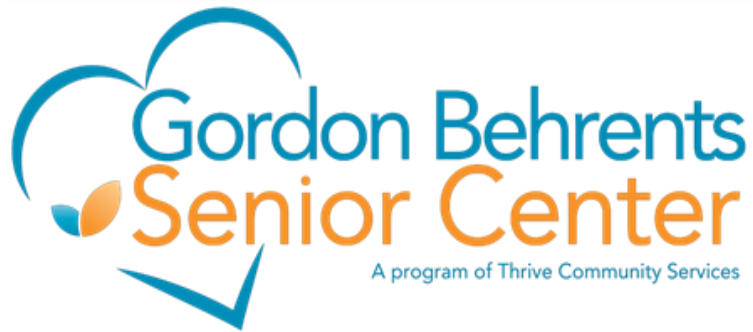




HELLO, MAY.

Gordon Behrents Senior Center
2015 Windish Dr.
Galesburg, IL 61401



Don't forget to "Like"
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Gordon Behrents Senior Center
| 2015 Windish Dr.
Galesburg, IL 61401
309-344-2520

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED 

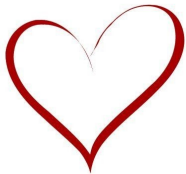




Tom S. — 5/12



Your Staff
Jackie Jennings
RN/Director
Amber Senner
LPN/Assistant Director
Sherrell Wallace
Activity Leader/Driver
Teresa Parrish
Activity Leader/Driver
Ellen Gass
Activity Leader/Driver
Leslie Collopy
Activity Leader/Driver



FAMOUS MOM QUOTES

PABLO, IF YOU KEEP MAKING THAT FACE IT'LL STICK THAT WAY!



LITTLE LUDWIG, DON'T YOU TAKE THAT TONE WITH ME!



NO CAKE UNTIL YOU FINISH YOUR DINNER, MARIE.



TOMMY ALVA EDISON, STOP PLAYING WITH THE LIGHTS!



Easy Meals for Seniors to Make on Their Own

According to the [National Institutes of Health \(NIH\)](https://www.nih.gov/), seniors will do best by choosing foods high in nutrients (lean proteins, complex carbohydrates, healthy fats, vitamins, and minerals) and low in calories. A few options include:

- Lean poultry and meat
- Seafood
- Eggs, beans, and nuts (preferably unsalted)
- Whole grains
- Low-fat or nonfat dairy (milk, yogurt, kefir)
- Vegetables
- Fruits



<https://blog.thegoodmangroup.com/easymeals-for-seniors-health>

Other tips include:

- Prepare meatless entrees (or substitute plant-based options)
- Use whole wheat pasta
- Try ancient grains, quinoa, faro, barley, etc.
- Use low-sodium broth for soups
- Use fresh herbs whenever possible

What you don't eat is just as important as what you do. It's a good idea to limit or avoid foods that don't provide much nutrition but add a lot of calories. Snacks and dessert foods such as chips, soda, cookies, cake, and pie are a few of the main culprits. Try to avoid saturated and trans fats, use salt sparingly, and limit alcohol.

NEXT PAGE



Participant of the Month



Thank you for your service



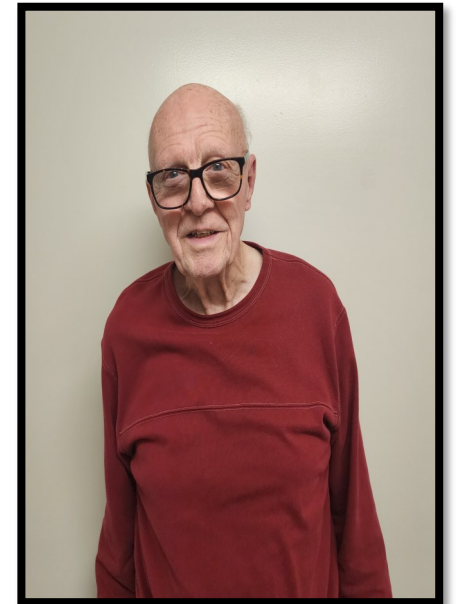
Bob was born and raised in the Bushnell/ Abingdon area. He had 3 sisters so he was the only boy. Bob served 4 years in the U S Airforce. He married his wife June in 1954, they were married for 64 years until she passed in 2018. He has 2 daughters, 11 grandchildren, 28 great grandchildren and 1 great-great grandchild.

