



COMPLETECARE
WHISPERING WOODS

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Complete Care at Whispering
Woods
62 James Street
Edison, New Jersey 08820

Hello
SPRING

www.ccwhisperingwoods.com

ADMINISTRATIVE STAFF

MICHELE CHIHADDEH
Executive Director

CRISTINA RIVERA, RN
Director of Wellness

DEENA COFFEE
*Director of Community
Relations*

RYAN GILLHOOLY
Director of Maintenance

RAHEEM LAWTON
EVS Director

TERRY FEGINS
Director of Dining Services

NATALI VEGA PAULINO
Director of Activities

ANGELA MICHELUDIS
Payroll / HR Coordinator

**AL RECREATION
NEWSLETTER**

MAY 2025



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05/12/2025
at 3:15 PM
In Bistro!

Please Sign up at
Front Desk!
Limited Seating



Men & Women's Club:
Baseball Game
on 05/14/2025

Tickets: \$20
Please drop of funds for
tickets by 05/08/2025

Bus will leave at 10:00am
SHARP Meet in Lobby!

HAPPY MAY BIRTHDAYS !!!



05/18 John Morley Rm 239

05/19 Catherine Wyer Rm 211
05/20 Carmen LaMourt Rm 318



MAY OUT TRIPS:

LUNCH:

Olive Garden - WEDNESDAY 05/07

Lunch Order In:

Pizza Day - Thursday 05/16

~On 05/12& 05/13 Rec staff will go around and collect orders for pizza day. Have Funds ready by 05/14 for pick up by Rec Staff.

Men & Women's Club ~ Out trip:

Somerset Patriots - Saturday 05/14

(Tickets are \$20.00) Please drop of funds for tickets by 05/08/2025! Tickets will be ordered on the 05/09!

Memorial Day Cook-Out:

Cook out will be in Dinning Room Gazebo - 05/29

SHOPPING:

DOLLAR TREE - MONDAY 05/05

SHOPRITE - MONDAY 05/12

Kohl's— Monday 05/19

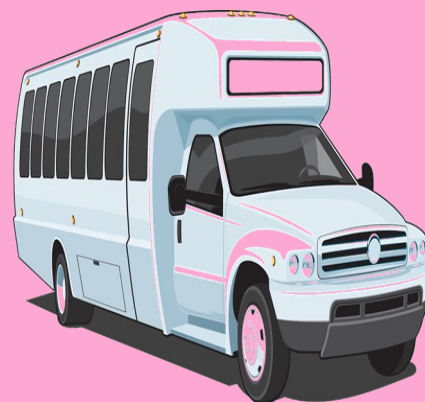
Walmart -Monday 05/26

RELIGIOUS:

MASS @ ST. FRANCIS CATHEDRAL

SUNDAYS: 05/04, 05/11,05/18, 05/25

Sign-up at Concierge. Space is limited.



History of Mother's Day

Though others have been given formal credit for the founding of Mother's Day, history shows that Julia Ward Howe of Boston was an early originator of the idea of celebrating a day focused on mothers. Born in New York City in 1819, Mrs. Howe was a published poet, author and advocate of better treatment for the disabled, insane and the criminal.

Julia Ward Howe's concept of Mother's Day was considerably different from today's celebration. Acutely aware of the losses of women and the nation suffered during the Civil War, and distressed by the carnage of the Franco-Prussian War, Julia Ward Howe conceived of the day as a time when everyone should dedicate themselves anew to the task of bringing about world peace. In her "Reminiscences," she describes how the question came to her: "Why do not the mothers of mankind interfere in these matters, to prevent the waste of human life which they alone bear and know the cost?"

In September, 1870, she sent out "An Appeal to Womanhood throughout the World," calling for an international gathering of women to consider their roles in stopping war. Her next step was to call a meeting in New York in December of the same year---"a World's Congress of women in behalf of international peace." More meetings followed and Julia Ward Howe became president of the American Branch of the Women's International Peace Association. She continued to try to understand why women had been ineffective in trying to restrict warfare. Realizing that the changes for ending war had to be fundamental, she wrote, "Let the fact of human brotherhood be taught to the babe in his cradle, let it be taught to the despot on his throne. Let it be the basis and (WAND press release) (cont. on next page)



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Memorial Day

REMEMBER AND HONOR

"This is the day we pay homage to all those who didn't come home. This is not Veterans Day, it's not a celebration, it is a day of solemn contemplation over the cost of freedom." ~ Tamra Bolton



RESIDENT SPOTLIGHT!!



