

Sheridan Connections

CCNS Catherine Sheridan Older Adult Center
35-24 83rd Street Jackson Heights, NY 11372
Ph:718-458-4600 / Fx: 718-458-5665
FUNDED BY NYC AGING ♦






A mother's love is the quiet force that shapes the strongest hearts and the gentlest souls. You don't just raise children – you raise hope, courage, and kindness in the world. Today, we celebrate not just what you do, but the incredible person you are
Happy Mother's Day to EVERY unstoppable force of love."

As we step into May, the world feels is a little lighter, the days is a little longer, and the possibility is a little brighter. This season reminds us of growth, renewal and beauty found in both big moments and small. As we take a moment to say goodbye to our Program Manager, Mrs. Mariana Ortiz, we do so with heartfelt appreciation. Thank you for your kindness, dedication, and the care you have shared with our center each day. Wishing you all the best in what's ahead. You will truly be missed!

The Team

UPCOMING EVENTS
MEXICAN PAPER CRAFTS
TRADITIONAL INDIAN FOLK DANCE
HAT CRAFTS AND FLEA MARKET
PAINT AND PLANT A POT EVENT
MOTHER'S DAY CELEBRATION
OPEN MIC THURSDAYS

CCNS CATHERINE SHERIDAN OAC MAY LUNCH MENU LUNCH BEGINS 11:30AM -1:00PM

MENU TO CHANGE WITHOUT PRIOR NOTICE		VOLUNTARY DONATION-\$1.25	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>CCNS CATHERINE SHERIDAN OAC 35-24 83RD STREET, JACKSON HEIGHTS NY11372 718-458-4600 MONDAY -FRIDAY 8:30 to 4:30</p>	 <p>CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1859</p>	 <p>NYC Department for the Aging</p>	 <p>HAPPY MOTHER'S DAY</p>
4	5	6	7
<p>JERK CHICKEN CALIFORNIA BLEND VEGETABLES MASHED POTATOES BREAD/ 1% MILK/ FRUIT</p>	<p>CHILI-SPICED PINTO BEAN RAGOUT BROWN RICE CEASAR SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>ITALIAN STYLE PORK LOIN PENNE/TOMATO SAUCE BABY SPINACH SALAD/MUSHROOMS BREAD/ 1% MILK/ FRUIT</p>	<p>BEEF STEW GARLIC MASHED POTATOES STEMED CARROTS BREAD/ 1% MILK/ FRUIT</p>
11	12	13	14
<p>EGG SALAD BASIC PASTA SALAD SIMPLE POTATO SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>THREE BEAN & SPINACH STEW BROWN RICE WITH BLACK BEANS CEASAR SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>SHEPARD'S PIE ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>
18	19	20	21
<p>BAKED CHICKEN THIGHS/BBQ SAUCE BAKED SWEET POTATOES STEAMED CARROTS BREAD/ 1% MILK/ FRUIT</p>	<p>ARROZ CON GRANDULES CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED PORK/LEMON GARLIC SAUCE WHITE RICE ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>ROAST BEEF MUSHROOM GRAVY MASHED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>
25	26	27	28
 <p>MEMORIAL DAY</p> <p>CLOSED</p>	<p>ZESTY CHICK PEA STEW BROWN RICE GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>MEATBALLS-BEEF & TURKEY PENNE/TOMATO SAUCE CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>
22	23	24	25
<p>BAKED FISH OREGANATA BROWN RICE GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED SALMON & CITRUS SAUCE ROASTED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED FISH OREGANATA BROWN RICE GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED FISH OREGANATA BROWN RICE GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>
29	30	31	1
<p>CAJUN SHRIMP WHITE RICE CEASAR SALAD OCEAN BAY LASAGNA ROLL BREAD/ 1% MILK/ FRUIT</p>			

