



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - MAY 2025

## Letter from Jennifer

Dear residents and families,

May is here, and with it comes the full bloom of spring—and a fresh season of joy, warmth, and togetherness at The Heathers.

April was a beautiful month filled with wonderful memories. We were thrilled to welcome Elias to our Ringwood home. It's a blessing to have him join our family, and we're so happy he's here.



We're also excited to introduce Kathy Biron, our new Business Development Manager. Kathy brings over 15 years of experience in the healthcare field, passionately supporting seniors and families throughout our local area. Please join us in giving her a warm welcome!



A heartfelt thank you to everyone who joined us for our Easter Family Brunch on April 12. It was such a joy to celebrate the holiday surrounded by love, laughter, and the wonderful people who make The Heathers feel like home.

We hope everyone had a happy Easter, and as always, thank you for trusting us with your loved ones. We are honored to be part of your extended family.

Warm regards,

**Jennifer Bohyer**  
**Executive Director**

# NEW RESIDENTS

In April, we welcomed Elias in our Ringwood Home.



Elias L.



For our Resident Spotlight at The Heather's this month we cast a line to learn more about Elias. Read on below to find out about Elias's Life of Faith, Service, and Song...



Dorothy



Bonnie



Kay

## May 2025

\*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Soak in the sun 5:00 Support Group-RW 6:00 Resident Choice	2 9:30 Morning News 10:30 Morning Exercise 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	3 9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 3:00 Garden Watering 4:00 Bingo 6:00 Kentucky Derby
4 Star Wars Day 9:30 Senior Exercise 10:00 Online Church Service 2:00 Movie- Star Wars Marathon! 6:00 Game Night	5 Cinco de Mayo 9:30 Morning News 10:30 Senior Exercise 12:00 Cinco de Mayo Party 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	6 9:30 Morning News 10:30 Senior Exercise 2:00 Rock Painting 4:00 Soak in the sun 6:00 Resident Choice Movie	7 9:30 Morning News 10:30 Senior Exercise 10:00 Resident Haircuts 11:00 Communion 11:00 Activities W/ Chris 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	8 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Gardening W/ Chris 6:00 Resident Choice	9 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard Children 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	10 9:30 Morning News 10:30 Senior Exercise 2:00 Balloon Badminton 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
11 Mother's Day 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	12 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling Without Age 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	13 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	14 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	15 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Gardening W/ Chris 5:00 Support Group-LITH 6:00 Resident Choice	16 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard Children 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	17 9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
18 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	19 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social w/ Pastor Dan 6:00 Netflix	20 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 4:00 Garden Watering 6:00 Resident Choice Movie	21 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Baking W/ your Care Partner 4:00 Fancy Nails 6:00 Puzzles	22 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Gardening W/ Chris 6:00 Resident Choice	23 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	24 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
25 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	26 Memorial Day 9:30 Morning News 10:30 Senior Exercise 2:00 Flag Craft 3:00 Ice-Cream Social 6:00 Netflix	27 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 4:00 Garden Watering 6:00 Resident Choice Movie	28 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Baking W/ your Care Partner 4:00 Fancy Nails 6:00 Puzzles	29 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Gardening W/ Chris 6:00 Resident Choice	30 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	31 9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn

## Falls and Fractures in Older Adults: Causes and Prevention

Falls are a leading cause of fractures and injuries among older adults, often leading to a decline in independence and quality of life. Understanding the causes and implementing preventive strategies can significantly reduce the risk.



## Resident Recipe of the Month

### Cowboy Cookies -By Laura B.

#### Ingredients:

- 3 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 Tbsp. baking soda
- 1 Tbsp. ground cinnamon
- 1 tsp. kosher salt
- 1 1/2 cups butter, room temperature
- 1 1/2 cups granulated sugar
- 1 1/2 cups light-brown sugar, packed
- 3 large eggs
- 1 Tbsp. vanilla extract
- 3 cups semisweet chocolate chips
- 3 cups old-fashioned rolled oats
- 2 cups sweetened flake coconut
- 2 cups chopped pecans



#### Directions:

##### Step 1

##### Combine dry ingredients:

Heat oven to 350°F. Mix our, baking powder, baking soda, cinnamon and salt in bowl.

##### Step 2

##### Cream butter and sugar:

In 8-quart bowl, beat butter on medium speed until smooth and creamy, 1 minute. Gradually beat in sugars to combine, 2 minutes. Add eggs, one at a time, beating after each.

Beat in vanilla. Stir in our mixture until just combined. Add chocolate chips, oats, coconut and pecans.

##### Step 3

##### Scoop cookie dough:

For each cookie, drop 1/4 cup dough onto ungreased baking sheets, spacing 3 inches apart.

##### Step 4

##### Bake cookies:

Bake in 350°F oven 17 to 20 minutes, until edges are lightly browned; rotate sheets halfway through. Let cookies cool 10 minutes on baking sheet, then remove cookies to rack to cool.

# APRIL PICTURE RECAP

## FUN TIME



## EXERCISE



## GAME TIME



## PUZZLE TIME

