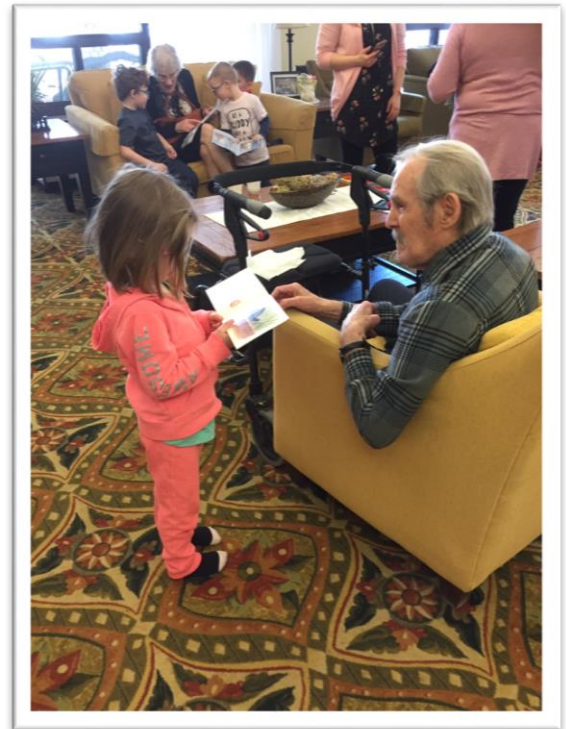
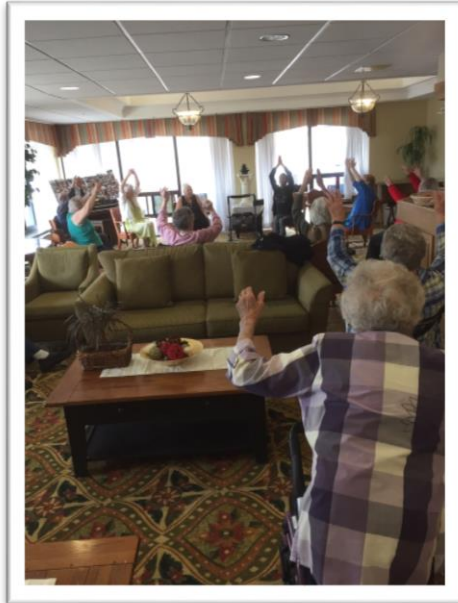


AVALON ADVISOR

APRIL AT A GLANCE





May Birthday's

Happy Birthday to those celebrating in the month of May!

Our monthly Birthday Celebration will be held on May 14th at 2:00pm with Music by Karl and Friends!

Wacky Wordies



Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday | 11. Respect | 16. Giving |
| 2. Day | 7. Loving | 12. Thoughtful | 17. Special |
| 3. Moms | 8. Caring | 13. Family | 18. Happy |
| 4. Kids | 9. Children | 14. Considerate | 19. May |
| 5. Parent | 10. Grandmother | 15. Honor | 20. Spring |

In the Spotlight

D C M

We went to Windsor Castle
Joining other men
The reason for our going
Was the D C M
They came from the world over
The Duke of Kent to meet
Men listed in the History books
For their outstanding
deed

They ranged from WWI and II
To the battles in the Falklands
These heroes who had been so young
When they had joined the forces
Impresses by St. George's Chapel
With its banners hanging down
The history of a nation
In heraldry was shown
All was quiet in the Chapel
Medals blazing on each chest
The Queen's own Chaplain praised them
And talked of wars long past
He said the these same medals
Won with such blood and pain
Would end up in a dresser drawer
When the men went home again

By: Alice McMahon

Words from Wellness...

Spring is here! Please dress according to weather conditions. Remember to continue doing good hand hygiene and cough etiquette!

If feeling unwell please visit the Wellness Office 😊

Reminder from Recreation

Please remember if you are interested in joining a scheduled outing- be sure to speak with Megan! 😊

Save the Date- We will be holding an Alzheimer's Walk here at the Avalon Retirement Lodge on
May 26th from 10:00am-11:30am!

Advice from Admin

As the weather gets warmer more Residents will be outside walking, please watch your speed and keep it to below 10km/hr.

Family/friends please sign in when entering the building and leaving

MAY EVENTS AT THE LODGE

May 1st

May Day Milkshakes (at the Bar)

May 2nd

Garden Clean up (Courtyard)

May 4th

Music with Eric 1FL

May 6th

Zumba 1FL
Show & Tell 1FL
Chinese Food Dinner (Sign Up)

May 7th

Happy Hour & Jimmy's Old Time
Radio Show 1FL

May 8th

Mother's Day Photo Booth 1FL

May 10th

Foot Care Talk 1FL

May 11th

Mother's Day Tea 1FL

May 14th

Birthday Party with Karl &
Friends 1FL

May 15th

Laurel Woods Chime Choir 1FL

May 17th

Resident Food Meeting NN
Resident Meeting NN

May 21st

Fraud Talk 1FL

May 23rd

Gardening Club Meeting 1FL
Burrito Dinner NN (Sign Up)

May 24th

Seated Yoga 1FL

May 26th

Alzheimer's Mini Walk 1FL

May 27th

Zumba 1FL

May 30th

Happy Hour & Hawaiian Party with Aloha Dave! 1FL

MAY VAN OUTINGS

(PLEASE SIGN UP WITH MEGAN FOR THESE OUTINGS)

Walking Track

Monday May 6th & 27th - 9:00am

Shoppers Drug Mart

Thursday May 9th - 2:00pm

Orangeville & Dufferin Music Gala

Monday May 13th - 7:00pm

Walmart

Thursday May 16th - 10:30am & 2:00pm

Dollarama

Thursday May 23rd - 2:00pm

Caledon Concert Band

Sunday May 26th - 130pm

Outing to Shelburne (Giant Tiger/ Pizzazz

Tuesday May 28th - 10:30am

Coffee & Conversation

Wednesday May 29th - 2:00