

TICKLED PINK  
STATE OF  
MIND



# Mt. Carmel

BENTON EDITION • MAY 2022

# CONNECTIONS

People have long been tickled **pink** by the fabulous flamingo! They are best known for their beautiful **pink** feathers, sense of grace and balance, and delicate sticklike legs. But did you know that flamingos are incredibly sociable and tend to congregate in flocks? Taking our cue from the flamingo's natural instinct to mingle with one another, we plan to offer you a whole month of wonderful opportunities to gather together with your Mt. Carmel flock for fun and fellowship! Come enjoy our **Pink** Flamingo May Birthday Party on the 6th. We'll be playing **Pink** Flamingo Bingo every Tuesday morning in May at 10:00 on the 300 Hall. Express your creativity as we make **Pink** Flamingo Pins, craft a **Pink** Flamingo Button Art project, and create a Watercolor Flamingo Painting. Join us for a little friendly flamingo competition as we play **Pink** Flamingo Ring Toss, **Pink** Flamingo Bucket Ball, **Pink** Flamingo Mini Golf, and Fishing for Flamingos! You'll love playing Flamingo Feathers Wheel of Fortune where every puzzle features a familiar feather phrase. We'll watch a wonderful Flamingo Documentary, "Nature's Crimson Wing" on May 21 at 10:00. While flamingos will serve as our mascot for May, we'll also celebrate the color **pink** in honor of Mother's Day! Join us for a Mother's Day **Pink** Tea Party, a Pretty in **Pink** afternoon of Fancy Nails, and a variety of **pink** games, including a **Pinko** Dice Bingo, a Pretty in **Pink** edition Wheel of Fortune, and **Pink** Pong! We'll even enjoy **pink** popcorn and **pink** drinks while watching "The **Pink** Panther" on the 24th in the theater! Let's prove the old saying true that "birds of a feather flock together," by making a point to fla-MINGLE with one another as we spend the lovely days of May together at Mt. Carmel Community!

# May Memories in the Making

We have a number of special celebrations taking place this month at Mt. Carmel Community, beginning with **Cinco de Mayo** which is Spanish for “Fifth of May” (May 5). In the morning we’ll celebrate with CINCO Bingo. We will enjoy a delicious Mexican Fiesta at lunch including Fajitas, Mini Tacos, Borracho Beans, Grilled Zucchini and Squash, and a variety of Dips and Chips. In the afternoon, we will craft sombreros, which we will then use for an exciting Cinco de Mayo Ring Toss Game! We’ll kick off **Mother’s Day** Weekend on Friday, the 6th with a Mother’s Day Pink Tea featuring a FLA-mazing guest dancer! The day after Mother’s Day we’re inviting all our ladies to come let us pamper you by painting your fingernails a pretty shade of pink at our Pretty in Pink Fancy Nails activity. We’ll celebrate **Memorial Day** with a patriotic Memorial Day Craft Project on May 27. Then, join us for a traditional holiday cookout on the 30th, complete with Burgers, Hot Dogs, Potato Salad, Baked Beans, and much more! We’ll also have special entertainment!

Sign up to join us on May 11 as we visit **Murry’s Dinner Playhouse** to see the comedy, *Deliver Us From Mama!* This rip-roaring, hilarious, high-octane race to beat the stork begins when Walker’s wife, Hayley, goes into labor with their first child. The problem? She’s in Alabama, and he is in L.A. But Walker’s Mama will NOT miss the birth of her first grandbaby, no matter what it takes! Tickets are \$37 and cover your admission to the play and a buffet meal. Come with us on May 25 as we travel to **Keo** to visit their **Market** and **Charlotte’s Eats & Sweets** (a fantastic little shop famous for its pies). Be sure to get your name on the sign-up sheet to reserve your spot for this exciting trip.

## Fun Physical Fitness

At Mt. Carmel Community we know that when it comes to your health, **movement is your friend!** That’s why we offer exercise classes every weekday morning at 9:00. It’s also why we schedule a variety of activities that allow you to have some physical fun! Some obvious examples are our Ring and Ball Toss Games. This month we’ve added a new and exciting Parachute Challenge. We’ll attempt to keep a beach ball on top of a parachute as we hold on to it while sitting in a circle. We’ll also try kicking the ball to each other underneath the parachute! Come try your hand at bowling using a giant inflatable ball and bowling pins! We’ll be introducing a new team tossing game called Bucket of Bags, and enjoy a little friendly and physical competition at our Pink Flamingo Mini Golf and Fishing for Flamingos activities. Come join the fun!

## May Birthdays

### **Mt. Carmel Residents:**

May 9 • Liz Harmon  
May 9 • Helen Purcell  
May 18 • Margie Cross  
May 22 • Marlene Goodner

### **Mt. Carmel Staff:**

May 7 • Amy Bailey  
May 8 • Emily Thomas  
May 21 • Shawna Daniel  
May 23 • Miranda Adams  
May 26 • Tim Adams  
May 26 • Isaac Speer  
May 28 • Michael Threlkeld  
May 29 • Lucila Bauer  
May 31 • Courtney Brashears

