



# THE Courtyards *Lifestyle*

COURTYARDS  
OF ODESSA

Like Us!  

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

MAY 2025



Happy birthday month for Mr. North. He enjoys playing bingo and shopping at Wal-Mart. We hope you have a blessed special day.



Ms. Margaret also has a birthday this month. She enjoys all activities and is so much fun to be around. She is great at everything she does.



Ms. Ruth is an avid bingo and skip-bo player and loves to exercise daily. Happy Birthday, Ms. Ruth.

COURTYARDS  
OF ODESSA

MAY 2025

Memorable  
Melody:  
‘Mama Said’

The message of this 1961 hit by R&B girl group The Shirelles is simple, sweet and true: “I don’t worry, ‘cause Mama said there’ll be days like this.” When facing a tough time—whether it’s heartbreak, like in the song, or a different hardship—comfort can be found in remembering that it’s just a bad day and things will get better. If the lyrics of “Mama Said” sound familiar, give the 1995 Van Morrison tune “Days Like This” a listen. The Irish singer was directly inspired by The Shirelles’ song, but he takes the optimism even further by describing a series of positive events that Mama also promised would happen.

Let’s Go for a  
Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

“May is the month of expectation, the month of wishes, the month of hope.”  
—Emily Bronte

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>9:45 Sit-N-B Fit <b>10:30 Varnishing Patio Furniture with Yvette &amp; Rob</b> 12:00 Lunch 1:15 Bingo <b>2:30 Pipe Cleaner Flower Craft</b> 5:00 Dinner</div>	<div>2</div> <div>9:45 Sit-N-B Fit 10:30 One on Ones w/ Yvette 12:00 Lunch 1:15 Bingo <b>2:30 Ice Cream Social</b> 5:00 Dinner</div>	<div>3</div> <div>9:45 Sit-N-B Fit <b>10:00 Vendor Pop Up Shop</b> 12:00 Lunch <b>1:15 Paint-N-Sip "'50s Diner"</b> <b>3:00 Saturday Cinema (Driving Miss Daisy)</b> 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>4</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>5</div> <div><b>9:45 Select Rehab Exercise w/ Jason</b> 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>6</div> <div><b>9:00 Resident Weigh-Ins</b> <i>9:45 Sit-N-B Fit</i> <b>10:30 Calendar Catch-Up with Yvette</b> 12:00 Lunch 1:15 Bingo 2:30 Charades 5:00 Dinner</div>	<div>7</div> <div><b>9:45 Select Rehab Exercise w/Jason</b> <b>10:30 Wal-Mart Outing</b> 12:00 Lunch <b>2:00 Spring Fling w/ Gentiva "Donations Accepted"</b> 5:00 Dinner</div>	<div>8</div> <div><b>Nat'l Have A Coke Day</b> 9:45 Sit-N-B Fit <b>10:30 Out to Lunch (Mamasita's)</b> 12:00 Lunch 1:15 Bingo <b>2:30 Soda Taste Testing</b> 5:00 Dinner</div>	<div>9</div> <div><b>Ruth's Birthday</b> <b>9:30 Bible Study &amp; Coffee for Women</b> <b>9:30 Men's Coffee with Clark</b> 9:45 Sit-N-B Fit 10:30 Tennis Ball Bounce 12:00 Lunch 1:15 Bingo <b>2:30 Ice Cream Social</b> 5:00 Dinner</div>	<div>10</div> <div>9:45 Sit-N-B Fit <b>10:30 Mother's Day Brunch on the Patio</b> 12:00 Lunch 1:15 Bingo <b>3:00 Saturday Cinema (Senior Entourage)</b> 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>11</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>12</div> <div><b>9:45 Select Rehab Exercise w/ Jason</b> 12:00 Lunch <b>1:30 Manicures By: Angel's Hospice in the Bingo Rm</b> 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>13</div> <div><b>9:30 Amenti Beauty Academy</b> 9:45 Sit-N-B Fit 10:30 Motown Singing Circle 12:00 Lunch 1:15 Bingo 2:30 Walk-N-Talk w/ Yvette 5:00 Dinner</div>	<div>14</div> <div><b>9:45 Select Rehab Exercise w/Jason</b> <b>10:30 Bible Study &amp; Musical Flute By: Clay</b> 12:00 Lunch 1:15 Bingo <b>2:30 Midday Sun Party on the Patio</b> 5:00 Dinner</div>	<div>15</div> <div>9:45 Sit-N-B Fit <b>10:30 Cornhole on the Patio</b> 12:00 Lunch 1:15 Bingo <b>2:30 Snow Cone Social</b> 5:00 Dinner</div>	<div>16</div> <div>9:45 Sit-N-B Fit <b>10:30 Smell Sense Testing</b> 12:00 Lunch 1:15 Bingo <b>2:30 Ice Cream Social</b> 5:00 Dinner</div>	<div>17</div> <div>9:45 Sit-N-B Fit <b>10:30 Yellow Ribbon Tying for Armed Forces</b> 12:00 Lunch 1:15 Bingo <b>3:00 Saturday Cinema (No Country for Old Men)</b> 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>18</div> <div>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>19</div> <div><b>9:45 Select Rehab Exercise w/ Jason</b> 12:00 Lunch <b>1:30 Bingo By: Starcare</b> 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>20</div> <div>9:45 Sit-N-B Fit <b>10:30 Game of Pool</b> 12:00 Lunch <b>1:15 Dementia Education By: Angel's Hospice</b> <b>2:30 Ping Pong Race</b> 5:00 Dinner</div>	<div>21</div> <div><b>Robert's Birthday</b> <b>9:45 Select Rehab Exercise w/Jason</b> <b>10:30 Dollar Tree Outing</b> 12:00 Lunch <b>1:00 Education Class By: Select Rehab</b> 1:15 Bingo <b>2:30 Sr. Fit Testing Until 4:30</b> 5:00 Dinner</div>	<div>22</div> <div>9:45 Sit-N-B Fit <b>10:30 Spoon Feeding Challenge</b> 12:00 Lunch 1:15 Bingo <b>2:30 Kickball on the Patio</b> 5:00 Dinner</div>	<div>23</div> <div>9:45 Sit-N-B Fit <b>10:30 Backyard Water Challenge</b> 12:00 Lunch 1:15 Bingo <b>2:30 Ice Cream Social</b> 5:00 Dinner</div>	<div>24</div> <div>9:45 Sit-N-B Fit <b>10:30 Can You Unlock the Code</b> 12:00 Lunch <b>1:15 Memorial Day Appreciation Celebration</b> <b>3:00 Saturday Cinema (Still Mine)</b> 3:15 Popcorn Deliveries 5:00 Dinner</div>
<div>25</div> <div><b>Margaret's Birthday</b> 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>26</div> <div><b>Memorial Day</b> <b>9:45 Select Rehab Exercise w/ Jason</b> 12:00 Lunch <b>1:30 Bingo by: David w/ Angel's Hm Health</b> 2:30 Resident Led Skip-Bo 5:00 Dinner</div>	<div>27</div> <div><b>Nat'l Popsicle Day</b> 9:45 Sit-N-B Fit <b>10:30 Popsicle Social</b> 12:00 Lunch 1:15 Bingo <b>2:30 Sunscreen Walk</b> 5:00 Dinner</div>	<div>28</div> <div><b>9:45 Select Rehab Exercise w/Jason</b> <b>10:30 Bible Study &amp; Musical Flute By: Clay</b> 12:00 Lunch 1:15 Bingo <b>2:30 Trivia Knowledge</b> 5:00 Dinner</div>	<div>29</div> <div>9:45 Sit-N-B Fit <b>10:30 Guess the Entertainer</b> 12:00 Lunch 1:15 Bingo <b>2:30 Fun &amp; Games in the Bingo Rm</b> 5:00 Dinner</div>	<div>30</div> <div>9:45 Sit-N-B Fit <b>10:30 What's that Big Band Hit Fun</b> 12:00 Lunch 1:15 Bingo <b>2:00 Birthday Bash</b> 5:00 Dinner</div>	<div>31</div> <div>9:45 Sit-N-B Fit <b>10:30 Guess the Object Game</b> 12:00 Lunch 1:15 Bingo <b>3:00 Saturday Cinema (The Rookie)</b> 3:15 Popcorn Deliveries 5:00 Dinner</div>