CCNS CATHERINE SHERIDAN OAC ACTIVITIES MAY 2026

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY

CCNS CATHERINE SHERIDAN
 OLDER ADULT CENTER
 JACKSON HEIGHTS
 NY 11372
 718-458-4600
 MONDAY - FRIDAY
 8:30 to 4:30

TUESDAY



CATHOLIC CHARITIES
 Brooklyn &
 Queens
ESTABLISHED 1899

WEDNESDAY



NYC Department for the Aging



THURSDAY



HAPPY MOTHER'S DAY
 Motherhood takes many forms,
 and every one of them deserves to be honored

FRIDAY

YOGA WITH MIMI: 10:30-11:30
 BINGO 1:00 TO 3:00
 LEISURE GAMES 11 - 4

4	5	6	7	8
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 LEISURE GAMES 10-3 SOCIAL DANCING DJ JULIO 1-3 MEXICAN PAPER CRAFTS-SU-CASA 10-11	ART & CRAFT WITH DORA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4	EXERCISE -MARIA VERONICA 11-12  HAT'S OFF TO MOMS MOTHERS DAY CELEBRATION SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 PRESENTATION -CITIZEN PREPAREDNESS CORP-11:30 INDIAN DANCE -SU CASA 10-11 KARAOKE 1-4	YOGA WITH MIMI: 10:30-11:30 BINGO 1:00 TO 3:00 LEISURE GAMES 11 - 4
11	12	13	14	15
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 MEXICAN PAPER CRAFTS-SU-CASA 10-11 SOCIAL DANCING DJ JULIO 1-3	ART & CRAFT -DORA-10:00 SCAM AWARENESS PRESENTATION-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4	EXERCISE -MARIA VERONICA 11-12 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 INDIAN DANCE-SU CASA 10-11 KARAOKE 1-4	YOGA WITH MIMI: 10:30-11:30 OAK STREET HEALTH PRESENTATION 11:30 MEDICARE AND MEDICAID LEISURE GAMES 11 - 4
18	19	20	21	22
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 MEXICAN PAPER CRAFTS-SU-CASA 10-11 SOCIAL DANCING DJ JULIO 1-3	ART & CRAFT WITH DORA-10:00 YOGA WITH MIMI 11:30-12:15 NUTRITION LECTURE-ANGELA SINCLAIR-10:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 TO 4	EXERCISE -MARIA VERONICA 11-12 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 INDIAN DANCE-SU CASA 10-11 LECTURE VICTORIA-1:00: MATTERS OF THE MIND KARAOKE 1-4	YOGA WITH MIMI: 10:30-11:30 OAK STREET HEALTH PRESENTATION 11:30 MEDICARE AND MEDICAID LEISURE GAMES 11 - 4
25	26	27	28	29
 MEMORIAL DAY	ART & CRAFT WITH DORA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4	EXERCISE -MARIA VERONICA 11-12 SOCIAL DANCING-DJ VALENTIN 1-3 MAY BIRTHDAY CELEBRATIONS BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 INDIAN DANCE-SU CASA 10-11 KARAOKE 1-4	YOGA WITH MIMI: 10:30-11:30 OAK STREET HEALTH PRESENTATION 11:30 MEDICARE AND MEDICAID BINGO 1:00 TO 3:00 LEISURE GAMES 11 - 4
CLOSED				

Indian Dance Workshops

with Flushing Town Hall Teaching Artist Abha Roy

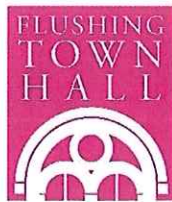
Thursdays 10:00-11:00am

April 16, 23, 30

May 7, 14, 21, 28

June 4, 11, 18

Kathak, the classical dance of North India, is centuries old and is used to tell a story. The dancers are actors who use spinning and posing to tell a story that originated in Hindu temples. The diversity of India's culture and traditions is also demonstrated with a variety of Indian folk dances from the entire country. In each session, participants will learn Indian dance steps with a focus on storytelling. No dance experience needed.