Bob had worked a few different jobs over the years, he retired from Maytag after working there for 20+ years.

He loves watching his favorite baseball team, the Cardinals. Bob also enjoys tinkering in his garage and doing woodwork.

Bob favorite food is seafood. Yum!

Bob stated he likes coming to GBSC for the friends he's made and the socialization.

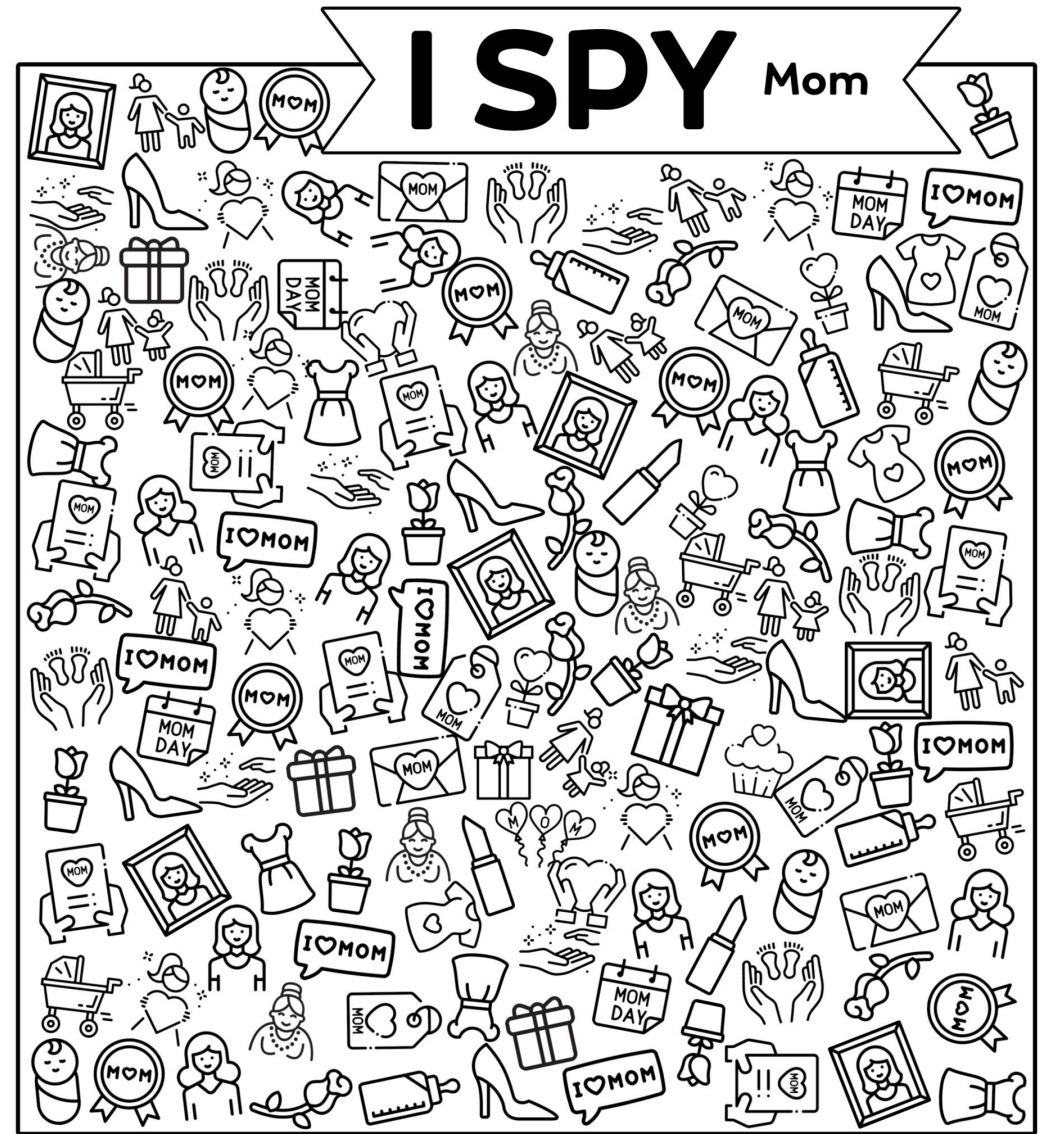


Make as many words as you can
using the letters in
Happy Mother's Day

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



superheroesandteacups.com



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

Yogurt Fruity Pizzas



Ingredients

- 150g Greek yogurt
- 2 tsp maple syrup
- handful strawberries
- handful raspberries
- handful blueberries
- 6 mini pancakes

Method

Measure the yogurt in a bowl and add the maple syrup. Stir to mix together.

