

## Resident Spotlight



If you've been to the Activity Room then you have seen Vince coloring mandalas. This is a "relaxation activity" that Vince enjoys daily. Sit with him and try coloring your own mandal, he loves company.

## Resident Birthdays

Bruce T.	5/13
Elizabeth G.	5/13
Gwen D.	5/26

## Older Americans Month

Follow your passions

Use your skills

Try something new

Keep learning and growing

**Step out of your box. Be willing to do, say or act in a way that is new or different.**

*"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery."*

*— H.G. Wells*

## 5 Gardening Tips for Beginners

As the winter weather fades away and the trees turn green, you might be looking for an outdoor activity to get you some vitamin D. Gardening is perfect! Not only do you get to get down and dirty, but you're giving back to the earth as well. Here are 5 gardening tips to get you started.

### Follow the sun.

Pay attention to where the sun shines in the place you picked to plant your garden. Many plants, especially edible ones such as fruits or vegetables, need at least six hours of sunlight a day to survive.

### Stay close to water.

Make sure you have a hose that can stretch far enough to your garden or your soil has access to water! Plants need water to survive. If the soil looks dry, stick your finger down to the knuckle. If it's still dry, your plants need water.

### Choose the right plants.

Some plants are easier to take care of than others. See how much time you have to take care of your plants and plan accordingly. It's also important to note the climate of the place you live in and find plants that will grow in these areas.

### Feed plants regularly.

Plants need sunlight and water, but they also need plant food! Find something easy like Miracle-Gro and feed your plants regularly when you water.

### Find some great soil.

The type of soil is important depending on the plants you have. Make sure the soil you get is a good blend. The

May 2021

## Sabal Palms News & Events



2125 Palm Harbor Parkway  
Palm Coast, FL 32137

## Mind, Body, and Spirit Month

May 1 - Finding Balance  
May 9 - Painting with Pizzazz  
May 14 - Functional Fitness  
May 15 - Who is Your Ombudsman?  
May 20 - Take a Deep Breath  
May 23 - Sharing Positivity  
May 28 - Mystery Ride

Note from the Executive Director:

### THANK YOU!

To each and every one of you, I say THANK YOU! This has been an unprecedented year of challenges. The understanding and patience of our residents have been extraordinary. The commitment and dedication of our staff have been exceptional. I'm truly grateful for each and every one of you!



"May sunshine surround you each new day. And smiles and love never be far away." - Catherine Pulsifer