NYC Cultural
Affairs



**CCNS CATHERINE SHERIDAN OLDER ADULT CENTER
MALL SHOPPING AND RECREATION TRIPS CALENDAR FOR THE
MONTH OF MAY 2026**

Call (718) 779-8305 to make a reservation.
Departure Time 9:30 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 IKEA Donation \$4.00	6	7	8	9
10	11 ALDI Donation \$3.00	12 CITY ISLAND Donation \$7.00	13	14	15	16
17	18 T.J.MAXX Donation \$3.00	19 DUMBO Donation \$4.00	20	21	22	23
24	25 COSTCO Donation \$3.00	26 CITY ISLAND Donation \$7.00	27	28	29	30 31

FUNDED BY NYC DEPARTMENT FOR THE AGING

EYE CANDY BOUTIQUE

**IS HAVING A
FUNDRAISING FLEA
MARKET**



**ALL MONEY TO
SUPPORT CATHERINE
SHERIDAN SENIOR
CENTER & ADVISORY**

**VOLUNTEERS NEEDED TO
ASSIST-
PLEASE SEE ESTELL
ESPINOLLA - PRESIDENT OF
ADVISORY**

**MAY-4TH
2026
10:00 AM -
2:00 PM**



"HATS OFF TO MOMS"

MOTHER'S DAY PARTY

WEAR YOUR
FAVOURITE
HAT!
COME
DRESSED

FOR THE
MOTHERS
DAY THEME

MAY 6th @ 1:00PM

WITH

DJ VALENTIN



