORS 11:00 BINGO 2:00 TRIVIA 3:00 BOARD GAMES 6:00 EVENING MATINEE</p>
<p>24 9:00 MORNING GREETINGS 10:00 CHURCH SERVICE "YOUTUBE" 2:00 BEAUTIFUL NAILS 3:00 RESIDENTS CHOICE 6:00 BIBLE TRIVIA</p>	<p>25 <b>Memorial Day</b> 9:00 MORNING GREETINGS 10:00 BALLON SWAT "GAME" 11:00 CANDY BAR BINGO 2:00 CRAFTY CORNER 3:00 TALKING POINT ON THE PORCH 6:00 EVENING MATINEE</p>	<p>26 9:00 HAIR &amp; HAVEN SALON 10:00 1:1 NAIL CARE 11:00 THE PRICE IS RIGHT 2:00 MUSIC &amp; CHURCH 3:00 GAMES ON THE PORCH 6:00 EVENING MATINEE</p>	<p>27 9:00 MORNING GREETINGS 10:00 CHAIR ZUMBA CLASS 11:30 CANDY BAR BINGO 2:00 <b>MAY MONTHLY BIRTHDAY PARTY WITH LIVE MUSIC</b> 6:00 EVENING MATINEE</p>	<p>28 9:00 MORNING GREETINGS 10:00 PAINTING CLASS 11:00 KARAOKE 2:00 <b>TIRSTY THURSDAY &amp; TREATS WITH THE GOLDEN GIRLS "VOLUNTEERS"</b> 3:00 BUBBLES ON THE PORCH 6:00</p>	<p>29 9:00 MORNING GREETINGS 10:00 BALL EXERCISE 11:00 WORD GAMES / PUZZLES 2:00 POPSICLES &amp; RING TOSS ON THE PORCH 3:00 VISIT THE HORSES 6:00 GAMES SHOW "YOUTUBE"</p>	<p>30 9:00 SECOND CUP OF COFFEE 10:00 WALKING WARRIORS 11:00 BINGO 2:00 TRIVIA 3:00 BOARD GAMES 6:00 EVENING MATINEE</p>

# THE HAVEN POST



## A POEM FOR MOTHER'S DAY

### Wonderful Mother

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He molded her heart of pure gold;  
In her eyes He placed bright shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.

By: Pat O'Reilly

## A MEMORIAL DAY PRAYER

Dear Heavenly Father,

As we remember those who have made the ultimate sacrifice for the freedoms we enjoy every day, we think of how they have followed in the footsteps of your son, our Savior, Jesus Christ. Please hold our servicemen and women in your strong arms. Cover them with your sheltering grace and your presence as they stand in the gap for our protection.

We also remember the families of our troops. We ask for your unique blessings to fill their homes, and we pray your peace, provision, and strength will fill their lives.

May the members of our armed forces be supplied with courage to face each day and may they trust in the Lord's mighty power to accomplish each task. Let our military brothers and sisters feel our love and support. In the name of Jesus. Amen.

## MAY IS...

- Better Hearing and Speech Month
- Better Sleep Month
- Fibromyalgia Education and Awareness Month
- Healthy Vision Month
- Huntington's Disease Awareness Month
- Jewish-American Heritage Month
- Learn German Month
- Lupus Awareness Month (Day: 10)
- Melanoma/Skin Cancer Prevention Month (Day: 2)
- National Allergy/ Asthma Awareness Month
- National Arthritis Month
- National Barbeque Month
- National Correct Posture Month
- National Egg Month
- National High Blood Pressure Education Month
- National Mental Health Month
- National Military Appreciation Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- Older Americans Month
- Young Achievers' Month

BIRTHSTONE – Emerald / FLOWERS – Lily of the Valley  
COLORS – Yellow and Red

# MEMORIAL DAY



## TO YOUR HEALTH—

By: *Dr. Daniel Scarbrough, Corporate Medical Director, CHS, Inc.*

This month let's get an update on breast cancer screening. Breast cancer is the second most common non-skin cancer and the second leading cause of cancer death in North American women. Mammography is the only screening test shown to reduce breast cancer-related death. There is general agreement that screening should be offered at least every two years to women 50 to 74 years old.

For women 40 to 49 years of age, the risks and benefits should be discussed, and the decision to screen should take into consideration the individual patient risk, values, and comfort level of the patient and physician. Information is lacking about the effectiveness of screening in ladies 75 and older. The decision to screen women in this age group should be individualized, keeping the patient's life expectancy, functional status, and goals of care in mind. For women who have a high risk (family history) of breast cancer with positive genetic testing, screening should begin at 25 years of age or at the age that is 5 to 10 years younger than the earliest age that breast cancer was diagnosed in the family.

Screening with magnetic resonance imaging may be considered in high-risk women, but its impact on breast cancer mortality is unknown. Clinical breast examination plus mammography seems to be no more effective than mammography alone at reducing breast cancer mortality. However, women should perform monthly breast self-examination, be aware of any changes in their breasts, and report them promptly to their physician. Just remember that it is important to talk to your doctor about any recommendations at your annual physical examination.—*Dr. Dan*