

May 2025



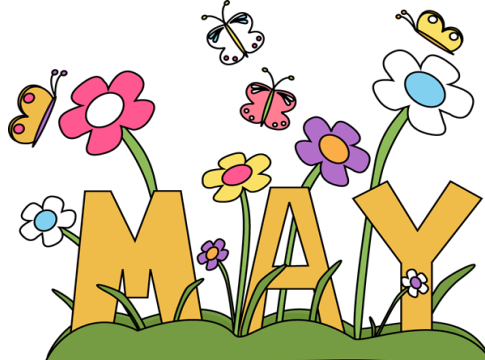
Our Voices



CATHOLIC CHARITIES
BAYSIDE OLDER ADULT
CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Bayside Older Adult Center Menu for May, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
5 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk	6 Chili-Spiced Pinto Bean Ragout Whole Wheat Bread Garden Salad Potato Salad Banana 1% Low Fat Milk	7 Italian Style Pork Loin Tomato Sauce (pre-prepared, ½ cup) Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange; 1% Low Fat Milk	1 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple; 1% Low Fat Milk	2 Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Basic Pasta Salad Sautéed Green Beans with Onions Pear; 1% Low Fat Milk
12 Chicken Piccata Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk	13 Orange and Soy Glazed Tofu Brown Rice with Black Beans Whole Wheat Bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk	14 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental blend Vegetables Orange 1% Low Fat Milk	15 Basic Shepherd's Pie Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	16 Tuna Fish Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low Fat Milk
19 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Baked Sweet Potato Prince Edward Blend Vegetables Apple 1% Low Fat Milk	20 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	21 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange 1% Low Fat Milk	22 Steak Pizzaiola White Rice (1/2 cup) Garden Salad Apple 1% Low Fat Milk	23 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sautéed Green Beans with Onions Pear 1% Low Fat Milk
26 Center Closed "Memorial Day"	27 Zesty Chickpea Stew Quinoa (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	28 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Prince Edward Blend Vegetables Orange 1% Low Fat Milk	29 Homemade Tomato Sauce (1/2 cup); Italian Meatballs with Beef and Turkey Penn (1/2 cup) Whole Wheat Bread California Blend Vegetables Apple; 1% Low Fat Milk	30 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Oriental Blend Vegetables Pear 1% Low Fat Milk

May 2025

125+
YEARS OF CHANGING LIVES



Resources!



WHAT IS ASTHMA?

MAY 7, 2025 10:00 AM - 11:00 AM

An asthma attack is caused by the tightening and inflammation of airway muscles. Learn more about treatment options and management.



CLICK HERE TO JOIN THE MEETING

<https://us02web.zoom.us/j/89832975087?pwd=86z6qidF94EVieAvilSJosi3UxPcof.1>

Meeting ID: 898 3297 5087

Passcode: 639930

Call-In Number: +1 929 436 2866



Hosted by Students and Faculty from
St. John's University
College of Pharmacy and Health Sciences





Oral Health for Older Adults

Why Oral Health Matters for Older Adults

- Strong link between oral health and overall health
- Impact on quality of life: eating, speaking, and socializing
- Increased risk of chronic conditions like heart disease, diabetes, and dementia

Common Oral Health Issues in Older Adults

- Dry Mouth (Xerostomia): Reduced saliva production
- Gum Disease (Periodontal Disease): Infection or inflammation of the gums
- Tooth Decay: Increased risk due to medications and changes in diet
- Tooth Loss: Often due to neglect or underlying health conditions
- Oral Cancer: More prevalent with age, often related to lifestyle factors

Factors Affecting Oral Health in Older Adults

- Medications: Many cause dry mouth or affect oral health
- Chronic Diseases: Diabetes, heart disease, and arthritis can impact oral care
- Dietary Changes: Soft diets may not provide enough nutrients for healthy teeth
- Mobility Issues: Difficulty brushing or accessing dental care
- Cognitive Decline: Alzheimer's or dementia may lead to neglecting oral hygiene