CELEBRATING
125
YEARS



ENJOY

KAROKE
AND
COFFEE

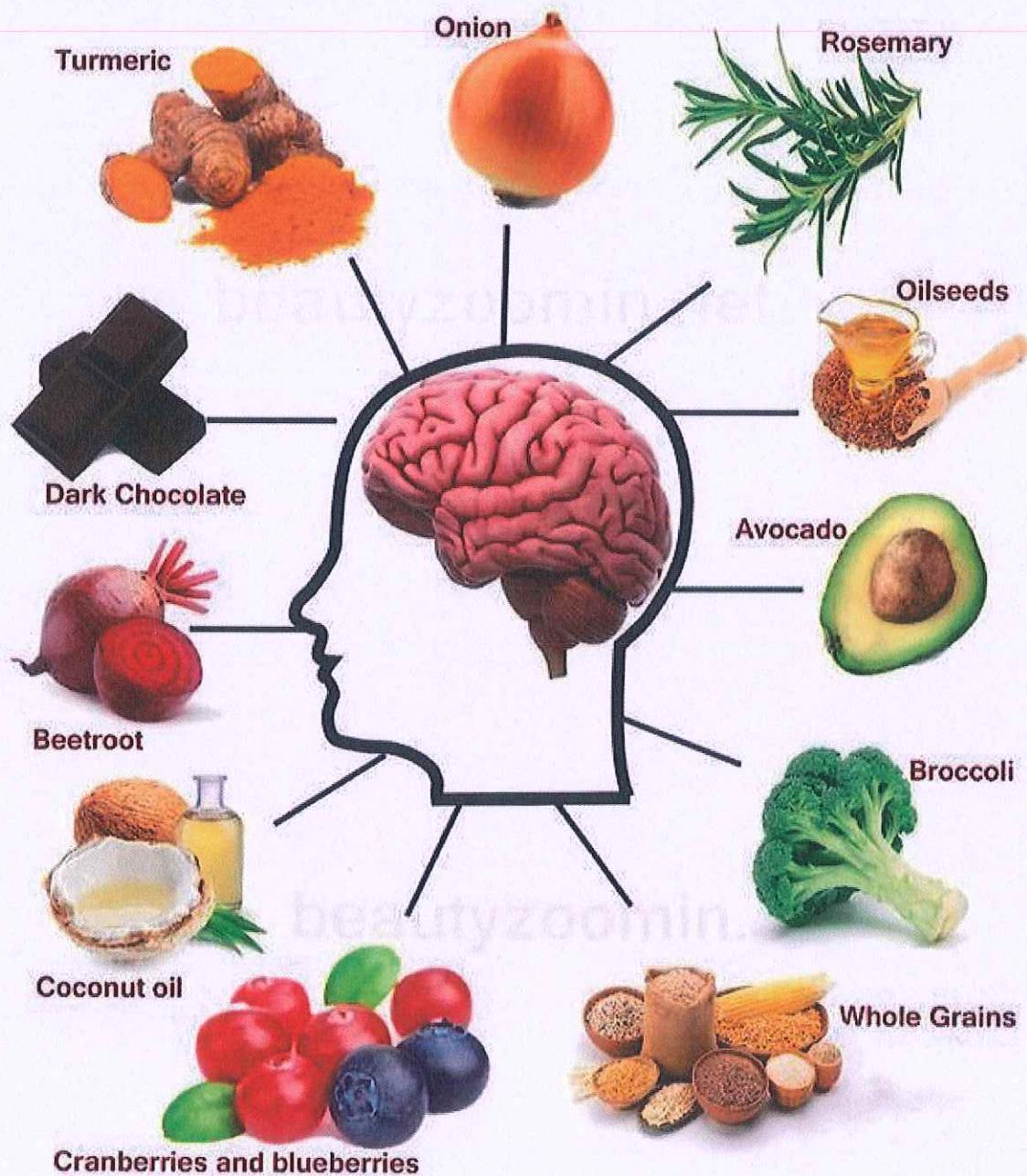
THURSDAYS

1:00PM-4:00PM

WITH JANETH

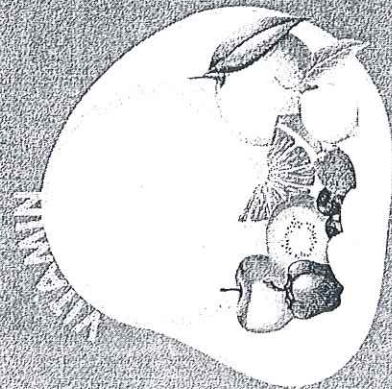
OPEN MIC THURSDAYS

11 Foods to Improve Brain Function



Nourish to Flourish

Nutrition for Diabetes Prevention

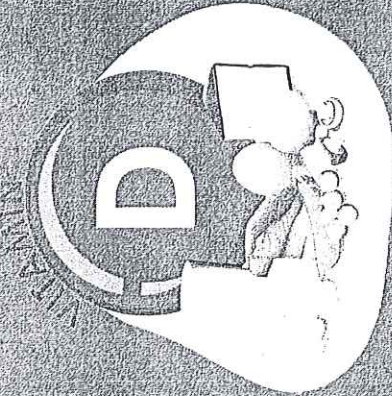


Antioxidant Defender

Protects Cells

Prevents Swelling

Steady Blood Sugar level



Sunshine Vitamin

Helps Insulin Cells

Supports Bone Health

Better Blood Sugar Use

Nutrition Labels, What to know?

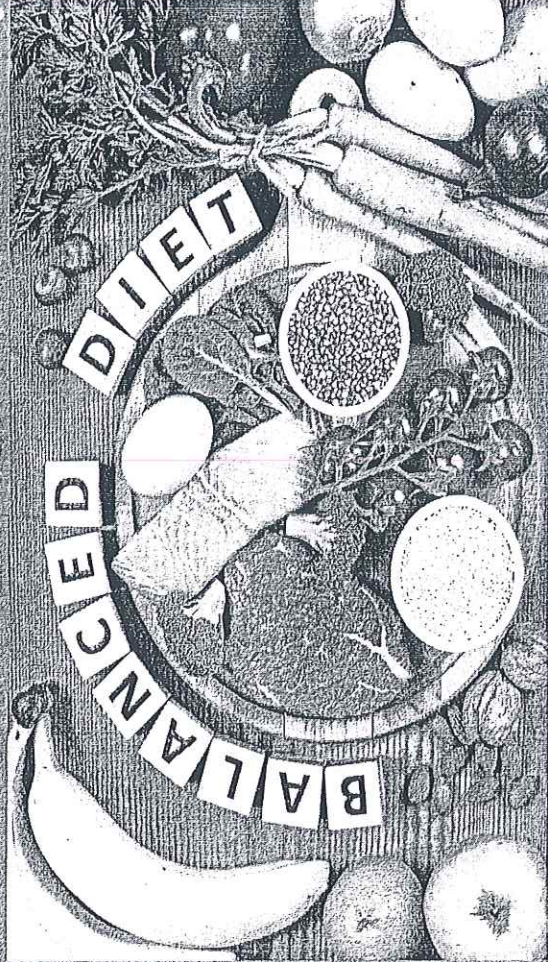
Nutrition Facts		1 Serving size
8 servings per container		2/3 cup (55g)
Amount Per Serving		
Calories	230	
% Daily Value *		
Total Fat 8g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		13%
Dietary Fiber 4g		14%
Total Sugars 12g		
Includes 10g Added Sugars		20%
Protein 3g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 8mg		45%
Potassium 240mg		6%