# 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.



# Milkweed for Monarchs

The first Saturday in May is National Start Seeing Monarchs Day, when the familiar black-and-orange butterflies begin showing up. Planting milkweed, their caterpillars' only food source, can help monarch populations thrive. The best choices for container gardens are tropical milkweed, because of its short height, and swamp milkweed, since it lacks the long taproot that other varieties have.

# Sweet and Simple Mother's Day Greetings

A handmade card will warm the hearts of moms, grandmas and other important ladies in your life. Say something special with one of these fun ideas:

**For the tea-riffic mom.** Pour out your heart in this tea-themed card. Cut one of the corner cups out of a cardboard egg carton, then cut the cup in half so it can be glued flat against a blank card. Color the cardboard cup with watercolor paints or markers. Attach a pipe cleaner handle and glue the teacup to the card. Then stick a teabag of Mom's favorite blend inside the cup.

**Let your love grow.** Out of brown paper, cut out a simple flowerpot shape, then cut another to match. Glue one flowerpot on a blank card and write your message on it. Then place the other pot on top, only gluing at the top so you can lift the first layer to read the message. Add paper or fabric flowers coming out of the pot.

**Pocket-sized greeting.** Holding a blank card vertically, cut off the top two corners at a curve, so the resulting card shape resembles an apron. Cut a paper doily in half and glue it to the apron, round side down. Then attach a square of decorative paper on top of the doily, gluing around the sides and bottom edge only. Slide a gift card or small treat inside the apron pocket. Complete the look with a loop of ribbon at the top of the apron.