Wash the fruit in cold water and place on kitchen paper to dry.

Cut the tops off the strawberries.

Cut the strawberries into smaller pieces.

Put the pancakes on a chopping board.

Dollop yogurt onto each pancake and spread around with the back of a spoon.

Put the fruit on top of the yogurt.

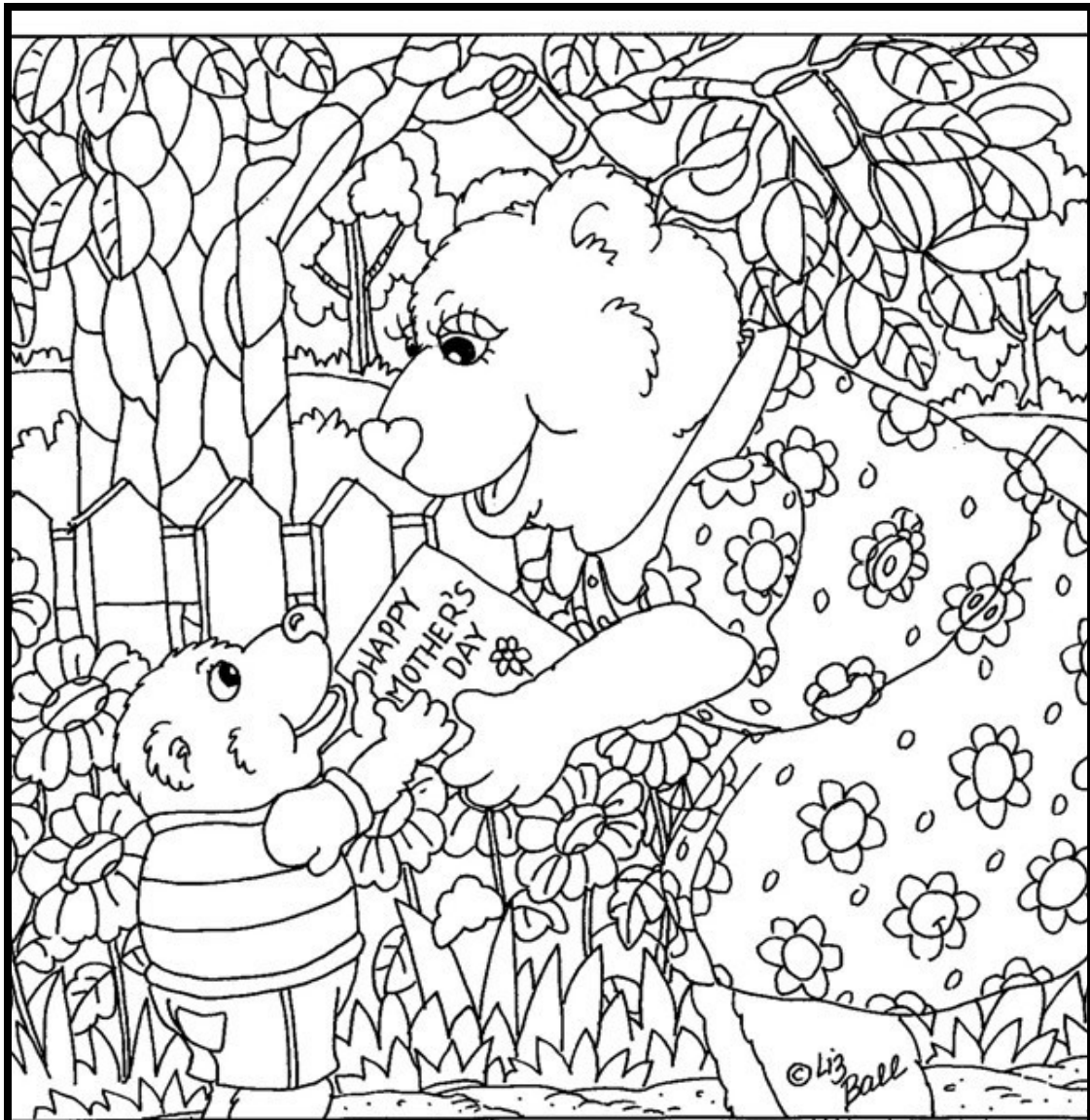
Serve and enjoy!