1. Limit these nutrients

2. Limit these nutrients

3. Get enough of these nutrients

*A balanced diet helps you feel well, live well, and reduce the risks of developing type 2 diabetes.



WHY HOBBIES ARE GOOD FOR YOUR MENTAL HEALTH

Hobbies aren't just about having fun; they can also support your well-being. Research suggests that hobbies help support good mental health and can even reduce symptoms of stress, depression, and/or anxiety for some people. Below are five research-backed hobbies that can support your well-being, along with simple ways to try each one.

Creating art

Creating art, like painting, drawing, and crafting, can help people work through their emotions, get out of thought loops, and feel proud of their creations. These activities are also great at reducing stress. One experiment showed that even one 45-minute art-making session helped reduce stress hormone (cortisol) levels in 75% of participants.

Try it today

- Choose your art activity and gather your supplies.
- Set a timer for 15-30 minutes.
- Focus on process, not perfection. If you don't know where to start, make a big scribble on some paper and then color in the sections. Or make a messy sketch, draw abstract shapes, or cut out pictures to make a collage.
- Think about how you felt while you were creating.

Reading

Research shows that reading almost every day was linked to a lower risk of depression, lower loneliness, fewer difficulties with cognitive impairment and daily functioning, and overall better well-being.

Try it today

- Pick something to read. If it feels hard to focus, try something short like a magazine article.
- Set aside a specific amount of time that you want to spend reading, or commit to trying to read a certain number of pages.

Writing

Writing can help you organize your thoughts and feelings so you can better understand and deal with them. Writing about positive experiences, goals, and strengths was shown to improve mood in people with and without health conditions. The same study showed that expressive writing about thoughts and feelings associated with traumatic experiences helped people gain insight and clarity about what they had been through.

Try it today

- Set aside a specific amount of time for writing, and if you want, set a timer.
- Grab some paper, a nice new journal, or open up a new doc on your phone or computer.
- Start writing. You can jot down whatever thoughts pop into your mind or use prompts.

Making or listening to music

Listening to and creating music can help your mind relax, lower stress, and improve your mood. A review of studies on music and mental health shows that people who engage with music regularly often report feeling better emotionally and more connected to others. The same review shows that music activities can help reduce symptoms of depression and anxiety.

Try it today

- Make a playlist that matches your current mood, or the mood you want to be in.
- Sing or hum along to songs you like — even quietly in public.
- Try creating music by drumming to a beat with your hands, or experimenting with sounds.
- Find a group to sing with. Look into choirs or start a monthly karaoke meetup.

Gardening

Gardening can lower stress and boost mood by combining gentle focus, caring for something living, and gradual daily progress. Studies have found that people who do gardening activities report higher well-being scores than those who don't, and that plant-related activities can help reduce symptoms of depression.

Try it today

If you need a plant:

- Gather supplies — buy a pot and soil, or use a cup and dirt from outside.
- Find your plant — buy seeds or a plant, or keep it simple with green onions in water.

Once you have a plant:

- Check the soil and add water if needed.
- If it's a potted plant, rotate it for even growth.
- Trim dead leaves.
- Repeat every few days.

If having good days feels hard, know that help is available and that you are not alone.
Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Explore additional resources and tools for more good days at
mhanational.org/may.

31 MORE GOOD DAYS *together*

Good Days

Use this space to track how many good days you have this month.

2
Searching for big positive moments can sometimes feel hard. Start small and list three ordinary things that happened today that were simply okay.

