

# THE Courtyards Lifestyle

COURTYARDS  
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY  
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

MAY 2024

## BEAUTY ALL AROUND

Be sure to check out the beautiful flowers on our patios. Our residents worked hard at planting and transforming the patios into a beautiful place to be. Thank you to all who donated!!!

## Bouquets of Blossoms

May 1 is often celebrated as May Day, a spring holiday when baskets or bouquets of flowers are given to friends, family and neighbors. Celebrate May this year by learning some fun flower facts:

- The spice saffron comes from the fall-flowering crocus.
- Flower vegetables include cauliflower, artichokes and broccoli.
- The daisy's name came about because the flower's yellow center resembles the sun. It was called the "day's eye," which evolved over time into "daisy."
- In 1986, Congress voted to make the rose the national flower of the United States.
- The rose family also includes pears, apples, cherries, plums, peaches, apricots and almonds.
- A rosebush growing at St. Mary's Cathedral in Hildesheim, Germany, is thought to be the world's oldest at more than 1,000 years.
- The earliest known flower is *Archaeofructus sinensis*. Scientists discovered the fossilized flower in northeast China and believe it bloomed about 125 million years ago.
- Although dandelions are considered weeds, they are nutritious. The flowers and leaves are a good source of vitamins A and C, iron, calcium and potassium.
- Cut tulips will continue growing in a vase. They can grow up to another 3 inches.



## Mother's Day

With Mother's Day upon us this month, those of us here at The Courtyards Assisted Living of Odessa would like to thank each and every one of you who share your mothers with us!! They are true blessings to each of us. They bring smiles to a rough day and bring laughs and love to us everyday!!! To all our mothers who take time out for your mothers and your families, we understand how hard it is and on this Mother's Day, we commend you!!

## Mom's Day Meals

If you're planning a meal out to celebrate Mother's Day, you'll be joining about 80 million people across the country. The holiday is the busiest day of the year for restaurants.

COURTYARDS OF ODESSA

MAY 2024

MAY BIRTHDAYS

GLORIA V.  
RUTH R.  
DOT E.  
SANDRA D.  
TERESA L.  
ROBERT N.  
MARGARET C.  
DUANE M.  
FLO S.

MOTHER'S DAY

Mother's Day is May 12. Let us not forget our mothers this special day.

Happy Cinco de Mayo!

We hope our residents have a bright and festive holiday!

Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

"Wherever you go, no matter what the weather, always bring your own sunshine."  
—Anthony J. D'Angelo

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|--|--|---|--|---|
| <p><b>Activities Subject to Change</b></p>  |   |    | <p><b>May Day</b> 1</p> <p>11:00 Hustle for Muscle (exercise) (Bistro)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p> | <p>2</p> <p>11:00 Fabulously Fit<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>   | <p>3</p> <p>11:00 Senior Strong exercise<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff<br/>5:00 Cinco de Mayo Courtyard Family Nacho Bar</p>  | <p>4</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>  |
| <p><b>Happy Birthday Gloria and Cinco de Mayo</b> 5</p> <p>11:00 Silver Strength training<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                | <p>6</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>1:30 Bingocize with Rachel<br/>2:30 Skip-Bo Fun With Friends</p>                      | <p>7</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                                  | <p>8</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>                         | <p><b>Happy Birthday Ruth R.</b> 9</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p> | <p>10</p> <p>9:30 Men's Coffee with Clark<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>   | <p>11</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>   |
| <p><b>National Limerick Day</b> 12</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>1:30 Mother's Day Bingo<br/>2:30 Skip-Bo Fun With Friends</p> | <p>13</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>1:30 Bingocize with Rachel<br/>2:30 Skip-Bo Fun With Friends</p>                     | <p>14</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                                 | <p>15</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>                        | <p>16</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                              | <p><b>Dot E.</b> 17</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 3PM Hospice of Midland Music Therapy<br/>3:00 Crafts with Staff<br/>5:00 Select Rehab Meet &amp; Greet Time to be determined</p> | <p>18</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>   |
| <p><b>Happy Birthday Teresa L. and Sandra D.</b> 19</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>            | <p>20</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>1:30 Bingocize with Rachel<br/>2:30 Skip-Bo Fun With Friends</p>                     | <p><b>Happy Birthday Robert N.</b> 21</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p> | <p>22</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>                        | <p>23</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                              | <p>24</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>  | <p><b>Happy Birthday Margaret C. and Duane M.</b> 25</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>                |
| <p><b>National Paper Airplane Day</b> 26</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                       | <p><b>Memorial Day</b> 27</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>1:30 Bingocize with Rachel<br/>2:30 Skip-Bo Fun With Friends</p> | <p><b>Happy Birthday Flo S.</b> 28</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>    | <p>29</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>                        | <p>30</p> <p>11:00 Hustle for Muscle (exercise)<br/>1:30 Bingo<br/>2:30 Skip-Bo Fun With Friends</p>                              | <p><b>National Smile Day</b> 31</p> <p>2:30 Skip-Bo Fun With Friends<br/>3:00 Crafts with Staff</p>  |  <p><b>MEMORIAL DAY</b><br/>REMEMBER AND HONOR</p> |