Illustration done by resident, James Godfrey

Massage Therapy By Cheryl



- Please reserve spot at front desk
- \$25 Deposit for service with Front desk
- No Deposit = No service



**Tuesday ,
May 6th !
RESIDENT
COUNCIL @
2:00PM
1st floor
Social Lounge**

**&
Wednesday,
May 7TH!
MENU
PLANNING
MTG. @ 2:00PM
Dining Room**

What's New in Recreation ?

Save the date!

- Rosary ~ 05/02 at 2:00pm, 05/09 at 2:00pm, 05/16 at 3:00pm, 05/23 at 2:00pm, 05/30 at 2:00pm
in the Social Lounge on Friday!
- Turtle Back Zoo ~ 05/21 at 10:00 am
(Bus will leave at 10:00 am sharp! Lunch will be at the Zoo. Bring Funds for lunch purchase and other miscellaneous.)

Mental Wellness

Positive mental health is helping people live happier, healthier and longer lives.

Learn six things you can do today to feel better than ever:



Talk to Someone



Read a Book



Go for a Walk



Listen to Music



Eat Right



Keep a Journal

OLDER AMERICANS MONTH

Age my way!



ASSISTED LIVING
ACTIVITY CALENDAR

-Complete Care Whispering Woods - May 2025



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|--|--|
| <p>Food Service Schedule: Breakfast: 7:30 am – 9:15 am Lunch: 11:15 am – 1:30 pm Dinner: 4:15 pm – 6:30 pm</p> | <p>Word Key DR=Dinning Room LR= Living Room SL= Social Lounge A & C RM= Arts & Craft Room</p> | <p>ALL ACTIVITIES ARE SUBJECT TO CHANGE & ALL OUTINGS ARE WEATHER PERMITTING!</p> | | <p>1 9:45 Morning Fitness - SL 10:20 Music Nature Walk -Lobby 2:00 Chair Volleyball -SL 3:15 Wii Bowling - SL</p> | <p>2 9:45 Morning Fitness -SL 10:20 Chair Volleyball -SL 2:00 Rosary -SL 3:15 Happy Hour and Mocktails -Bistro</p> | <p>3 9:45 Morning Fitness -SL 10:20 Music Nature Walk -Lobby 2:00 Wii Sports- SL 3:00 Bingo - A & C RM</p> |
| <p>4 9:45 Morning Fitness -SL 10:20 Trivia - SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:30 Coffee &Tea Party! - Bistro 3:00 Bingo - A & C RM</p> | <p>5 9:45 Morning Fitness - SL 10:15 Out Trip to: Dollar Tree -Lobby 2:00 Cinco de Mayo Party! Music by Alfredo da Cunha -SL 3:00 Pinata Smash! -SL</p> | <p>6 9:30 Massage Therapy W/Cheryl - LR 9:45 Morning Fitness - SL 10:20 Wii Bowling - SL 2:00 Resident Council -DR 3:00 Karaoke Party! - SL</p> | <p>7 9:45 Morning Fitness -SL 10:00 Trivia - SL 11:00 Lunch trip: Olive Garden - Lobby 2:00 Menu Planning -DR 3:00 Bingo! - A & C Room</p> | <p>8 9:45 Morning Fitness- SL 10:20 Butterly Garden Kit and Naming - A & C RM 2:00 Green House - SL CY 3:15 Wii Bowling - SL</p> | <p>9 9:45 Morning Fitness -SL 10:00 DIY Tote bag for Mom! - A&C RM 2:00 Rosary -SL 3:15: Ice-cream Party! - Bistro</p> | <p>10 9:45 Morning Fitness -SL 10:00 Nail Spa - A&C RM 2:00 Green House-SL CY 3:00 Bingo - A&C RM</p> |
