

# THE VILLA VIBE

Union Villa Residents' Newspaper

## GREETINGS FROM THE RESIDENTS' COUNCIL PRESIDENT



Here we are in May! I'm excited for all the special events to come during the month of May. I know you must be too!

May introduces us to the final months of the school year. We all look ahead to spending more time with our families.

Bless You All, George French

## MONTHLY CHECK IN FROM RECREATION

Great to see so many of you coming to programs and joining our monthly special events!

We were spoiled in April with a few incredible day of hot weather. We are hoping that May will bring more sunny days and warmth so we can get outside to start preparing our gardens for summer. May is a time to celebrate all the Mothers, Grandmother, Aunts and Sisters in our lives. Happy Mother's Day to you all.

The Recreation Team is always excited to receive feedback so please contact us if you have any suggestions. We want to hear from you! Email me at [lbailey@uhs.on.ca](mailto:lbailey@uhs.on.ca) or reach out to the Recreation Therapist on your unit.

I will leave you with a quote "The influence of a mother in the lives of her children is beyond calculation."  
- James E. Faust

Looking forward to a wonderful MAY, Lindsay Bailey



## UNIONVILLE HOME SOCIETY LAND ACKNOWLEDGEMENT:

The Unionville Home Society sits on the traditional territories of the Anishinaabe Peoples and of the Haudenosaunee Peoples, and is also situated in Markham, one of the most diverse municipalities in North America.

All of us at Unionville Home Society take pride in that legacy and look forward to building a brighter, more honest, more inclusive future.

# MAY SPECIAL EVENTS

There are so many exciting activities planned this month. so mark you calendars and join us!

## LIST OF EVENTS:

See Calendar for full details and times.

### Cinco De Mayo

Friday May 5th – Check your home area calendar for details.

### Karaoke Party

Sunday May 7th 2:30 in the Heritage Lounge

### Knitting Club

Monday May 8th & Monday May 22nd 2:30 to 3:30 in the Heritage Lounge

### Mother’s Day Spa – Saturday May 13th

1:30 to 4:00pm in the Heritage Lounge.

### Kentucky Derby

Friday May 19th 2:00pm in the Heritage Lounge

### Victoria Day Tea Social

Sunday May 21st 2:30 pm in the Heritage Lounge

## June is Seniors Month

- Hands on Exotic Animal Show
- Smile Theater Show
- Health & Wellness Workshop
- Fresh Fruit Juice

Happy Birthday

to all our residents who are celebrating this month!

|           |        |
|-----------|--------|
| Jane      | 02-May |
| Barbara   | 05-May |
| Maria     | 10-May |
| Lois      | 11-May |
| James     | 11-May |
| Shurab    | 13-May |
| Kelly     | 16-May |
| Isabella  | 18-May |
| Anne      | 20-May |
| Muoi      | 20-May |
| Constance | 23-May |
| Antonetta | 24-May |
| William   | 25-May |
| Vladimir  | 26-May |
| Rose      | 29-May |



## QUOTES OF THE MONTH

“May, more than any other month of the year, wants us to feel most alive.”

— Fennel Hudson

“I’ve got sunshine on a cloudy day. When it’s cold outside, I’ve got the month of May.”

– Smokey Robinson

## FUN FACTS

### The birth flower of May

Lily of the Valley

### May birthstone

**Emerald.** As the birthstone for May, the emerald, a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth.

### Astrology signs born in May

Taurus (April 20 – May 20 )  
Gemini (May 21 – June 20)



MEMORIES FROM APRIL



A WARM WELCOME TO OUR  
NEW RESIDENTS

Freda D.  
Barbara M.

Chi Sun L.  
Antonia P.

Barbara S.  
A Mui S.

FAREWELL DEAR  
FRIENDS

Soy Jung  
Roshan  
Patricia  
Jean  
Patricia  
Niki  
Hui-Chen  
Oi-Lin

POEM: I Am at Peace

*Speak of me as you have always done.  
Remember the good times, laughter,  
and fun.  
Share the happy memories we've made.  
Do not let them wither or fade.  
I'll be with you in the summer's sun  
And when the winter's chill has come.  
I'll be the voice that whispers in the  
breeze.  
I'm peaceful now, put your mind at  
ease.  
I've rested my eyes and gone to sleep,  
But memories we've shared are yours to  
keep.  
Sometimes our final days may be a test,  
But remember me when I was at my  
best.  
Although things may not be the same,  
Don't be afraid to use my name.  
Let your sorrow last for just a while.  
Comfort each other and try to smile.  
I've lived a life filled with joy and fun.  
Live on now, make me proud of what  
you'll become.*

-Anthony Dowson



# MAY DAYS OF SIGNIFICANCE

We are proud to share these upcoming special days and holidays with our residents. Acknowledging and celebrating these days of significance supports a sense of community through inclusion.



## **COMMUNITY MENTAL HEALTH WEEK** - May 1 to May 7

Mental Health Week is a social change campaign to educate the public and shift beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance.



## **CINCO DE MAYO** - Wednesday, May 5

Cinco de Mayo is a yearly celebration held on May 5, which commemorates the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla in 1862,



## **MOTHER'S DAY** - Sunday, May 14

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.



## **VICTORIA DAY** - May 24

The Sovereign's birthday has been celebrated in Canada since the reign of Queen Victoria (1837-1901). May 24, Queen Victoria's birthday, was declared a holiday by the Legislature of the Province of Canada in 1845.

**MAY is also a time to celebrate and acknowledge the vital contributions of our Doctors, Nurses and PSW's.**

PHYSICIANS DAY - May 1

NURSES DAY - May 12

PERSONAL SUPPORT WORKER DAY - May 19

*Thank you for all that you do to support our residents, each and every day.*