1
Take time to notice what brings you pleasure, peace, and pride. It can help you feel more grounded when the world feels out of control.

9
We all face tough times at some point. Try finding one small positive or lesson in a hard situation you've been through recently.

8
"Comparison is the thief of joy."
- Theodore Roosevelt
Take time to unfollow one social media account that makes you feel "less than."

16
Listen to your body today. Many people have physical signs of stress without realizing they might be connected to their mental health.

15
Today is Mental Health Action Day! Check out mhanational.org to find out more about how you can support mental health advocacy efforts.

23
Look for connection through hobbies, sports, faith, or online groups with shared interests. Finding your people can help protect against loneliness.

22
Helping others reminds us that we are caring, that we aren't alone, and that we have the power to make things better. Consider giving to MHA today.

30
Listen to one song that used to be your "anthem" and pay attention to the lyrics. How does it make you feel now? Is it worth putting back on your playlist?

29
Make a gift or share MHA's mission with someone in your network before Mental Health Month ends. Your support helps MHA reach others.

7
Pause and name what you're feeling right now. Labeling emotions can help you respond with care.

6
Affirmations can improve people's overall well-being. Pick a supportive phrase and repeat it today, like "I can grow at my own pace."

14
Move your body for 10 minutes today — walk, stretch, or dance. Even small movements can boost mood.

13
What you put into your body affects how you feel and function. Drink a full glass of water before caffeine, or aim to eat one "wholer" food item today.

21
Take one step to advocate for mental health today — share a resource, contact a policymaker, or join an effort near you.

20
Busy schedules and long distances can make friendships as adults look different than when you were younger. Send a text or call a friend today just to check in.

28
Choose one small thing that helps you feel more like yourself today and wear it proudly. Even small choices can boost confidence.

27
We all can use a little help with our mental health from time to time. Explore which practices, treatments, or supports are the best fit for you.

5
Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.

4
What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.

12
Most of us know there are things we could do to be healthier or happier. What change would you like to make?

11
Try one new sleep habit tonight — set a bedtime for the rest of the week or turn off screens early.

19
Spend a few minutes playing or relaxing with a pet today. Animals can help ease loneliness and stress, along with other mental health benefits.

18
At some point today, ask one person, "What's one small thing you're looking forward to tomorrow? Now you're both looking for a 'good day.'"

26
Set aside 15 minutes to try out a new hobby or rediscover one. Making art, writing, gardening, or engaging with music can support good mental health.

25
Memorial Day. Spend some quality time with yourself. Find some quiet time for reading, walking, or just being alone for a bit to help you relax and recharge.

3
Journaling can help you process your experiences. Grab some paper or a nice new journal and notice how you feel when you're done.

10
Mother's Day can bring many emotions. Pause and notice what your body and mind need today, and make time to care for your whole self.

17
Think about a time when you've felt like you belonged. Reflect on connections that matter to you and set one small goal to support your social life.

24
Look for something vast, old, or detailed in nature. Exploring connections to something outside of ourselves can calm our minds.

31
Working toward more good days for a whole month is a big achievement! Treat yourself to celebrate your efforts and keep the momentum going.

Scan to view the calendar online



Get more information and resources.
mhanational.com/may



Did someone tell you to buy a gift card and give them the PIN numbers?



STOP. It's a scam!



Gift cards are only for gifts.
Not for payments.



HANG UP ON Gift Card Scams



Report gift card scams to the gift card company.



Ask for your money back.



Then tell the FTC at

[ReportFraud.ftc.gov](https://www.ftc.gov/whocomplaint)

SCAM ALERT



NYPD
New York City Police Department

Scammers will CONTACT you in different ways:



- Call or Text
- Email
- In person



It will be:

- Unsolicited
- About a problem or prize
- Urgent

You will be asked for MONEY through:

- Venmo/Zelle
- Western Union and wire transfers
- Gift Cards
- Cryptocurrency



Be on alert for people claiming to represent:

- Government agencies and utilities
- Banks and retail companies
- Dating app connections

Safety tips:

- Don't respond to unknown calls or texts
- Use official websites to submit information
- Don't let others use your phone
- Be aware of your surroundings
- Check in with family about scams
- Only use gift cards for shopping, not payments

For more information, call the NYPD at (646) 610-SCAM

BE FAST

The “**BE FAST**” assessment test is a simple, straightforward method to help us recognize the most common signs of stroke and act accordingly.