Oral Care Strategies

Daily Oral Hygiene Routine

- Brush teeth at least twice a day using fluoride toothpaste
- Use a soft-bristled toothbrush or an electric toothbrush
- Floss daily to remove plaque between teeth
- Clean dentures daily if applicable



Special Considerations for Oral Health Care

- **Hydration:** Drink plenty of water to prevent dry mouth
- **Use of Mouthwash:** Alcohol-free mouthwash for added protection
- **Dentist Visits:** Regular check-ups and professional cleanings
- **Addressing Dry Mouth:** Sugar-free gum, saliva substitutes, or medications
- **Healthy Diet:** Nutrient-rich foods (calcium, vitamin D, fiber) support oral health

Overcoming Barriers to Care

- **Access to Care:** Address transportation or financial challenges
- **Cognitive Impairment:** Caregiver support and reminders for brushing/flossing
- **Health Literacy:** Educate both older adults and caregivers on the importance of oral health

Tips for Caregivers

- **Supervising or assisting with oral hygiene tasks**
- **Ensuring dentures fit properly and are cleaned**
- **Encouraging hydration and healthy snacks**
- **Keeping up with regular dental appointments**

Conclusion

Promoting Oral Health for Better Overall Health

- **Oral health is vital to overall well-being, especially for older adults**
- **Prevention, early intervention, and regular dental care are key**
- **Caregivers and wellness specialists play a crucial role in encouraging good oral hygiene habits**

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

MERRY MONTH OF MAY

Word Search

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

BASEBALL

BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER

Bayside Older Adult Center Activities for May, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Painting Group (9am-3pm) Queens Theatre (9am-11am) Wing Chun w/ David (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)	2 Painting Group (9am-3pm) Ballroom/Latin Dance w/ Jennifer (9am-10am) Age- Tastic (10am-11am) Live DJ & Social Dancing
5 Painting Group (9am-3pm) Queens Theatre (9am) Computer Class (10am) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30-1:30pm) Line Dance w/ Rose (1:30pm)	6 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke (David) (12:00pm-3:45pm) Bingo w/ Pat (12:30-1:30pm) Yoga w/ Sharon (1:30-2:30pm)	7 Painting Group (9am-3pm) Computer Class (10am) Low Impact Aerobics w/ Ira (9:30-10:30am) Latin Dance w/ Yukari (1-2pm)	8 Painting Group (9am-3pm) Queens Theatre (9am-11am) Wing Chun w/ David (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)	9 Painting Group (9am-3pm) Ballroom/Latin Dance w/ Jennifer (9am-10am) Age- Tastic (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)
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Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

Eulalia Choi - Case Manager



April 3, 2025

Office of Emergency Preparedness & Response Announcement

2025 Home Energy Assistance Program (HEAP) Cooling Assistance Benefit

Please be aware that the [2025 HEAP Cooling Assistance Benefit](#) is scheduled to open on **Tuesday, April 15, 2025**. Those eligible may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or fan to help keep residences stay cool. Please share this information with staff as needed.

Details and eligibility as [follows](#):

- In circumstances where an air conditioner cannot be safely installed, a fan will be provided.
- Only one air conditioner or fan, not to exceed \$800 with installation for a window, portable air conditioner, or fan and not to exceed \$1,000 for an existing wall sleeve unit, will be provided per applicant household. No additional HEAP cash benefits are available.

You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household's gross monthly income is at or below the current income guidelines for your household size as posted in the [table](#), or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code [A](#) Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than \$21 in the current program year or received a Regular benefit equal to \$21 during the current program year and reside in government-subsidized housing with heat included in your rent, and
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, or
- Your household contains a vulnerable member based on their age (60 years or older, or under age 6) which meet all other component eligibility criteria, and
- A member of your household is a United States Citizen or a Qualified Non-Citizen, and
- You currently do not have a working air conditioner, or the air conditioner you have is five years old or older, and
- You did not receive a HEAP-funded air conditioner within the past five years.

Resources!



Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.

Where to apply:

You may apply for the HEAP Cooling Assistance with your [HEAP Local District Contact](#).

