



## Canterfield of Franklin

7015 Moores Lane • Brentwood, TN 37027 • (615) 922-4521

### Popcorn Pick:

#### 'I Remember Mama'

A small but happy home in San Francisco at the turn of the 20th century is the setting for this 1948 classic, based on a true story. Young writer Katrin Hanson (Barbara Bel Geddes), the daughter of Norwegian immigrant parents, chronicles poignant memories of growing up with her siblings, as well as relatives from the old country, including a trio of eccentric aunts and the boisterous Uncle Chris. But many of her tender memories focus on Mama (Irene Dunne), who lovingly cared and sacrificed for her family. Inspiring performances by Dunne and the supporting cast earned the film five Oscar nominations.

### Heroes Big and Small

"Heroism doesn't always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history." —Mary Roach

## May 2024



### 150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.

### Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

### Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

### Very Cherry

Cobbler, cheesecake, jubilee ... there's enough cherry sweets for you and me! Celebrate National Cherry Dessert Day on May 26.

### Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bible Devotional (Nondenominational)† 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 Scenic Drive	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Word Mining 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 3:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Trivia Thursday <b>6:00 <span style="background-color: #2980b9; padding: 2px;">TH</span> Alzheimer's of TN Sponsored Support Group: Alzheimer's &amp; Dementia ✓</b>	10:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise 11:00 Word Mining 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 2:00 Derby Day Event w/Darren Long	10:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Walking Club⇄ 1:30 Piano Recital♪ 2:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Games Galore🎮
5	6	7	8	9	10	11
11:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Worship, Singing, Communion† <b>2:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Games Galore</b>	<b>10:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Donuts &amp; Devotional/ Manicures w/ Jana!</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 4:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Music W/ Edie!♪	<b>10:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Catholic Communion Service†</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 Scenic Drive 3:00 Word Mining 4:30 Men's Club Dinner	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bible Devotional (Nondenominational)† 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 <b>3:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Music w/ Charlie &amp; Resident Birthday Party!</b>	10:00 Memories & Muffins w/Michelle 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 12:00 FairyTails Farm Outing 4:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Trivia Thursday	10:00 <span style="background-color: #8e44ad; padding: 2px;">DR</span> Mother's Day Tea 11:00 Music w/Stephen Smith♪ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 <span style="background-color: #8e44ad; padding: 2px;">DR</span> Luke's Scoop & Smiles††	10:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Walking Club⇄ 2:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Games Galore🎮
12	13	14	15	16	17	18
<b>Mother's Day</b> 11:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Worship, Singing, Communion† <b>2:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Games Galore</b>	<b>10:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Donuts &amp; Devotional/ Manicures w/ Jana!</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 4:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Music W/ Edie!♪	<b>10:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Catholic Communion Service†</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 2:00 <span style="background-color: #8e44ad; padding: 2px;">DR</span> Golden Pal Program! 4:30 <span style="background-color: #8e44ad; padding: 2px;">DR</span> JB Miller/Edie	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bible Devotional (Nondenominational)† 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 Scenic Drive	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Word Mining 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Sip & Paint w/Lupe🎨 4:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Trivia Thursday	9:30 Walmart 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 <span style="background-color: #2980b9; padding: 2px;">TH</span> Movie (Gifted)	10:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Walking Club⇄ 2:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Games Galore🎮
19	20	21	22	23	24	25
11:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Worship, Singing, Communion† <b>2:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Games Galore</b>	<b>10:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Donuts &amp; Devotional/ Manicures w/ Jana!</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 4:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Music W/ Edie!♪	<b>10:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Catholic Communion Service†</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 Culinary Council 2:00 Empower Hour 3:00 Dominos/Farkle	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bible Devotional (Nondenominational)† 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise 1:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 2:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Resident Council 4:00 Word Mining	10:00 Memories & Muffins w/Michelle 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 2:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> New Resident Welcome Party w/Lisa (First Horizon) 4:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Trivia Thursday	10:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise 11:45 <span style="background-color: #f4a460; padding: 2px;">CR</span> Chick-fil-A Luncheon 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Word Mining	10:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Walking Club⇄ 2:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Games Galore🎮
26	27	28	29	30	31	
11:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Worship, Singing, Communion† <b>2:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Games Galore</b>	<b>Memorial Day</b> <b>10:00 <span style="background-color: #f4a460; padding: 2px;">CR</span> Donuts &amp; Devotional/ Manicures w/ Jana!</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 12:00 Resident Memorial Day Cookout 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 4:00 <span style="background-color: #2c3e50; padding: 2px;">FL</span> Music W/ Edie!♪	<b>10:30 <span style="background-color: #2980b9; padding: 2px;">TH</span> Catholic Communion Service†</b> 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Dominos/Scrabble 3:30 Bill Sleeter Music♪ 4:30 J.B. Miller w/Edie	10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bible Devotional (Nondenominational)† 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo🎮 3:00 Scenic Drive	10:00 Blood Drive 10:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Word Mining 11:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 3:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Trivia Thursday	7:00 <span style="background-color: #8e44ad; padding: 2px;">DR</span> Omelette Bar 10:30 <span style="background-color: #f4a460; padding: 2px;">CR</span> Sittercise⇄ 1:30 <span style="background-color: #c0392b; padding: 2px;">AR</span> Bingo Auction 3:00 <span style="background-color: #c0392b; padding: 2px;">AR</span> Dominos	

## Self-Care Corner: The Butterfly Hug

Developed by therapists, this soothing technique can help calm you down in moments of high anxiety and stress. Cross your hands over your chest, with your palms against your body.

Interlock your thumbs together (the butterfly's body) and fan out the rest of your fingers (the butterfly's wings). Next, alternate tapping each hand against your chest, while breathing deeply and slowly. After a couple of minutes, check your stress levels, and repeat the exercise if needed.



## Get Your Hands Dirty

Despite what you've been told, it can actually be good to get your hands dirty—when it involves gardening, that is. It turns out there's a strain of bacteria in the soil that can increase the feel-good brain chemical serotonin, says a University of Bristol study. So go ahead and dig in!

## 'M' Is for Mother

In the majority of the world's languages, the word for "mother" begins with the "M" consonant sound. Linguists say this is likely because "ma" is one of the first sounds uttered by infants.

## Reading Challenge: Travel Through Time

With books, there's no need for a time machine! Explore the 20th century by reading a story set in each decade. For the most authentic experience, pick titles that were actually published during the time in which they take place.

# "This Month In History"

## MAY

**1922:** The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

**1939:** The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

**1945:** Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

**1963:** High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

**1971:** Merging 20 of America's passenger railroad services into one, Amtrak begins service.

**1994:** Nelson Mandela is inaugurated as South Africa's first Black president.

**2001:** Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

**2019:** New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.