# Remembering the Fallen on Memorial Day

In 1868, three years after the Civil War ended, Maj. Gen. John A. Logan, leader of a Union veterans' organization, established Decoration Day as a time for the nation to decorate the graves of soldiers who had died in the war. He chose May 30, possibly because he knew flowers would be in bloom all over the country on that day. Logan's declaration, in part, said: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

Arlington National Cemetery was the site of the first official observance, attended by Washington dignitaries as well as the public. After the speeches, children from the Soldiers' and Sailors' Orphan Home and Union veterans walked through the cemetery, placing flowers on both Union and Confederate graves.

After World War I, May 30 became a day to honor fallen soldiers from all wars. In 1971, Congress declared Memorial Day a national holiday that would be celebrated on the last Monday in May.

Since 2000, Americans have been encouraged to observe a National Moment of Remembrance by pausing at 3 p.m. local time on Memorial Day for a minute of silence to honor those who have died serving the nation.



## Green and Glorious

Emerald, the birthstone for May, represents honesty, loyalty and friendship. The green stone is part of a family of gems called beryl, and some specimens are valued more than diamonds. Here are some more fun facts about this dazzling jewel:

- Emerald is one of four recognized precious gemstones. The others are ruby, sapphire and diamond.
- The oldest emeralds ever discovered are almost 3 billion years old.
- One of Cleopatra's favorite gemstones was emerald. In fact, emeralds were first mined in Egypt around 1500 B.C. Those mines were used for more than 3,000 years.
- The South American country of Colombia yields more than 50 percent of the world's emeralds.
- The deeper an emerald's green color, the more valuable it is.
- Emeralds can chip and crack easily. This makes the stones more expensive to set into jewelry, since extra care is involved.
- Because emeralds have a lower density, a 1-carat emerald appears larger than a 1-carat diamond.
- Flawless emeralds are extremely rare. Each emerald's imperfections are embraced as unique features and are referred to as *jardin*—the French word for "garden."
- Emerald is the traditional gift for a 55th wedding anniversary.
- Actress Elizabeth Taylor owned an emerald necklace that sold in 2011 for \$6.5 million, which comes out to about \$280,000 per carat.



## Celebrate Cinco de Mayo

In the United States, Cinco de Mayo is usually a celebration of Mexican culture and heritage. Some people think the date is the Mexican Independence Day, but it actually commemorates an unlikely victory against a strong opponent.

The Franco-Mexican War lasted from 1861 to 1867, when the French withdrew, but one battle is remembered most.

On May 5, 1862, French troops numbering in the thousands attacked the town of Puebla de Los Angeles in east-central Mexico. The town was defended by a smaller, poorly equipped Mexican force. The battle lasted a day, and at sundown, the French retreated, having suffered far greater losses than the Mexicans.

The outcome was a huge symbolic victory for the Mexican government and fortified the resistance movement.

In Mexico, Cinco de Mayo is chiefly observed in the state of Puebla. Festivities include military parades and re-creations of the Battle of Puebla.

