

WORD SEARCH PUZZLE

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

COMPANY	SHORT	RULE	TRIP
DELIVER	SCALE	RUSH	MILE
TRAILER	CARGO	SEMI	ROAD
FREIGHT	DRIVE	SHIP	HAUL
WEIGHT	MAIL	FUEL	TANKER
DIESEL	CITY	FOOD	ROUTE

Winchester Glen Newsletter

May 2024

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Join our Cinco de Bingo on May 5th
 2pm– 4:30pm

Take Care in May

Spring is synonymous with rejuvenation and starting anew. This month is dedicated to several key elements of living well and is the perfect time to focus on self-care.

Get Those ZZZs

May is Better Sleep Month, so take time to revitalize your sleep habits. Experts suggest sleeping in a cool, dark room and going to bed and waking up at the same times daily.

Maximize Those Steps

In honor of National Walking Month, schedule a daily stroll or two with friends or family. Research shows that taking

walks is one of the best things you can do for your health.

Feel Good

May is also Mental Health Awareness Month, so now is a great time to take stock of your emotional well-being. Be kind to yourself, reach out for help if you need it, and offer support to those in your community who may need a friend.

Joint Care

Arthritis Awareness Month is in May each year. Contact your doctor if you have any untreated aches and pains in your joints.



ABCs and 1, 2, 3s

Legend has it that Confucius was the world's first teacher, and millions have followed in his footsteps. Teachers educate and shape young minds. Honor them on May 7 (and year-round!) for National Teachers Day.

May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

May is the fifth month of the year on the Gregorian calendar and one of seven months with 31 days. May is a special month for just about every culture. What's not to love? May signals the height of spring, and summer's just around the corner! For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate the month's namesake, Maia, goddess of the life cycle.

The Good Old Days

In 1943 (over 80 years ago), the average annual income was \$2,043. Today, it's around \$60,000. The average cost of a new house was \$3,600. A loaf of bread was 9¢, and a gallon of milk was 62¢. Stamps were 3¢ each. A car cost \$1,100, and gas was just 21¢ per gallon. According to the Consumer Price Index calculator, \$1 in 1943 is equivalent to over \$14 in today's money.

What's Lucky in May?

Lucky Color: Yellow
Lucky Animal: Squirrel
Lucky Letters: B and S
Lucky Day: Friday
Lucky Plant: Rose



May Birthdays

Calamity Jane (frontierswoman) – May 1, 1852
Dwayne Johnson (actor) – May 2, 1972
Robert Browning (poet) – May 7, 1812
Don Rickles (comedian) – May 8, 1926
Harriet Quimby (aviator) – May 11, 1875
Stevie Wonder (musician) – May 13, 1950
Madeleine Albright (diplomat) – May 15, 1937
Janet Jackson (singer) – May 16, 1966
Cool Papa Bell (baseball player) – May 17, 1903
Tina Fey (comedienne) – May 18, 1970
Raymond Burr (actor) – May 21, 1917
Sonia Rykiel (fashion designer) – May 25, 1930
Bob Hope (comedian) – May 29, 1903
Brooke Shields (actress) – May 31, 1965

Resident Birthdays

Linda N
Linda N
Doreen P
Doreen C
Sheila P
Jacqueline F
Grace L
Helga S
Bob M
Nancy D
Robert M



Outings

May 6– Dollar Tree
May 7– Mandarin Lunch Trip
May 7– Fire station Care Packages
May 13– Chucks Roadhouse
May 14– Giant Tiger
May 21– Port Perry Picnic
May 27– Greek Stop Lunch trip
May 28– Walmart

Please Sign up for the bus trips in the binder by the mail boxes.