

# Hope Woods

Community

5749 Stadium Drive • Kalamazoo, MI 49009



May 2016

May

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Hope Woods Team

Cathy Schuster  
Manager  
Shelly Hazzard  
Leasing Manager  
Nancy Gordon  
Activities Director & Leasing  
Dave Shattuck  
Maintenance Supervisor  
Keith Rogers  
Tom Holena  
Maintenance  
Jay Earl  
Driver

## Important Numbers

Office: (269) 353-4712  
Maintenance Emergency:  
(269) 353-4712  
Fire, Police, Emergency: 911

## Office Hours

Monday - Friday  
8:00am - 5:00pm  
Saturday - Sunday  
Closed

## Web Site

[www.hopewoodshome.com](http://www.hopewoodshome.com)

## E-Mail

[hopewoods@sbcglobal.net](mailto:hopewoods@sbcglobal.net)

## From The Desk Of The Manager

Please join me in welcoming Nancy who is joining our office staff. She has eight years experience in the community business. She will help with resident activities, resident relations and office duties as well. Welcome, Nancy.

Becky has taken a position within our company with another office. Please join me in wishing Becky much success in her new position with our company at a sister apartment community.

May 14th Mother's Day Continental breakfast in dining room at 9:00am. Please RSVP to the office. We want to have enough seating for our wonderful ladies.

Thank you,  
**Cathy Schuster**

## In Memory Of The Brave

Memorial Day, May 29th (observed), provides the opportunity to pay tribute to all our servicemen and women who have lost their lives in service to our country. The courage and sacrifice of these people has preserved the quality of life we have today. They deserve our gratitude and a place of honor in the history of our country.

## Happy Birthday

Happy birthday to all our residents with birthdays in May. Everyone is invited to help us celebrate our neighbors' birthdays at a birthday party on Friday, May 5th, at 1:00pm in the community room. Cake and ice cream will be served, so mark your calendar and join us for this celebration!

Thelma Petropoulos 2nd  
Selina Buysse 6th  
Adeline Geisler 7th  
Ann Vermeulen 8th  
Joyce Mansberger 8th  
Jim Buszka 9th  
Jay Earl 9th  
Betty Kopal 11th  
Dick Beardsley 20th  
Aleda Elzerman 21st  
Rosalie Hartleroad 21st  
Eddie Mae Davis 23rd  
Marjorie Johnson 23rd  
Ronald Crites 23rd  
Ernie Shaw 23rd  
Jean Nickelson 23rd  
Sandy Wood 24th  
Lisle Kellog 26th  
Betty Dankert 28th

## Mother's Day Wishes

We would like to wish all the mothers in our community a happy Mother's Day. We hope you get a chance to relax and have the opportunity to celebrate your day with those you love.



## Monthly Quick Tip

• Organizing your closets can be quite a chore. To make things a bit simpler, group all of your clothes into sets of pieces that go together. You may end up with several sets of clothing that can be mixed and matched amongst each other. Any clothes that end up alone that cannot be used in a group should be considered fair game to get rid of. By doing this exercise, you will also develop an awareness for what you presently own. When shopping, you will be able to think which group it might fit into, preventing you from buying pieces that will not go with anything else in your wardrobe.

## May is National Physical Fitness and Sports Month

### It's the President's Challenge: You're It! Get Fit.

It only takes a small change to start improving your fitness. Instead of telling yourself you can't, tell yourself you can.

This year marks the 50th anniversary of National Physical Fitness and Sports Month. In honor of the 50th anniversary, the President's Challenge will distribute special commemorative edition certificates for the President's Fitness Test. Certificates for the physical fitness test and the Presidential Active Lifestyle Award will feature the 50th anniversary logo.

The President's Council has produced the booklet Stay Active and Be Fit! A Guide to Fitness and Activity Fundamentals. It includes information on goal-setting, getting started, flexibility, and strength training workouts. It costs \$2.50 or \$2 for 100 copies or more. It can be ordered by calling (800)258-8146.

The President's Challenge encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, you can improve your health, vitality, and endurance.

Whether you walk, ride a bike, or play a sport, when you keep active, you are moving toward being in better shape than before. Remember:

### You're It! Get Fit.

## Pessimist's Axioms

- Never argue with an idiot. They drag you down to their level then best you with experience.
- On the keyboard of life, always keep one finger on the escape key.
- Life isn't like a box of chocolates, it's more like a jar of jalapenos.
- Tell me what you need, and I'll tell you how to get along without it.
- Ringbell for maid service. If no answer, do it yourself.
- I don't have an attitude problem, you have a perception problem.
- My reality check bounced.
- You can go anywhere if you don't look serious and carry a clipboard.

## Wacky Warning Labels

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they have been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around.

### Here is a sampling of some past winners:

- On a bottle of drain cleaner: "If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product."
- On a snow sled: "Beware: sled may develop high speed under certain snow conditions."
- On a 12-inch-high compact disc storage rack: "Do not use as a ladder."
- On a carpenter's electric router: "This product not intended for use as a dental drill."
- On a baby stroller: "Remove child before folding."
- On a package of sleeping pills: "Warning: may cause drowsiness."
- On a snow blower: "Do not use snow blower on roof."
- On a dishwasher: "Do not allow children to play in the dishwasher."

Answers to 'Days of the Week' 1-a, Saturday 2-d, Tuesday's child 3-c, Monday 4-b, Friday 5-d, Monday 6-a, Tuesday 7-b, Friday 8-c, Saturday 9-a, Tuesday 10-a, Monday 11-a, Wednesday

## Asparagus Quiche

Cooking seasonally is a great way to get quality produce at its very best and making dishes that truly complement those flavors.