| <p>11 9:45 Morning Fitness -SL 10:20 Trivia - SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:30 Coffee &Tea Party! - Bistro 3:00 Bingo - A & C RM</p> | <p>12 9:45 Morning Fitness-SL 10:15 Out Trip to: Shoprite -Lobby 1:30 "Mother's Day " - Cinema 3:15 Mothers Day Tea Party !! - Library</p> | <p>13 9:45 Morning Exercise- SL 10:20 Bird House Painting -Bistro 2:00 Residential Monthly Birthday Party - Bistro 3:00 Karaoke Party! - SL</p> | <p>14 9:45 Morning Fitness -SL 10:00* Somerset Patriots - Lobby 2:00 Unscramble the word -Bistro 3:00 Bingo! - A & C Room</p> | <p>15 9:45 Morning Fitness- SL 10:20 Music Nature Walk -Lobby 2:00 Creative Notion - A&C RM 3:00 Chair Yoga -SL</p> | <p>16 9:45 Morning Fitness -SL 10:00 Trivia -SL 11:00 Lunch in: Pizza Party -A&C RM 2:00 Play 60 Presentation!! by Rodney Watson- SL 3:00 Rosary -SL</p> | <p>17 9:45 Morning Fitness -SL 10:20 Trivia -SL 2:00 Wii Sports- SL 3:00 Bingo - A & C RM</p> |
| <p>18 9:45 Morning Fitness -SL 10:20 Trivia - SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:30 Coffee &Tea Party! - Bistro 3:00 Bingo - A & C RM</p> | <p>19 9:45 Morning Fitness - SL 10:15 Out Trip to: Kohl's -Lobby 1:30 "Hair Spray" -Cinema 3:00 Therapeutic Coloring -Lobby</p> | <p>20 9:45 Morning Fitness - SL 10:20 Music Nature Walk -Lobby 2:00 Tapestry for Mom -A&C RM 3:00 Karaoke Party! - SL</p> | <p>21 9:45 Morning Fitness -SL 10:00 Turtle back Zoo - Lobby 2:00 Unscramble the word -Bistro 3:00 Bingo! - A & C Room</p> | <p>22 9:45 Morning Fitness- SL 10:20 Music Nature Walk -Lobby 2:00 Corn hole -SL 3:15 Wii Bowling - SL</p> | <p>23 9:45 Morning Fitness -SL 10:20 Puppy/Pet Petting -SL 2:00 Rosary -SL 3:15: Ice-cream Party! - Bistro</p> | <p>24 9:45 Morning Fitness-SL 10:00 Nail Spa - A&C RM 2:00 Green House-SL CY 3:00 Bingo - A&C RM</p> |
| <p>25 9:45 Morning Fitness-SL 10:20 Trivia - SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:00 Coffee &Tea Party! - Bistro 3:00 Bingo - A & C Rm</p> | <p>26 9:45 Daily Delight & Morning Fitness- SL 10:15 Out Trip to: Walmart -Lobby 1:30 "Memorial day " -Cinema 3:00 Memorial Day Craft -A&C RM</p> | <p>27 9:45 Morning Fitness- SL 10:30 Trivia -SL 2:00 Unscramble the Word -Bistro 3:00 Karaoke Party! - SL</p> | <p>28 9:45 Morning Fitness -SL 10:20 Music Nature Walk -Lobby 2:00 Chair Volleyball - SL 3:00 Big Money \$ Bingo! - A & C RM</p> | <p>29 9:45 Morning Fitness- SL 10:20 Music Nature Walk -Lobby 11:00 Memorial Day ~Cook Out! - A&C RM 1:00 Memorial day entertainment by Efrat! - DR Gazebo 3:15 Wii Bowling - SL</p> | <p>30 9:45 Morning Fitness -SL 10:00 Trivia -SL 2:00 Rosary -SL 3:15 Happy Hour and Mocktails -Bistro</p> | <p>31 9:45 Morning Fitness -SL 10:20 Trivia -SL 2:00 Unscramble the word -Bistro 3:00 Bingo - A & C RM</p> |