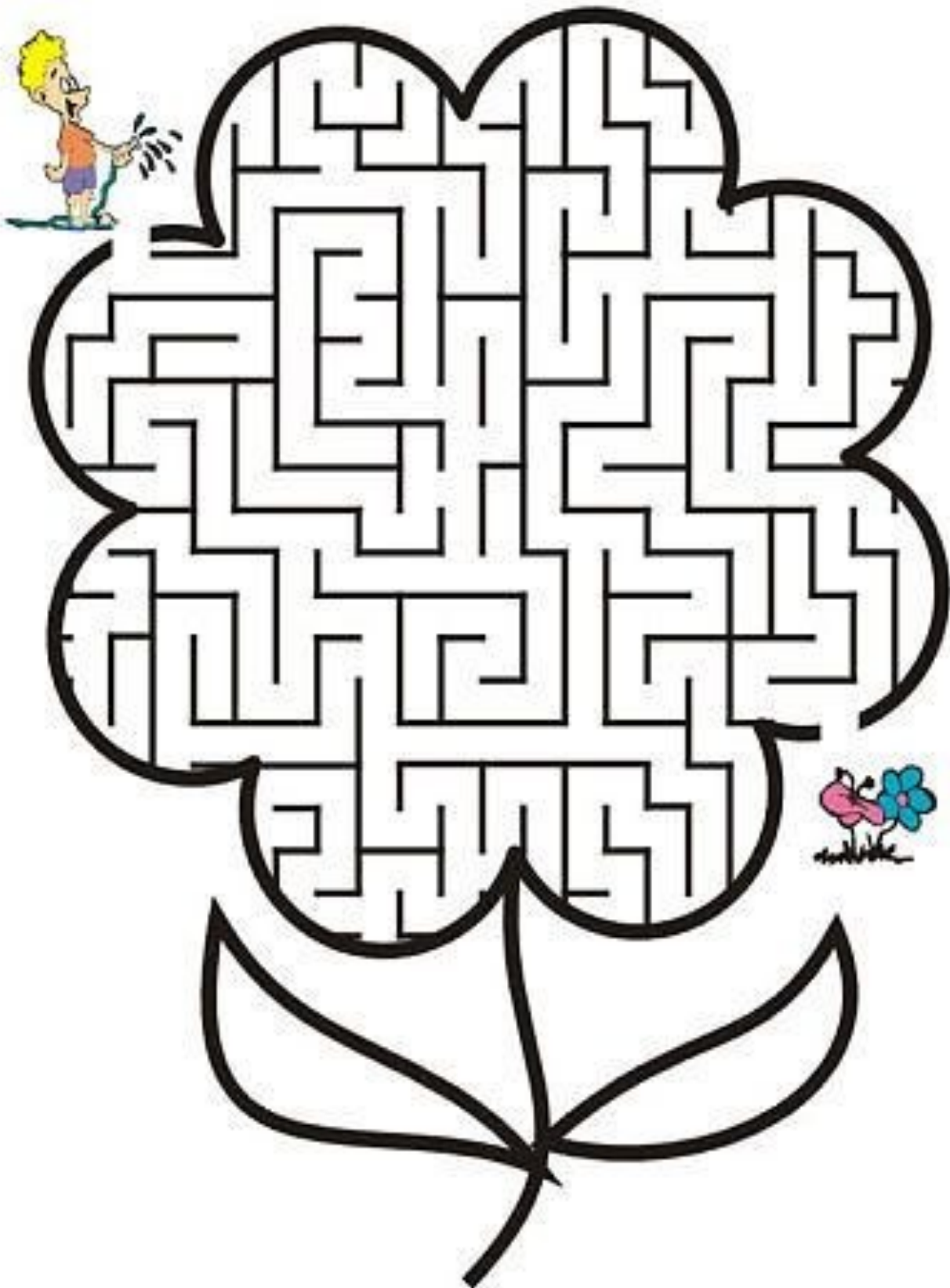
New York City Residents may also apply for the HEAP Cooling Assistance benefit online by visiting [ACCESS NYC](#).

