

**IG WEALTH
MANAGEMENT**
**WALK FOR
ALZHEIMER'S**

Alzheimer Society

**Stouffville Creek
Walk for Alzheimer's**

Friday May 26th starting at 9:00am.

Outside

Join us as we walk for Alzheimer's.
Event will include live music and a BBQ lunch.

Donate to team Stouffville Creek at
alzgiving.ca/yorkregion

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH 

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The Stouffville Creek
Community Action Newsletter
May 2023



*A mother's love is more beautiful than any
fresh flower
~ Debasish Mridha*

May Overview

May (in Latin, Maius) was named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May. Conversely, the Roman poet Ovid provides a second etymology, in which he says that the month of May is named for the maiores, Latin for "elders," and that the following month (June) is named for the iuniores, or "young people"

Mayovka, in the context of the late Russian Empire, was a picnic in the countryside or in a park in the early days of May, hence the name. Eventually, "mayovka" came to mean an illegal celebration of May 1 by revolutionary public, typically presented as an innocent picnic.

Special devotions to the Virgin Mary take place in May.

May Zodiacs

The two zodiac signs associated with the month of May are

Taurus April 21-May 20 and Gemini May 21– July 20

The sign of Taurus is associated with several myths and bull worship from several ancient cultures. It was the first sign of the zodiac established among the Mesopotamians, who called it "The Great Bull of Heaven," as it was the constellation through which the Sun rose on the vernal equinox at that time, that is the Early Bronze Age, from about 4000 BC to 1700 BC.



TAURUS

Gemini Latin for twins is the third astrological sign in the zodiac.

Under the tropical zodiac. Gemini is represented by the twins, Castor and Pollux, known as the Dioscuri in Greek mythology. It is a positive, mutable sign. Gemini is associated with the Yang polarity (masculine) in the Yin Yang ancient Chinese concept.



GEMINI



Resident's Mother's day Brunch

Friday May 12th during scheduled meal service.

Dining rooms

No guest permitted for this event.

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Mobile hearing services

Tuesday May 9th from 1:30-3:30

located in the Doctors office

Please make an appointment at reception



Sonita clothes and Jewelry vendor

May 2nd at 10:00am

In the Bistro Bar

Fifth Avenue Collection
BEAUTIFUL JEWELLERY



5th Avenue Jewelry Sale

May 16th Starting at 10:00am

In the Bistro Bar



Longos Plaza

May 4th 10:00am

Plaza includes, Longos, Rexall, the Beer store, and others.

Walmart

May 11th 10:00am

Come join us for all your shopping needs as we venture off to Walmart!



White Feather Country Store

White Feather Country store

May 5th 10:15 am

We will be staying for lunch.

Morning coffee at Main st. Bakehouse

May 26th 10:00am

We will be supporting local and walking to Main Street Bake

**MAIN STREET
BAKEHOUSE**



Tree Valley Garden Center

June 1st 10:00am

Come explore the garden center and pick up some flowers !

Please note we require a minimum of 5 residents per trip



- Betty M. — May 1
- Albert S. — May 5
- Beverley L. — May 16
- Barb W.— May 16
- Charlie H. — May 25
- Peter V. —May 28

Everyone is invited to celebrate with us at our Monthly resident Birthday Party!

Thursday May 25th at 3:00 pm in the Bistro



- Joanna S.
- Richard H.
- Elizabeth S.
- John S.
- Helene G.
- Claire W.
- Zahir R.

Join us for our Welcome Tea on May 4th at 3:00pm in the bistro.

Welcome and introduce yourself to our new residents at Stouffville Creek!

Stouffville Creek Hall of Fame



Living, Loving, Local for May Rhubarb and Asparagus



Rhubarb has been around for centuries and before it was ever considered for human consumption it was used for medicinal purposes as a laxative. It is believed to be partially responsible for the disappearance of Scurvy (Vitamin C deficiency) and was one of the original fruits used for tarts and pies dating back to the 1760's. It has so many culinary uses from savory to sweet, from jams to jellies as well as eaten fresh dipped in a bit of sugar. With advancements made in the cultivation of this plant we can enjoy fresh rhubarb from January right through until almost September.



Asparagus is like the tulip of spring flowers – from the first true winter thaw, the warm sun and moist soil sprouts the asparagus spear. It is one of the first green edibles to be commercially harvested in our northern Ontario climate. For locavores it evokes the promise of the delicious harvest season to come.

Volunteer with Stouffville Creek!

We are looking for residents who would like to get more involved. If you have a special interest, talent, skill or would like to be more involved in the home.

Would you like to be a...

- **Library Volunteer?**
- **Resident ambassador?**
- **Run a program?**
- **Or have your own idea to get involved?**

If so please speak to Rachel or Brettney

