



THE DERBY DIGEST

MAY 2024

Don't Let The **Flu** Get to **You**

Get Immunized	Cover Your Cough	Wash Your Hands	Stay Home When Sick

Find a flu clinic near you at [ImmunizeBC.ca](https://immunizebc.ca)

BRITISH COLUMBIA | **ImmunizeBC**

BOOST IMMUNITY | Become an Immunization Booster!

Sign up today at IBoostImmunity.ca and help spread the word about the importance of immunization.

HAPPY

Mother's Day



Wishing a Happy Mother's Day to all of the mothers, soon to be mothers, (great) grandmothers, and mother figures in our lives.

Mothers inspire us, teach us and support us. They offer wisdom, patience and unconditional love.

On this Mother's Day I pay tribute to my beloved late mother who has always been an inspiration to me and whose voice I continue to hear: "Do everything I never had a chance to do".

On behalf of the Senate of Canada, sincere blessings on this special day!

The Hon. Yonah Martin

TOWN HALL ENTERTAINMENT

Fridays Social Pub

May 3rd Mark Wolf

May 10th Mike Kinal

May 17th The Cronin's

May 24th Greg Aclock

May 31st Gordy Van



Monthly Birthday Party

May 29th with TBD



Bingo every Friday 10:00 am





Mission

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

Vision

To be a community committed to compassionate care, innovation and excellence.

Values

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

Bus Outings



Unit Outings

May 13th: Scenic Drive

May 15th: Scenic Drive

May 29th :Scenic Drive

Legion Outings

May 28 RCL #229



SPRING



WORD SEARCH

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



APRIL
BLOOM
BUNNY
BUTTERFLY
FLOWERS

GARDEN
KITE
MAY
NEST
RAIN

SEEDS
SPRING
SUNSHINE
WARM
WINDY



May

Activities in Season for Elders

CAREGIVERSACTIVITYSOURCE.COM

- Make a May Day Basket
- Plan and make a Mexican meal for Cinco De Mayo
- Make a dish with strawberries
- Celebrate Mother's Day
- Plant a patio sensory garden
- Paint birdhouses
- Take a Sunday drive
- Take up bird watching
- Plan a tea party with grandkids
- Make Mom a Spring posy
- Make a Mother's Day Care Package
- Make a garden hat
- Make garden markers for remembering
- Make a wrist corsage for Mom
- Remember friends or family lost while serving
- Reminisce with Mom
- Make a summer reading list of books to read together
- Reminisce about Spring time

The Month Of May

BIRTH STONE



EMERALD

BIRTH FLOWER



LILY OF THE VALLEY

STAR SIGNS



TAURUS & GEMINI

Personality

People born in May consider themselves to be the luckiest, with levels of optimism much higher than for those born at other times of the year. And optimism is scientifically proven to make you happier, and may even lead to a longer life.

Did you know...

- The **least common birth date** of them all is 22 May.
- In any given year, **no month ever begins or ends on the same day** of the week as **May** does.
- The month **May** was named **after Maia**, the Greek goddess of fertility.

Special Days



**NATIONAL
SMILE MONTH**



3 MAY
Hug your
cat day!



**MAY THE
FOURTH**
Star Wars Day



**2 BANK
HOLIDAYS!**

Famous May Birthdays

Salvador Dali, Mark Zuckerberg, James Brown, George Lucas, Queen Victoria, Audrey Hepburn, Adele, Dwayne Johnson, Ian McKellen, Bing Crosby, Lily Allen, Orsen Wells, George Clooney and Florence Nightingale.