

Arts and Crafts

We have been busy at Trinity Shores. Every Tuesday is Arts and Crafts day. We make a lot of different things. I try to come up with things that are a challenge but easy enough that everyone can enjoy it. In April we made bracelets and necklaces with beads.



We painted sun catchers.



We made bird feeders with popsicle sticks.



May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

Robert G (Resident) – May 1, 1945
 Bing Crosby (singer) – May 3, 1903
 Enod M. (Resident) – May 5, 1933
 JoAnn B (Resident) – May 9, 1934
 Estrellita A. (Staff) – May 15, 1993
 Henry Fonda (actor) – May 16, 1905
 Shirley M. (Resident) – May 16, 1946
 Donnie M. (Resident) – May 17, 1950
 Alice G. (Stylist) – May 19, 1966
 Ashley S. (Staff) – May 27, 1987
 Bob Hope (entertainer) – May 29, 1903

Coming Soon



Trinity Shores Treasure

Trinity Shores Assisted Living * 201 Trinity Shores Drive * Port Lavaca, Texas 77979
 Phone: 361-552-2333 Fax: 361-552-6103

Celebrating May

Creative Beginnings Month

Meditation Month

Physical Fitness & Sports Month

Lemonade Day
May 2

Teacher Day
May 4

Cinco de Mayo
May 5

Mother's Day (U.S.)
May 9

International Nurses Day
May 12

Ride a Unicycle Day
May 16

NASCAR Day
May 21

Victoria Day (Canada)
May 24

Memorial Day (U.S.)
May 31

Hop and Roll

Our Marketing Director does it again. Brenda got the community to come together to pass out Easter eggs to children. We had Critendon Drilling Service Inc., New Century Hospice, Calhoun Home Health, Richardson-Colonial Funeral Home, Port Lavaca Nursing and Rehabilitation Center, Point Comfort Fire Department, Toddler Miss Texas 2020(Anna Rose), The Giants Baseball (Brayden B. #4), Bethany Senior Living with their life size Easter Bunny, Port Lavaca Police Department and of course Trinity Shores Residents set outside on a beautiful Saturday morning and handed out candy filled Eggs to children as they drove by with their parents. We played music and sang songs, ate candy and drank hot chocolate and coffee. It was a fun day.

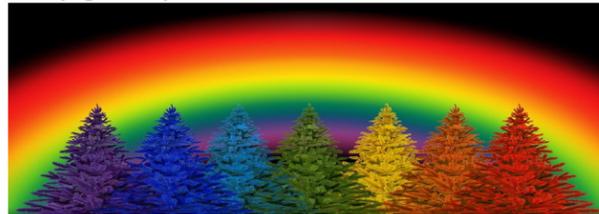


HAPPY EASTER



Fun and Yummy

April was filled with some fun and funny holidays. Everyone knows April Fool's day, but, did you know there is a special day for rainbows. Saturday April 3 2021 was Find a Rainbow Day and we did just that. The Activities director hid rainbows all over the building and when residents found them all they got a prize.



There is also a holiday for dandelion tea and caramel popcorn, poet in a cupcake (We read poems about cupcakes and ate cupcakes). There is a grilled cheese sandwich day and save the elephants day (we ate peanuts for pachyderms). There is a day called Rice Ball Day (we had flavored rice cakes) and one of my favorites was National Pineapple Upside Down Cake Day. You guessed it, I made homemade pineapple upside down cupcakes for everyone.



There is a National Jelly Bean Day, English Muffin Day, National Pretzel Day, Babe Ruth Day, Pig in a Blanket Day and even a day to celebrate Zippers. April was a very busy month. I can't wait to see what May brings.

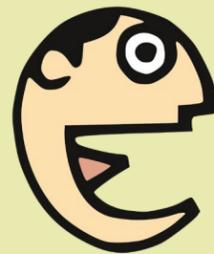
The cupcake poem was so cute I had to share it.

The Life of a Cupcake By Shelby Greer

They put me in the oven to bake.
Me, a deprived and miserable cake.
Feeling the heat, I started to bubble.
Watching the others, I knew I was in trouble.

They opened the door and I started my life.
Frosting me with a silver knife,
Decorating me with candy jewels.
The rest of my batch looked like fools.

Lifting me up, She removed my wrapper.
Feeling the breeze, I wanted to slap her.
Opening her mouth with shiny teeth inside,
This was the day the cupcake died.



Fee Parking



Inventor Carl Magee filed the patent for the world's first parking meter, which he called the Park-o-Meter, on May 13, 1935. With automobile ownership reaching all-time highs, many urban areas were suddenly battling a new scourge—the lack of parking! When the first meters were installed in downtown Oklahoma City, drivers were not too keen

on their installation. Some outraged citizens found them un-American and likened the nickel-an-hour fee to an unlawful tax. Businesses, however, loved the meters, as they encouraged the turnover of motorists, which meant a steady stream of new customers. By 1940, more than 140,000 parking meters lined American streets.

Pineapple Upside Down Cake

April 19, 2021 was National Pineapple Upside Down Cake Day. Our Activities Director made Pineapple Upside Down Cupcakes for the resident. They were very YUMMMMMY!



Dandelion Tea

Did you know?

April 5, 2021 was National Dandelion Tea Day. We had tea and cookies for an afternoon snack. Did you Know Dandelion are very good for you? There are many health benefits of dandelion tea. The 10 most common are:

1. Promotes Bone Health
2. High in Essential Vitamins A and K.
3. Enhances liver function.
4. Reduces Effects of Metabolic Syndrome (type 2 diabetes)
5. Relieves Symptoms of Skin Conditions.
6. High in Antioxidants.
7. Rich in Dietary Fiber.
8. Acts as a Diuretic.
9. Prevents Urinary Tract Infections.
10. May help fight inflammation.

Side effects: While greens, roots, stems, and tea all have benefits, don't go grazing on your lawn. Dandelions found in your yard may have been treated with pesticides which makes them unsafe for consumption. Always choose farmed dandelions from a reputable grower.



Honoring Mother Ocean



Good sons and daughters will remember that May 9 is Mother's Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is

Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of all the world's oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth's surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about undersea life.