

We are the A-Team! The Mighty Mighty A-Team!



Our Community Newsletter

Discover what's going on in our community.



Employee SparkLight - Cindy, LPN

Tell us about your family!

I have two sons, Kyle and Kris.

What is your favorite season?

Summer, walking at the beach.

What is on your bucket list?

Travel to Alaska and be on a game show.

What are some of your hobbies?

Gardening, crafts, going to the sunflower fields.

Would you rather cook or order in, and why?

Cook, it's cheaper, and I like to try new recipes.

If could live anywhere, where would it be?

Minnesota

What is your favorite thing about your job?

A unique opportunity to provide care, comfort, and support to people in their most vulnerable moments.

What did you want to be when you grew up?

A nurse.



From the Executive Director

Spring is now officially here and that means some of the projects that were identified when it was too cold outside are now going to start happening. There are three projects coming up I would like to make you all aware of.

Window Washing - We will alert you closer to and when we know more, but we have contracted with a company that is going to clean the inside and outside of our windows

Parking lot striping

Entry way carpeting - We are replacing the carpeting right inside the front door. The current carpet has been worn down over the years. We will be replacing with carpet squares so they can stay looking good longer.

I appreciate all of you. If there is something you have questions on, please stop by.

From Marketing: May Mindfulness

Stop and take a few minutes or maybe even fifteen! It is time to take care of yourself. This is the best way to improve your spirits and your health.

Open the windows

Let in the fresh air

Breathe Deeply

Clear your thoughts

Do some relaxation exercises

Sit on the balcony by the dining room and soak in the sun

Invite a neighbor to enjoy these moments with you.

This is a great way to reduce stress and improve overall well-being.

From the desk of the Chaplain

Happy May everybody! This is my favorite month of the year because Spring is finally here! The flowers start peeking out of the ground, the trees are budding and the weather is warm. It is amazing how weather can affect our moods. During the winter we might feel a bit down because we aren't outside that much. We miss the sights and sounds of nature. Our skin craves the nutrition of vitamin D from the sun. As the snow melts and the landscape gets greener we feel as if we are going to burst into the great outdoors ready to enjoy another season of summer.

Each change of season reminds me of the scripture passage in the third chapter of Ecclesiastes. "For everything there is a season and a time for every matter under heaven" (Eccl. 3: 1) It brings home the knowledge that there is something greater than ourselves that drives the cycles of life and we can trust in this higher power to care for us through the changes of our lives.

What's going on in Arbor Gardens?



SPRING

WORD SEARCH

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

BEE BUTTERFLY GRASS LILY SEEDS
 BLOSSOM CHICK KITE NEST SPROUT
 BUD EGGS LADYBUG PUDDLE TULIP
 BUNNY FLOWER LAMB RAIN WORM

www.CuteColoringPagesForKids.com

From Culinary

I want to shout out the culinary team for working as a team to pass our state exam. We scored 100%. Go culinary team, go! -Orchale



Every third Monday at
1pm in the Dining Room

Happy Birthday!

Residents	Staff
Dale P. 5/6	Miranda H. 5/3
June S. 5/9	Alex L. 5/15
Tom L. 5/11	Grace B. 5/25
Monica M. 5/12	Mariska M. 5/25
Shirley T. 5/17	
Martha W. 5/20	
Marlys Z. 5/20	
Donna N. 5/28	



Resident Council every
third Tuesday at
3:15pm in the Chapel

Happy Anniversary!

Residents	Staff
Shirley N. 5/10/2019	Grace C. 5/16/2023
Darline E. 5/14/2018	Bailey S. 5/23/2022

Outings this month!

Cub Foods



Grocery shopping outing on March 15th, pickup will be at 10am.

Como Zoo



Zoo outing with Sam, Lynn, and Madi, on May 19th! We will be leaving at 10am.

Forklift Challenge 2025



2025

Tuesdays

Week	Competition	RBS
Scrimmage Week	4/15	4/18
Week 1	4/22	4/25
Week 2	4/29	5/2
Week 3	5/6	5/9
Week 4	5/13	5/16
Week 5	5/20	5/23
Week 6	5/27	5/30
Week 7	6/3	6/6
Final 4	6/10	No RBS
World Championship	6/12	No RBS

RBS = Really Big Show