B – Sudden loss of BALANCE

E – Sudden loss of vision in one or both EYES

F – FACIAL drooping or numbness

A – ARM weakness or numbness

S – Difficulty SPEAKING

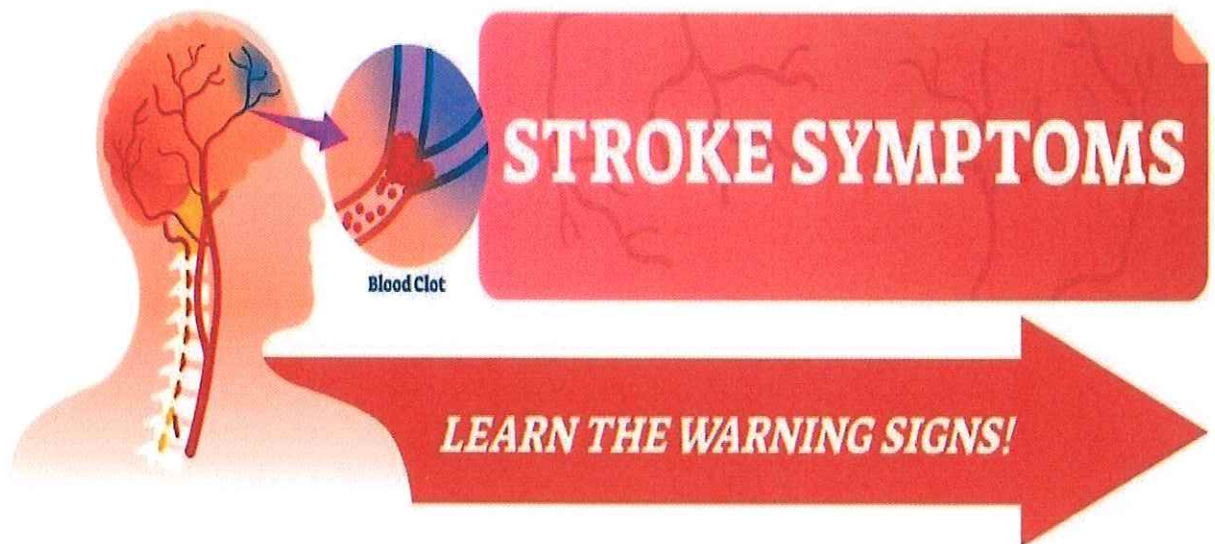
T – TIME to call 911 if someone shows any of these symptoms, even if the symptoms go away.

Common Stroke Symptoms

The following are just some of the more common symptoms that may signal a stroke. Some are symptoms of other health issues as well. It is important to seek medical attention to know for sure what may be causing any questionable health concern. **Do not wait.**

- **Weakness or paralysis in the face**
- **Weakness or paralysis in an arm or leg**
- **Weakness or paralysis in one side of the body**
- **Problems speaking and/or swallowing**
- **Loss of vision or changed vision in one or both eyes**
- **Loss of balance or coordination**
- **Lack of sensation**

