



May Newsletter

ISSUE NO.

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May 2024



Wishing all the wonderful mothers out there a happy and special Mother's Day! Your love, strength, and guidance are appreciated and celebrated today and every day. Thank you for all that you do.



On this Memorial Day, we honor and remember the brave men and women who made the ultimate sacrifice for our country. Their courage and selflessness will never be forgotten. Thank you for your service.

IN THIS ISSUE

- 01 **May Health Tips**
- 02 **Expressing Gratitude to Our Valued Sponsors**
- 03 **Meet Donna & Alberto**
- 04 **Our May Calendar**
- 05 **Memorial Day Word Search Puzzle**



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nmadultcenter.org



[@northmarionadultcenter](https://www.facebook.com/northmarionadultcenter)

MAY HEALTH TIPS

1. Stay physically active: Engage in regular physical activity such as walking, swimming, or gentle yoga to maintain strength, flexibility, and balance.



2. Eat a balanced diet: Focus on a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and energy levels.

3. Stay hydrated: Drink plenty of water throughout the day to support bodily functions and overall well-being.

4. Get enough sleep: Aim for 7-9 hours of quality sleep each night to support cognitive function, mood, and overall health.

5. Stay socially connected: Maintain relationships with friends and family members to combat feelings of loneliness and stay mentally sharp.

6. Manage stress: Practice relaxation techniques such as deep breathing, meditation, or gentle exercise to reduce stress levels and promote emotional well-being.

7. Stay up to date on medical check-ups: Regularly visit your healthcare provider for screenings, vaccinations, and check-ups to monitor and maintain your health.

8. Consider mental stimulation: Engage in activities that challenge your mind, such as puzzles, games, reading, or learning new skills to support cognitive function and memory.

Thank
you

A big thank you to our April lunch sponsors and Shannon Horn from Advantage Mortgage for his informative presentation. Your support is truly appreciated!



Andrew Nordby of:



MEET DONNA OWEN & ALBERTO MALDONADO

Donna Owen is a dedicated and cherished member of The Center (North Marion Adult Center), regularly attending Monday bingo, Wednesday lunch, and various classes offered at the center. Her adorable companion, Tori, has also won the hearts of fellow guests with her charming presence at each event.



Donna is a talented and imaginative individual with a passion for crafting. She has participated in painting classes led by the esteemed Alberto Maldonado, producing a collection of stunning masterpieces, some of which are showcased in the accompanying image.

Donna's vibrant spirit and artistic flair brighten our community at The Center, and we are grateful to have her as part of our close-knit group."

The Center is fortunate to count Alberto among our esteemed activity contributors. Alberto serves as the Community Sales Director at Emerald Gardens Assisted Living and is a dedicated painter in his leisure hours. Known for his affinity for "splatter art," demonstrated in the impressive piece held in his left hand, Alberto shared this unique technique with attendees at The Center on April 24th. The session was met with great enthusiasm and joy by all participants, resulting in a fun and memorable experience for everyone involved.

From Alberto: "I believe art lives in all of us as a natural form of expression. Whether we use colorful words, play a few chords, paint, draw or cook a meal. We create everyday sometimes with purpose and sometimes without notice.

I fell in love with painting at an early age, though I have never had any formal training, I have had the privilege of being the featured artist in residence at Salem Art Association in 2021. I've sold a few pieces of my artwork, but I mostly paint for my own self-care."

A big thank you to Donna and Alberto for allowing us to feature them in our May newsletter.



MAY 2024

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6th

**10:30 am Gentle Stretch & Exercise with Shelly
1:00 pm BINGO \$2 Cards & Great Prizes
3:00 - 7:00 pm Charity Sewing**

13th

**10:30 am Gentle Stretch & Exercise with Shelly
1:00 pm BINGO \$2 Cards & Great Prizes
Sew & Glow Remote - Long Arm Class**

20th

**10:30 am Gentle Stretch & Exercise with Shelly
1:00 pm BINGO \$2 Cards & Great Prizes
3:00 - 7:00 pm Charity Sewing**

27th

In observance of Memorial Day the center will be closed as we honor and remember all those who have made sacrifices for our country.

1st

**10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm May Day Tea Party provided by Norma, sign up required
12:30 pm Crafting 101 - Make seashell wreath with Pat - Cost: \$5**

8th

**10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch Provided by Andrew Nordby of Viking Realty NW
Birthday Cake provided by Resi from McCully Realty
12:30 pm Sew Easy - Block of the Month Cost: \$5 per kit**

15th

**10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch & Learn - Rob Mill with CERT will talk about Fire Safety. He will demonstrate how to shut off the gas meter & electrical panel in the case of a emergency.
Lunch will provided by Country Meadows Village
12:30 pm Craft 101 - Paint a Pot - Plant a pansy Cost: \$5**

22nd

**10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch provided by Stacy & Joel from Cascade Park
12:30 pm Sew Easy - Block of the Month Cost: \$5 per kit
12:30 pm Crafting 101 - Painting by Alberto Cost: \$5 per kit**

29th

**10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann
12:00 pm Lunch provided by Heartwood Place Memory Care
12:30 pm Crafting 101 - Make 4 cards with Carol Cost: \$5**

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MEMORIAL DAY 2024 WORD SEARCH



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|------------------|-----------------|-------------------|--------------------|--------------------|
| HERO | MONUMENT | SERVICE | REMEMBRANCE | MEMORIALIZE |
| TRIBUTE | FALLEN | REMEMBER | PATRIOTISM | HOMECOMING |
| COURAGE | LOYALTY | FREEDOM | MEMORY | BRAVE |
| TRADITION | REFLECT | FLAG | SACRIFICE | HONOR |
| PEACEFUL | CEREMONY | PARADE | NATIONAL | GRATITUDE |
| CEMETERY | UNITED | DECORATION | VETERANS | |

