

May Horoscopes and Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek

new friends.
Eugenia Dolski- May 12th

Rose Wertzberger- May 15th

Lola Lees- May 18th

Rowena Vannoy- May 27th



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important means for Canadians to distinguish themselves from the Americans to the south, who prided themselves on their revolution against a monarchy. The original date was May 24, the birthday of the queen. Other parts of England's vast empire celebrated May 24 as Empire Day, but Canadians chose to honor Queen Victoria. She was, after all, Canada's "Mother of Confederation," the leader who urged Canadian unity and independence.

While the date of Victoria Day may have changed to the Monday nearest the queen's birthday, it is still a day to celebrate everything royal. Indeed, *anglophilia* seems to have reached an all-time high now that young royals Princes William and Harry are marrying and starting families of their own. Brits are even conquering the television with hit shows like *Downton Abbey*, *Victoria*, and *The Crown*. It's all enough to make you want to sing "God Save the Queen"!

Notable Quotable

"Just close your eyes—and think of England."

~ Queen Victoria

Mother's day Ice Cream Sundae's
Saturday, May 12th
Come and join us for a sundae for mother's day from 1-3. We will be having Vanilla ice cream and endless toppings!

Edencrest at Green Meadows

May 2018



6750 Corporate Drive
Johnston, Iowa
515-297-1984

Celebrating May

Global Health and Fitness Month

Gifts from the Garden Month

Russ Barlow
May 3

Luke Farland
May 8

Mother's Day Ice Cream Sundae
May 12

Mother's Day
May 13

Richie Lee
May 16

Museum Day
May 18

Ride a Unicycle Day

Victoria, Victorious

Queen Victoria's rule over the United Kingdom was so strong that the time period under her monarchy became known as the Victorian Era. Her 63 years of rule lasted from 1837 to 1901, during which England greatly expanded its empire and became a world leader in both industry and economy. She also survived several assassination attempts and guided Britain through the Great Famine of 1845. Her most lasting contribution may have been establishing the monarchy as a mainstay of English culture. When Victoria ascended the throne at age 18, many believed that England should no longer be ruled by a king or queen. During her rule, Victoria so influenced British society

that the monarchy became a permanent fixture. If you, like many others, adore British royalty, then get ready for Victoria Day on May 22.

Victoria Day was established in Canada in 1845 as a means of unifying English and French Canadians. Both cultures understood and appreciated a monarchy, and loyalty to the queen was an

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A Long Time Ago...

"May the Fourth be with you." So say the millions of *Star Wars* fans who will celebrate Intergalactic *Star Wars* Day on May 4. What has made *Star Wars* one of the most beloved and successful film franchises in history? When it was released on May 25, 1977, it blew audiences away. In the middle of an era when dark and brooding films were all the rage, this space adventure with cutting edge special effects, wild

aliens, strange other worlds, funny banter, and an amazing musical score was a breath of fresh air. *Star Wars* creator George Lucas had mined both high- and low-brow sources for his space opera, paying homage to the filmmakers he had studied during his film school years. What grew out of that first film is a vast media and merchandise empire as far-reaching as Darth Vader's evil Empire itself.



From the desk of Manger Nick Lensch

May is here!

Spring is here in all of its glory. Driving through town right now is truly a wonderful thing, with flowering trees and shrubs, and blooms everywhere one cares to look! We are very blessed here in Johnston to live among such beauty each day!

Did you know that May is National Older American month? Most of us have our own concept of what the term "older" actually looks like, especially because the number of seniors continues to grow and more and more of us can be considered "older adults", even though perhaps we'd rather not think so quite yet ourselves! We are a growing and increasingly dynamic part of our country and culture. The contributions that we continue to make to our communities are varied, deeply rooted, and include influential roles in our country's economy, the political arena, and the arts, for example.

In 1963, the United States began to celebrate the contributions of older people by setting aside the month of May as Older Americans Month (OAM). Fostered in part by the Administration for Community Living, this important annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," places the emphasis upon the ways older adults are reinventing themselves through new work and new passions; as we continue to actively engage their community and neighbors; and most especially as we influence the lives of those around us to the best of our ability!

Please consider celebrating OAM 2016 with older adults in our community. Find out more how you can support and learn from all of us. Discover how you might follow our example of blazing a trail of your own as you also continue to live and age. In the meantime, I encourage you to become involved by sharing your unique skills and talents- volunteer today. Get involved, make a difference and have fun.