### Ingredients:

- 1 frozen 9-inch pie crust, unbaked
- 1/2 pound asparagus
- 1/2 cup shredded Swiss cheese
- 6 eggs
- 1/2 cup sour cream
- 1 cup milk
- 1 tablespoon dried onion flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Directions:

Bake pie crust in a 450 degree oven for 10 to 12 minutes or until pastry is set and dry. Remove the woody ends of the asparagus and discard. Cut the remaining asparagus into 1-inch sections and cook in boiling water for about 5 minutes. Drain and arrange asparagus in bottom of baked pastry shell. Sprinkle with the shredded Swiss cheese. In a mixing bowl, beat the eggs and blend in sour cream, milk, onion, salt, and pepper. Pour into pastry shell. Bake in a 375 degree oven for 35 to 40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

## Days Of The Week

1. On which day of the week is the Kentucky Derby traditionally run?  
a-Saturday, b-Friday, c-Wednesday, d-Sunday.
2. In a popular poem, which child is "full of grace"?  
a-Friday's child, b-Wednesday's child, c-Monday's child, d-Tuesday's child.
3. If a leap year begins on a Sunday, what day of the week will December 31st be?  
a-Wednesday, b-Friday, c-Monday, d-Saturday.
4. Which day of the week was named after the wife of the Norse god Odin?  
a-Thursday, b-Friday, c-Monday, d-Tuesday.
5. Which day was "Fun with Music Day" on the original "The Mickey Mouse Club"?  
a-Tuesday, b-Friday, c-Wednesday, d-Monday.
6. In the "Popeye" comics, on what day would Wimpy gladly pay you for a hamburger today?  
a-Tuesday, b-Sunday, c-Thursday, d-Friday.
7. All of the assassinations of U.S. Presidents occurred on what day of the week?  
a-Saturday, b-Friday, c-Monday, d-Thursday.
8. Which day of the week is not mentioned in the lyrics of the Beatles song "Lady Madonna"?  
a-Sunday, b-Monday, c-Saturday, d-Friday
9. On what night of the week did the popular radio show "Fibber McGee and Molly" air during the 1940s?  
a-Tuesday, b-Wednesday, c-Monday, d-Thursday.
10. The U.S. Supreme Court begins its annual sessions on what day in October?  
a-Monday, b-Friday, c-Thursday, d-Saturday.
11. What was the name of the daughter on "The Addams Family"?  
a-Wednesday, b-Friday, c-Monday, d-Sunday.

## The 90th Indianapolis 500 Race To Be Held On May 28

The famous cry of "Gentleman, start your engines!" will ring out for the 90th time on May 28th, and the largest single-day sporting event in the world will be on its way.

The first "500" was held in 1909. The first surface of the track was made of crushed rock and tar. It was found to be very dangerous. Later that year, 3,200,000 paving bricks from Western Indiana were laid on their sides in a bed of sand and fixed with mortar. They inspired the name "The Brickyard." The race wasn't held during the two world wars, 1917-1918 and 1942 - 1945. In 1945, the track was bought by Tony Hulman who started the rejuvenation program that transformed the facility into what it is today.

With the exception of one event in 1916, the track was used only once a year, for the 500 race. But in 1994, the tremendously successful NASCAR Brickyard 400 debuted at the track.



April

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# May

June

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## Hope Woods May Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 May Day <b>Rent Due</b> Thank You!  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	2 <b>Meijer 10:00am</b> <b>Dominos 1:00pm</b> <b>Bible Study 2:00pm</b> <b>Mary Kay Party In Lobby 7:00pm</b>	3 <b>Exercise 9:00am</b> <b>Area Of Aging Meeting In Dining Room 10:00am</b> <b>Movie 1:00pm</b> <b>Cards 3:00pm</b>	4 <b>Dominos 1:00pm</b>  <b>Scrapbooking 1:00pm - 3:00pm</b> <b>In Craft Room</b>	5 <b>Cinco de Mayo</b>  <b>Exercise 9:00am</b>  <b>Birthday Party 1:00pm</b>  <b>Movie 2:00pm</b>	6      <b>Bingo</b>
7	8  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	9 <b>Walmart 10:00am</b>  <b>Dominos 1:00pm</b>  <b>Bible Study 2:00pm</b>	10  <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	11     <b>Dominos 1:00pm</b>	12 <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	13    <b>Potluck 5:00pm</b>  <b>Bingo</b>
14 <b>Happy Mother's Day</b>   <b>Continental Breakfast</b>	15  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	16 <b>Meijer 10:00am</b> <b>Dominos 1:00pm</b> <b>Bible Study 2:00pm</b> <b>Strawberry Festival 2:00pm</b>	17  <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	18     <b>Dominos 1:00pm</b>	19 <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	20     <b>Bingo</b>
21	22  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	23 <b>Walmart 10:00am</b>  <b>Dominos 1:00pm</b>  <b>Bible Study 2:00pm</b>	24  <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	25     <b>Dominos 1:00pm</b>	26 <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>	27     <b>Bingo</b>
28	29 <b>Memorial Day</b>   <b>Donuts And Coffee</b>  <b>Office Closed</b>	30 <b>Meijer 10:00am</b>  <b>Dominos 1:00pm</b>  <b>Bible Study 2:00pm</b>	31 <b>Exercise 9:00am</b>  <b>Movie 1:00pm</b>  <b>Cards 3:00pm</b>  <b>Quilt Class 3:00pm</b>			