Eats Amazing

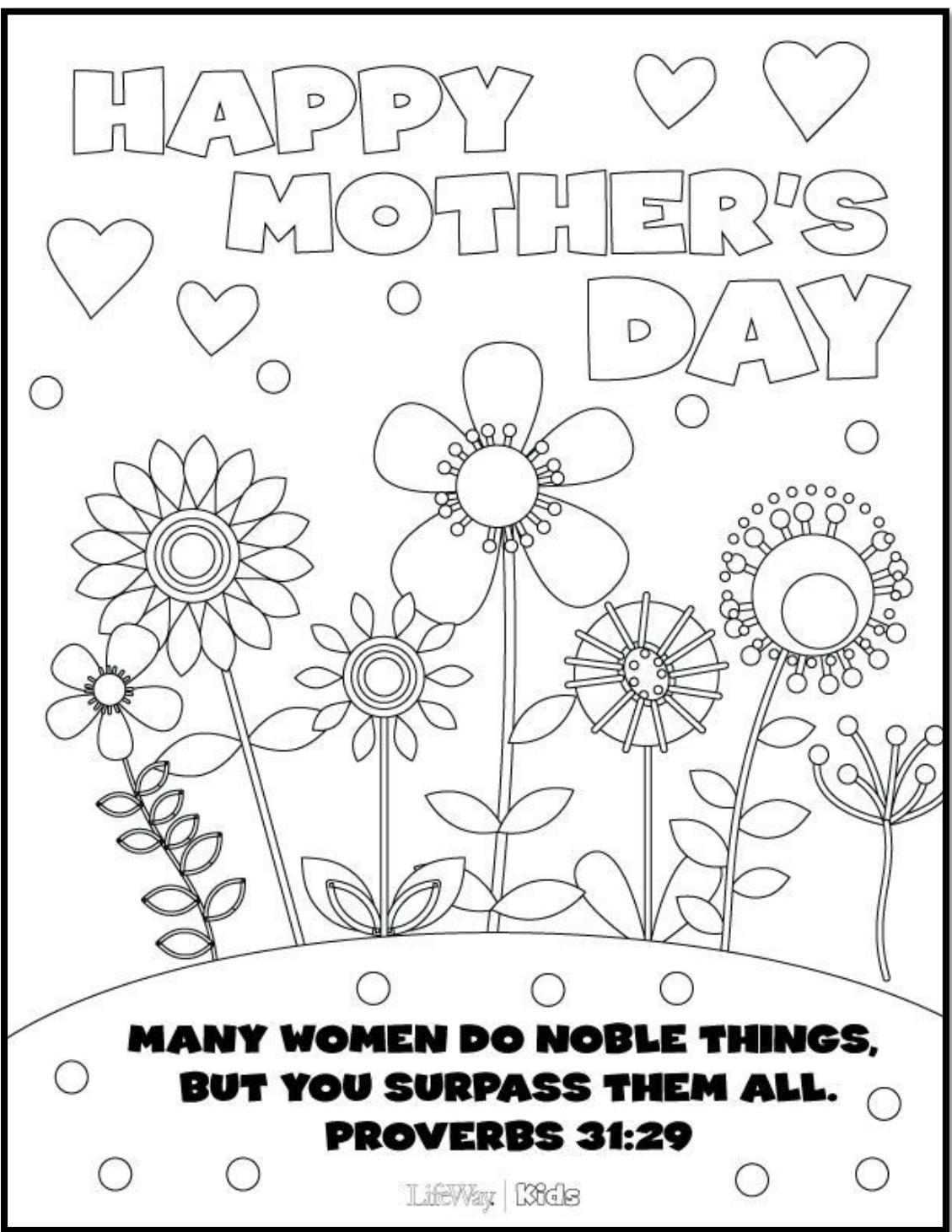
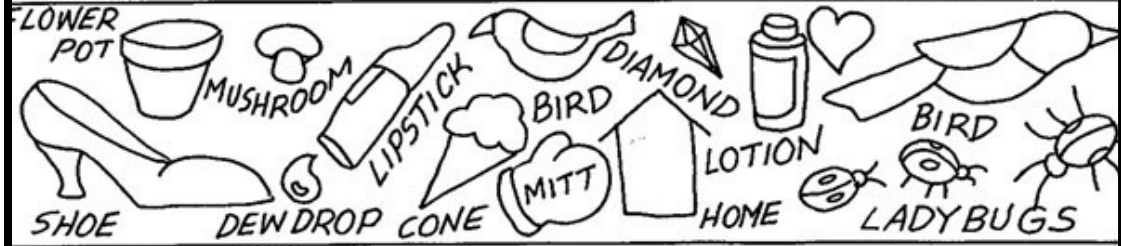
www.eatsamazing.co.uk