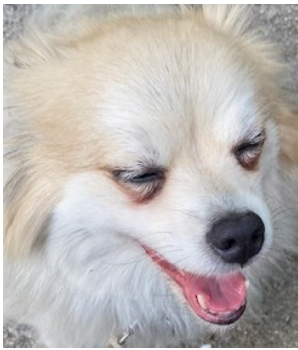
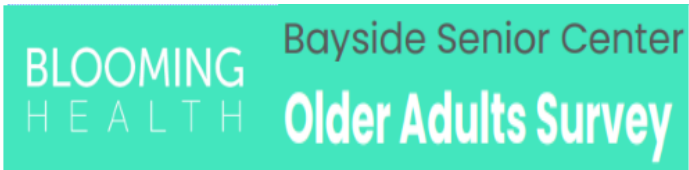
2024-2025 HEAP Benefit Gross Monthly Income Guideline

Household Size	Maximum Gross Monthly Income
1	\$3,322
2	\$4,345
3	\$5,367
4	\$6,390
5	\$7,412
6	\$8,434
7	\$8,626
8	\$8,818
9	\$9,010
10	\$9,201
11	\$9,393
12	\$9,585
13	\$9,952
Each Addition	Add \$672

Question regarding the HEAP Program should be directed to your HEAP Local District Contact, Or the OTDA Hotline at 1-800-342-3009.

For Queens: Department of Social Services
HRA Benefits Access Center Queens
32-20 Northern Blvd 2nd Floor, Queens, NY 11101
Phone: 718-557-1399
Days Open: Monday to Friday, 9:00 am – 5:00 pm
Notes: Face to Face/ Drop Box





Did you file your tax for last year?

Yes-86%
No-14%

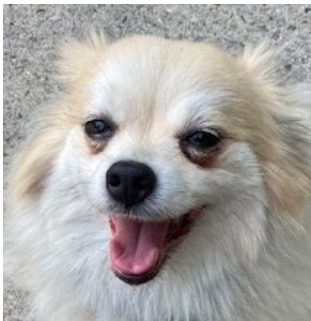
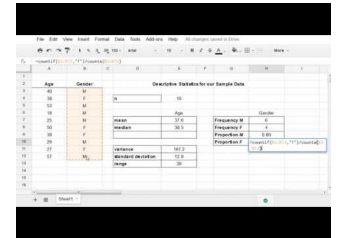
Do you drink coffee or soda?

Yes -75%
No -25%



Do you eat fried food at least once a week?

Yes -39%
No-61%



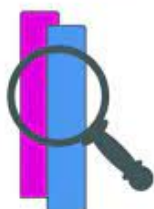
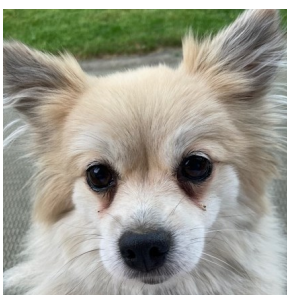
Do you eat plant based meals at least once a week?

Yes-74%
No-26%



Do you have an email account?

Yes-77%
No -23%



INQUIRING MINDS WANT TO KNOW

What are you starting to dislike as you are getting older?

Sharon Ng - gaining weight and getting wrinkles - also afraid of not being able to walk in the future.

Selena Tong - being alone.

Rosa Scibelli - terribly disgusted by today's politics.

Olivia Miranda - change in the political aspect.

Nancy Mui - nowadays, people are nosy, dishonest and impolite.

Eloise Garcia - getting weaker and sicker.

Dolores Constantinou - doing things alone - also the younger group of people are not interested in what you have to say.

Daryl English - too many aches and pains.

Bertha Enciso - not being as fast as she used to be.