Quick Action Can Affect Impact of Stroke



B E F A S T

BALANCE
Loss of Balance,
Headache or Dizziness

EYES
Blurred Vision

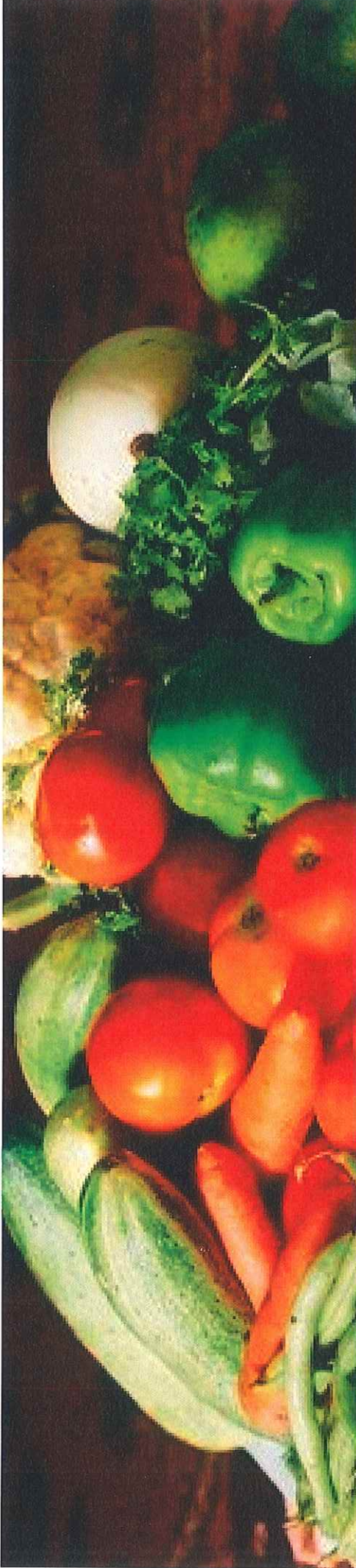
FACE
One Side of the Face
Drooping

ARMS
Arm or Leg
Weakness

SPEECH
Speech Difficulty

TIME
Time to Call for
Ambulance Immediately

FUNDED BY NYC AGING



IMPORTANT : NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at least 80 hours/month of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages 18-64 without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.

The amount you receive may depend on two things:

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household.



HOW TO APPLY?

Make an appointment today

Call Patricia at 718-~~718-200~~
ext. 7715

Our case Manager is available a
for assistance with:

- Benefits
- Case management
- Referrals
- SNAP, Medicaid,
SCRIE/DRIE

Business Days & Hours: Monday- Friday 8am-4pm
Funded by: NYC AGING

CATHERINE SHERIDAN PROVIDES PROGRAMS AND SERVICES TO INDIVIDUALS AGED 60+



86-07 35th Avenue

Jackson Heights, NY 11372

FREE HOT LUNCH:

MONDAY TO FRIDAY

11:30 TO 1 PM

ALMUERZO CALIENTE GRATIS:

LUNES A VIERNES

11:30 HASTA 1 PM

MERCADO POR CITA SOLAMENTE

LLAMAR LUNES-VIERNES DESDE 10-12PM

718-335-3693 718-335-1590

FOOD PANTRY BY APPOINTMENT ONLY

CALL MONDAY-FRIDAY FROM 10-12PM

20 FACTS ABOUT MEMORIAL DAY

1. Memorial Day is a federal holiday in the United States, observed on the last Monday of May.
2. It honors military personnel who died in service to the country.
3. Originally called Decoration Day, it began after the Civil War.
4. The first large observance was held on May 30, 1868, at Arlington National Cemetery.
5. General John A. Logan proclaimed the first official Decoration Day.
6. Over 620,000 soldiers died in the Civil War, sparking national mourning.
7. Waterloo, New York is officially recognized as the birthplace of Memorial Day.
8. Memorial Day became a federal holiday in 1971.
9. The Uniform Monday Holiday Act moved the holiday to create a three-day weekend.
10. A national moment of remembrance is observed at 3:00 PM local time.
11. The American flag is flown at half-staff until noon, then raised to full staff.
12. Red poppies became a symbol of remembrance after WWI, inspired by the poem In Flanders Fields.
13. More than 1 million U.S. service members have died in all wars combined.
14. Memorial Day is often confused with Veterans Day, which honors all veterans, not just the fallen.
15. Arlington National Cemetery holds one of the most well-known Memorial Day ceremonies.
16. The President or Vice President traditionally lays a wreath at the Tomb of the Unknown Soldier.
17. Many Americans observe the day with parades, cemetery visits, and flag displays.
18. Schools and government offices are typically closed on Memorial Day.
19. It marks the unofficial start of summer in the U.S.

20. The true purpose of Memorial Day is reflection, remembrance, and honoring those who gave