iHeartCraftyThings.com



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www.hiddenpicturepuzzles.com



**MANY WOMEN DO NOBLE THINGS,
BUT YOU SURPASS THEM ALL.
PROVERBS 31:29**

Lifeway Kids

HOW TO

Relieve Stress

Strive to eat a variety of fruits and vegetables, and whole grains. Eating a healthy diet is an important part of taking care of your body.

EAT RIGHT



Sleep is how your brain and body recharge. The amount of sleep you get can affect your mood, energy level, concentration, and your overall function.

SLEEP



Exercise can refocus your mind on your body's movements, which can improve your mood and help the day's irritations go away.

EXERCISE



Meditation can help focus your attention and quiet thoughts that may be bothering your mind and causing stress.

MEDITATE



Why You Should Relieve Stress...

A small amount of stress can help you perform in challenging situations, but too much stress can lead to problems. Managing your stress and keeping it at a healthy level will help prevent long-term damage to your body and mind.



YOGA

Yoga is a series of controlled breathing exercises. It brings together physical and mental disciplines which can help bring peacefulness in your body and mind.



FRIENDS & FAMILY

Being social is a good stress reliever because it can offer distraction, provide support, and help with ups and downs.



LAUGH MORE

When you laugh, it lightens your mental mind and causes positive changes in your body. Laughter fires up and cools down stress responses.



ASSERT YOURSELF

Learning to say no can help manage your time and your to-do list. Know your worth and the work that can be done.



Mother's Day Word Search

A	O	N	Z	C	N	J	U	A	U	M	C	Y	Y	W
T	P	Z	A	A	E	L	N	R	L	H	L	H	A	E
L	J	P	Y	R	J	X	F	A	O	I	J	H	D	Z
H	J	H	R	D	L	R	C	C	M	S	S	Z	N	T
X	T	R	L	E	C	A	O	A	P	W	L	K	U	H
I	E	O	G	B	C	L	F	J	K	L	S	Z	S	O
A	V	R	U	U	A	I	N	E	F	E	Y	E	I	U
E	T	P	H	T	P	G	A	T	I	K	B	X	R	G
G	Y	E	E	S	M	O	M	T	G	U	A	E	S	H
C	Z	Q	M	M	I	F	F	F	E	C	D	L	Y	T
H	V	Y	C	X	S	R	D	E	A	U	W	E	R	F
Y	J	W	C	L	T	R	E	F	T	F	J	B	S	U
G	I	F	T	B	R	V	W	H	Q	E	Y	X	N	L
P	S	R	E	W	O	L	F	M	C	R	D	I	W	C
M	X	Q	O	C	E	Q	N	M	I	L	J	L	O	A