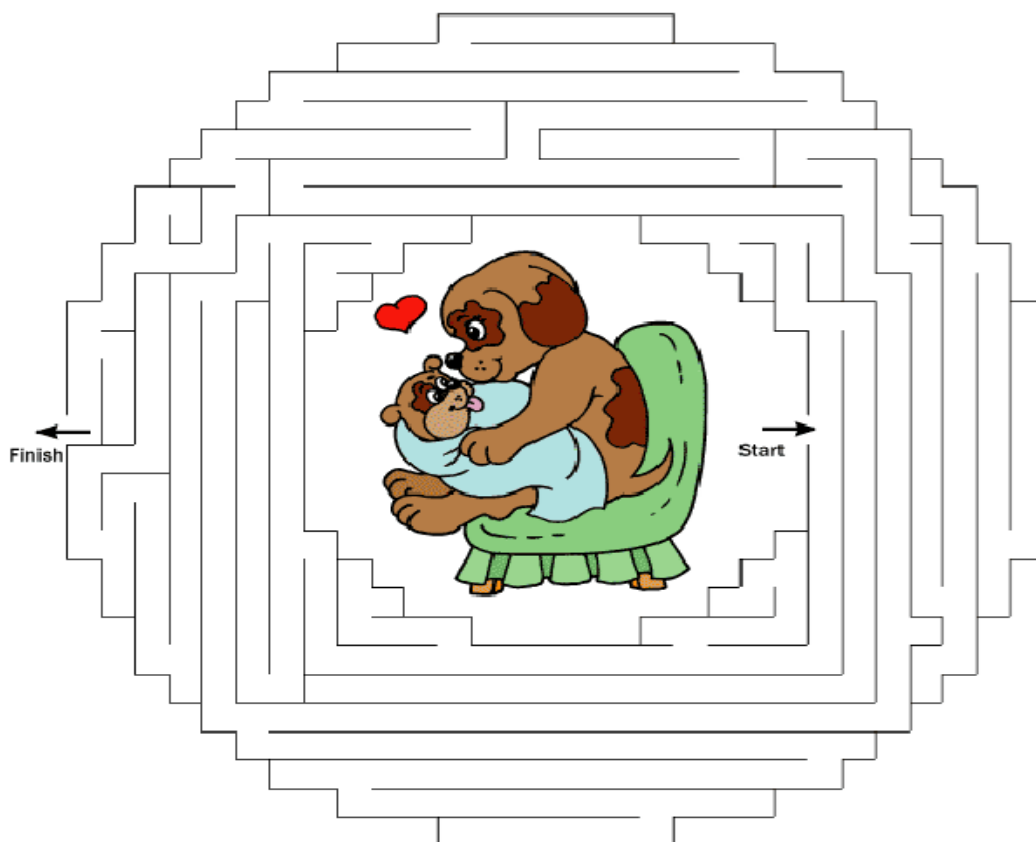
I still enjoy walking but my pace has slowed down - also miss people saying "Thank You".



**Advisory Council
VP Susan Hall**



MAY

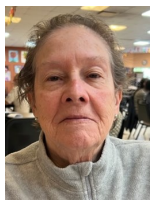




BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa Farmer.....President
Susan Hall Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Rosa Farmer
Jane Chin
Fraternidad Sevilla
Christina Lau



BAYSIDE OLDER ADULT CENTER STAFF



Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Annmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet
Shawn White
Laura Moy
Yung Ping Tam
Michael Mason Jr. Transportation
 Transportation
 Kitchen Aide
 Kitchen Aide
 Kitchen Aide

