

May 2022

# The Canterbury Center

North Star Community Services 3623 Canterbury Court Waterloo, Iowa 50702

**Contact:**

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**Celebrating May**

**Gardening for Wildlife  
Month**

**Personal History Month**

**Global Health and Fitness  
Month**

**World Laughter Day  
(May 1)**

**African World Heritage  
Month  
(May 5)**

**148<sup>th</sup> Kentucky Derby  
(May 7)**

**Mother's Day  
(May 8)**

**World Belly Dance Day  
(May 14)**

**International Learn to Swim  
Day  
(May 21)**

**Buy a Musical Instrument  
Day  
(May 22)**

**Memorial Day (U.S)  
(May 30)**

## Canterbury gets Ready for Easter



Rachel was asked if she wanted to make an Easter wreath. They really turned out great Happy Easter!



Brian also said that he wanted one of these. He helped staff to assemble it and staff asked what he was going to do with it. Brian just shrugged his shoulders. Staff suggested that maybe a family member would want it. Did he keep it or give it away?



Andrew was playing Skip-Bo with staff and peers. He thought it would be cool to give Maestro all the Skip-Bo cards. What a lucky cat!



Craig gets some cat time with Maestro. They both enjoyed the time.



Dean really wanted to get as many 7's as he could during the dice game.



Sarah and Dean were 2 of the players in the Lucky 7 Dice Roll contest. They still did a good job, and I am so glad that they rolled, and they tried.



Back in February, Eugene made an ice cream cone bird feeder.



All I asked for was a smile, and Steve stuck his tongue out at me. This is what you get, when you stick your tongue out. You are a star in the newsletter.



### No Bake Classic Woolworth Cheesecake

3oz. lemon jello  
1c. boiling water  
2-9" graham cracker crusts  
1-8oz. cream cheese  
1 c. sugar  
5 T. Lemon Juice  
1 can evaporated milk or 1 ½ c Heavy whipping cream

Dissolve Jello in boiling water.  
Cool until slightly thickened  
Beat the evaporated milk or heavy cream until fluffy  
In separate bowl: Beat cream cheese, sugar, and lemon juice until smooth  
Add thickened Jello and slowly mix in the whipped evaporated milk or the heavy whipping cream.  
Chill overnight or at least 2 hours.

(I made this recipe for Easter for my family, but instead of making a crust, I bought 2- 9" prepared graham cracker crusts. They set up really nice and firm.)

## May Birthdays

In astrology, those born May 1-20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born May 21-31 are twins of Gemini. Perhaps because twins are born with a companion, Gemini's love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Dwayne Johnson (actor)- May 2, 1972