APPRECIATE
CAKE
CARD
CHERISH

CHOCOLATE
FAMILY
FLOWERS
GIFT

LOVE
MOM
SUNDAY
THOUGHTFUL







May 2024 Activities

Daily Exercises



Mon	Tue	Wed	Thu	Fri
		1 Mother Goose Day!! Chair soccer	2 Pastoral Service Target practice	3 Trivia Golf
6 Paper lily craft Hot potato	7 Ellen's program Bingo	8 Have a Coke day!! Bags	9 Pastoral Service Memory Tray Ring Toss	10 PRESENTATION: Vision & Hearing National Golf day!!
13 Conversation ball Washers	14 Dance like a chicken day!! Amy here	15 Name 5 Target practice	16 Pastoral Service Bingo	17 Leslie's program Bags
20 Teresa's Program Target practice	21 PRESENTATION: 10am Alzheimer's Walk Info Hungry hippo	22 5 Second Rule Fishing	23 Pastoral Service Headbands Ladder Ball	24 Joy here Scavenger hunt day!!
27 Memorial Day CLOSED	28 Peoples choice	29 Safety meeting Sherrell's program	30 Pastoral services Bags	31 Family feud Hungry hippo

GBSC LUNCH MENU - MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered vs served is an option for seniors at lunch time.</p> 		<p>1 Pancakes– 2 oz x2 Sausage Patty 1 oz x 2 Hash brown Patty 2 oz Chef’s Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>2 Chicken Nuggets 4 oz Broccoli & Cauliflower 1/2 c. w/cheese Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>3 Baked Pork Chops 3 oz Sweet Potatoes 1/2 c. Applesauce 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>
<p>6 Hamburger/Cheeseburger 3 oz on a bun 2 oz Pickles & Onions Tater Tots 4 oz spdl Chef’s Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>7 BBQ Pork Sliders 4 oz Potato Salad 1/2 c. Canned Peaches 1/2 c. Dinner Roll 1 oz x 2 Skim Milk - 8 oz</p>	<p>8 Sloppy Joes 3 oz beef on a Bun (2 oz) Baked Beans 1/2 c. Chef’s Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>9 Fish Sandwich- 3oz w/cheese, on a Bun (2 oz) pickles & onions Coleslaw 1/2 c. Canned Pears 1/2 c. Skim Milk - 8 oz</p>	<p>10 Chicken (3 oz) Enchilada Casserole w/sour cream sauce Corn & Black Beans 1/2 c. Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>
<p>13 Pancakes– 2 oz x2 Sausage Patty 1 oz x 2 Hash brown Patty 2 oz Banana 1/2 Skim Milk - 8 oz</p>	<p>14 Chicken Nuggets- 3oz Potato Salad 1/2 c. Canned Peaches 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>15 Meatloaf 3oz Mashed Potatoes 1/2 c. & gravy Canned Pears 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>16 Marinated Pork Loin- 3oz Mashed Potatoes 1/2 c. & gravy Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>17 Lemon Baked Fish- 3oz Broccoli 1/2 c. w/cheese sauce Tropical Fruit Salad 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>
<p>20 Meatballs x4 oz in mushroom gravy w/Noodles (2 oz) Peas & Carrots 1/2 c. Peaches & Cream 1/2 c. Skim Milk - 8 oz</p>	<p>21 Beef 3oz & Bean Burrito Tortilla (2 oz) Shredded lettuce & tomato 1/2 c. Spanish Rice 1/2 c. Strawberries 1/2 c. w/cool whip Skim Milk - 8 oz</p>	<p>22 Hamburger/Cheeseburger 3oz on a Bun 2 oz Pickles & Onions Baked Beans 1/2 c. Chef’s Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>23 Baked Pork Chop 3 oz Coleslaw 1/2 c. Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>24 Chicken(3oz) Salad Cold Plate Fixings: Lettuce, Tomato, Pickle Onion 4 oz. Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>
<p>27 CLOSED</p> 	<p>28 Tuna (3oz) Cold Plate Fixings: Lettuce, Tomato, Pickle Onion 4 oz. Chef’s Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>29 Chicken Nuggets 4 oz Garden Vegetable Soup 1 c. Applesauce 1/2 c. W/W Bread 2 oz Skim Milk - 8 oz</p>	<p>30 Scrambled Eggs 4 oz Sautéed Peppers & Onions 1/2 c. Banana (1/2) W/W Biscuit (2 oz) w/gravy Skim Milk - 8 oz</p>	<p>31 W/W Spaghetti (2 oz) with Meatballs x 4 oz Canned Green Beans 1/2 c. Mixed Fruit 1/2 c. Garlic Bread Stick 2 oz Skim Milk - 8 oz</p>