Catholic Charities Mission Statement

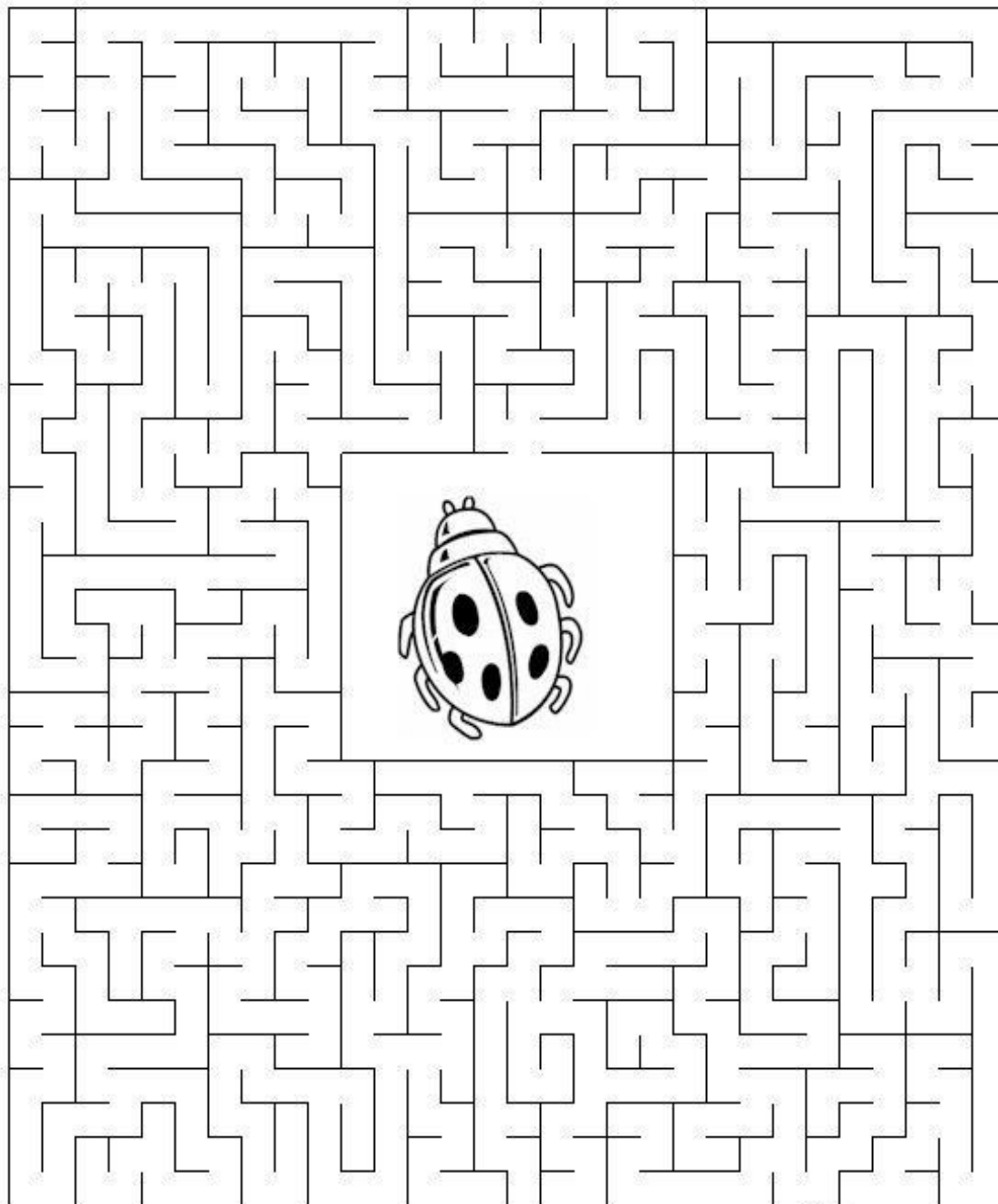
Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

lady bug maze



Help the lady bug find her way out!

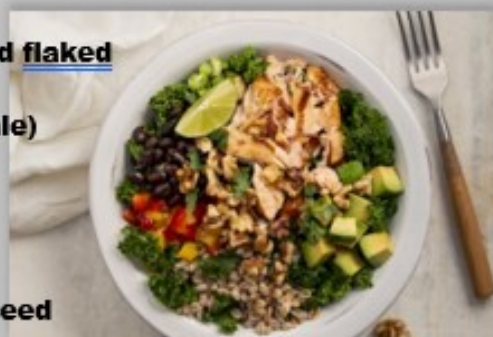


Healthy Recipes for Seniors with Mental Health Concerns

1. Avocado & Salmon Salad with Walnuts

Ingredients:

- 1 ripe avocado, diced
- 1 can (5 oz) wild-caught salmon, drained and flaked
- 1/4 cup chopped walnuts
- 1 cup mixed greens (spinach, arugula, or kale)
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- (Optional) 1 tbsp chia seeds or ground flaxseed



Instructions:

1. Combine greens, tomatoes, and avocado in a large bowl.
2. Add salmon and walnuts.
3. Drizzle with olive oil and lemon juice.
4. Toss gently and season with salt and pepper.
5. Top with seeds if desired. Serve fresh.