Frankie Valli (singer)- May 3, 1934

Audry Hepburn (actress) May 4, 1929

Don Rickles (comedian) May 8, 1926

Steve Wonder (Musician) May 13, 1950

Janet Jackson (singer) May 16, 1966

Malcomb X (activist) May 19, 1925

Mr. T (actor) May 21, 1952

Bob Dylan (Musician) May 24, 1941

Sally Ride (astronaut) May 26, 1951

Betty Shabazz (activist) May 28, 1934

Brooke Shields (model) May 31, 1965

## May Canterbury Birthdays



Alvin P. May 1, 1961

Jason W. May 6, 1991


Chris G. May 8, 1959

## Enjoy your Special Day



Kate and Sarah make birdfeeders out of ice cream cones last month.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 AM</b> Morning Social Client Meeting May IQ PM Trivia Picture Game	<b>3 AM</b> Morning Social Daily News Maestro's letter to Canterbury PM Sorry Game Dice Game	<b>4 AM</b> Morning Social Daily Chronicle Cinco de Mayo Facts PM Cinco de Mayo Party	<b>5 AM</b> Morning Social Daily Chronicle Letter to yourself Project PM Virtual Time Capsule Famous Time Capsules	<b>6 AM</b> Morning Social Daily Chronicle Letter to yourself Project PM Virtual Time Capsule Famous Time Capsules
<b>9 AM</b> Morning Social Personality Types PM Personality Disorders Sigmund Freud	<b>10 AM</b> Morning Social Dice Bingo Game PM Round Robin Game Crazy Aces	<b>11 AM</b> Morning Social Daily News Exercise PM Pool or Wii Yahtzee	<b>12 AM</b> Morning Social Daily Chronicle Arabic Food PM Saudi Arabia Facts, History and Customs	<b>13 AM</b> Morning Social Daily Chronicle Arabic Food PM Saudi Arabia Facts, History and Customs
<b>16 AM</b> Morning Social Exercise PM France Facts Belgium Facts	<b>17 AM</b> Morning Social Current Events Animal Videos PM Bingo Consumer Choice	<b>18 AM</b> Morning Social Daily Chronicle Make Bird Feeders PM Pool or Wii Crazy Aces	<b>19 AM</b> Morning Social Daily News 3 Stooges 50's & 60's Comedians PM Movie/Consumer Choice	<b>20 AM</b> Morning Social Daily News 3 Stooges 50's & 60's Comedians PM Movie/Consumer Choice
<b>23 AM</b> Morning Social Daily News Name the Decade PM Icons of the 50's & 60's	<b>24 AM</b> Morning Social News of the Day Space Wonders PM NASA Facts Famous Astronauts	<b>25 AM</b> Morning Social Current Events Favorite Movies Best Films PM Movie/Consumer Choice	<b>26 AM</b> Morning Social Daily News Flower Categories PM Flower Project #2 Cards	<b>27 AM</b> Morning Social Daily News Flower Categories PM Flower Project #2 Cards
<b>30 AM</b> Memorial Day Agency Closed	<b>31 AM</b> Morning Social Daily Chronicle Category Game PM Motorcycle Gangs Hells Angels	 <p style="text-align: center; color: red; font-size: 2em; font-family: cursive;">May 2022</p> <p style="text-align: right; color: black; font-weight: bold;">Activities with Carolyn</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> AM Social & Daily Chronicles Cheerios Facts Group Puzzle PM Client Council	<b>3</b> AM Social & Daily Chronicles Farkle Make afternoon treat PM Dog Movie	<b>4</b> AM Social & Daily Chronicles Card game PM Grumpy Old Men	<b>5</b> AM Social & Daily Chronicles Yahtzee PM Cinco de Mayo History Tachos Snack Happy Cinco de Mayo	<b>6</b> AM Social & Daily Chronicles Florence Nightingale B.day Video on History of Nursing Nurse's Week May 6-12 PM Client Choice
<b>9</b> AM Social & Daily Chronicles North Cape, Norway Midnight Sun Day PM Play Midnight Baseball	<b>10</b> AM Social & Daily Chronicles The Rest of the story Paul Harvey PM Farkle Clean your room today	<b>11</b> AM Social & Daily Chronicles Scavenger Hunt PM "Poop" on your Neighbor Cake Break	<b>12</b> AM Social & Daily Chronicles Fresh Air Walk Current Events PM Top Gun	<b>13</b> AM Social & Daily Chronicles "Fin"tastic Friday Watch Jaws PM Client Council
<b>16</b> AM Social & Daily Chronicles Nickels facts Play Nickels PM Lucky 7 Seven Dice Roll	<b>17</b> AM Social & Daily Chronicles Discuss about Hoarders Are you a Pack Rat?? PM Patio Trivia Corn Hole	<b>18</b> AM Social & Daily Chronicles Make a list if Random Acts of Kindness Bingo PM Visit Sarah?	<b>19</b> AM Social & Daily Chronicles Up and Down the River PM Cookie Sheet Memory Game Grandma's Rummy	<b>20</b> AM Social & Daily Chronicles Happy B-day Cheryllyn Sarkissian Discussion/Music PM Ice Cream Social Client Choice
<b>23</b> AM Social & Daily Chronicles Farkle PM Animal Facts Turtles Turtle videos	<b>24</b> AM Social & Daily Chronicles Board Game-Sorry Card Games- 21 PM Oom pah pah A discussion about Tubas	<b>25</b> AM Social & Daily Chronicles Pancakes for Social Aggravation PM Fresh Air walk to the Corner and back	<b>26</b> AM Social & Daily Chronicles The Dukes B-day Facts about John Wayne PM Categories word game	<b>27</b> AM Social & Daily Chronicles Patio Talk Short Cartoons Hot Dogs on the fire Burn those masks!! Corn Hole
<b>30</b> Agency Closed Memorial Day	<b>31</b> AM Social & Daily Chronicles Clint Eastwood's B-day Clint Eastwood Facts PM Gran Torino	 <p style="text-align: center;"><i>May 2022</i> Activities with Chris</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1% Milk</b> Chicken Patty Sandwich Mixed Vegetables Diced Peaches WG Bun	<b>2 1% Milk</b> Scrambled Eggs Hashbrown Patty Banana WG Cheerios	<b>3 1% Milk</b> Cheeseburger Green Beans Applesauce WG Bun	<b>4 1% Milk</b> Goulash Broccoli & Cauliflower Mandarin Oranges WG Bread	<b>5 1% Milk</b> Turkey Carrots Fruit Cocktail WG Stuffing WG Bread
<b>1% Milk</b> Ham Sweet Potatoes Pineapple Tidbits Yogurt w/Granola WG Bread	<b>9 1% Milk</b> Pizza Corn Diced Peaches Cottage Cheese WG Bread	<b>10 1% Milk</b> Salisbury Steak Honey Roasted Carrots Diced Pears WG Rice Casserole	<b>11 1% Milk</b> Chicken Sandwich Peas Banana WG Bun	<b>12 1% Milk</b> Lasagna Rolls Lettuce w/dressing Mandarin Oranges WG Bread
<b>1% Milk</b> Chicken & Noodles Mixed Vegetables Diced Peaches WG Bread	<b>16 1% Milk</b> Hamburger Green Beans Banana WG Bun	<b>17 1% Milk</b> Mac n' Cheese Peas and Carrots Diced Pears Yogurt w/Granola	<b>18 1% Milk</b> Pork Chop Corn Fruit Cocktail WG Bread	<b>19 1% Milk</b> Hot Ham & Cheese Baked Beans Applesauce WG Bun
<b>1% Milk</b> Hamburger Sweet Potato Fries Diced Pears WG Bun	<b>23 1% Milk</b> Spaghetti w/Meat Sauce Peas and Carrots Diced Peaches WG Breadstick	<b>24 1% Milk</b> Baked Chicken Corn Macaroni Salad Diced Peaches WG Bread	<b>25 1% Milk</b> Egg Salad Carrots Banana WG Bread	<b>26 1% Milk</b> Beef Taco's Taco Toppings Refried Beans Mandarin Oranges Corn Shells
<b>30</b> Memorial Day Agency Closed	<b>31 1% Milk</b> BBQ Pork Baked Beans Fruit Cocktail WG Bun			