2. Berry Yogurt Parfait

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp honey or maple syrup (optional)
- 2 tbsp granola or rolled oats
- 1 tbsp chia seeds or ground flaxseed



Instructions:

1. In a glass or bowl, layer half the yogurt and berries.
2. Add a light drizzle of honey or syrup (optional).
3. Repeat layers.
4. Top with granola and seeds.
5. Serve immediately or chill up to 4 hours.

3. Blueberry Banana Brain-Boost Smoothie

Ingredients:

- 1 ripe banana
- 1/2 cup frozen blueberries
- 1/2 cup plain Greek yogurt
- 1 tbsp ground flaxseed or chia seeds
- 1 cup unsweetened almond milk
- 1 tsp honey or maple syrup (optional)
- A small handful of spinach (optional)



Instructions:

1. Blend all ingredients until smooth.
2. Adjust sweetness if needed.
3. Pour into a glass and enjoy!

Quick Nutrition Tips for Seniors:

- Protein supports brain and muscle health
- Omega-3s (from fish, walnuts, flax) support mood and memory
- Fiber helps digestion and blood sugar balance
- Hydration is essential—drink water throughout the day

Community wellness Coordinator
Alina Rasina



*May
national days
word search
printable
from Always
the Holidays*

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

NURSES DAY
FIRE DAY
ANTI BULLYING DAY
PASSWORD DAY
BEE DAY
WAITSTAFF DAY
MAY DAY

MIMOSA DAY
COSMOPOLITAN DAY
LEMONADE DAY
LAW DAY
TUNA DAY
CINCO DE MAYO
MOTHERS DAY

ASTHMA DAY
HERB DAY
RESCUE DOG DAY
BABY DAY
TRUFFLE DAY
BEVERAGE DAY
SHRIMP DAY



WELCOME



1. Yee (Victor) Sen Su

16. Shu Mei Lin

2. Eun Sook Sur

17. Catherine Anne Perryman

3. Jong Suk Sur

18. Denise Prince



4. David Gale

19. Rhonda S. Macdonald

5. Luz M. Cardona

20. Audrey L. Kurtz



6. Sylvia Qureshi

21. Joseph Fugalli



7. Joseph M. Lopez

22. Sharon S. Leung (Chan)

8. Ela M. Lopez

23. Douglas Chan



9. Marilyn Bonilla

24. Hongsoon Lee

10. Keung Chan

25. Rosario Cuevas



11. Mike S. Lee

26. Michael Rivera



12. Wang (Teresa) T. Lee

27. Carmen F. Rivera

13. Maria Chan

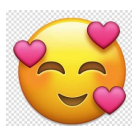
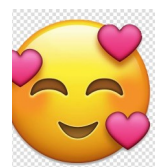
28. Miryam Perez



14. Alexander Jen

29. Peter Sham

15. Carol A. Mancuso



Name: _____

Date: _____



May

Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

BARBECUE

BASEBALL

BIKING

BIRDS

BLOSSOMS

BUTTERFLIES

CAMPFIRE

CATERPILLAR

DRAGONFLY

FLOWERS

FRISBEE

GARDENING

HIKING

ICE CREAM

KITE

LADYBUG

PLAYGROUND

LEMONADE

SUNGLASSES

PUDDLE

MEMORIAL DAY

SUNSCREEN

RAINDROPS

MOTHER

SUNSHINE

SUNDRESS

OUTDOORS

WATERMELON

PICNIC

PLANTING



May 2025



Happy Recap!

APRIL 2025

