



Happy Mother's Day to all our Orchard Park Mothers!

## Resident Birthdays

Robert B.	5/8
John V.	5/13
Robert M.	5/18
Norawood G.	5/23

## 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

"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

May 2021

## Orchard Park at Victory Lakes News & Events

2760 W Walker St  
League City, TX 77573



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



### Orchard Park at Victory Lakes Staff:

Cameron Ulhir - Executive Director  
Bets Hersey - Communications Relations Dir.  
Patrick Green - Dining Services Director  
Kristi Baltunis - Activities Director  
Monique Valderromas - Resident Care Coord.  
Jody Isom - Business Office Manager  
Robert McCracken - Maintenance Director  
Kenny Heibner - Maintenance Technician  
Nadine Lewis - Memory Care Director

### Memory Care Meal times:

Breakfast 7:30 a.m.  
Lunch 11:30 a.m.  
Dinner 4:30 p.m.

### Assisted Living Meal times:

Breakfast 8:00 a.m.  
Lunch 12:00 p.m.  
Dinner 5:00 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>May cont'd</b> <b>30</b></p> <p>9:00 🦋 Bay Harbour UM Church on YouTube</p> <p>10:15 ❤️ Catholic Church Mass on YouTube</p> <p>11:30 ⚡ Table Games &amp; Dominoes</p> <p>1:00 ⭐ Chat w/Trivia</p> <p>2:00 🍫 Chocolate Bingo</p> <p>3:00 ⚡ Table Games &amp; Puzzles</p> <p>4:00 ↔ Garden Club</p>	<p><b>31</b></p> <p>9:00 ❤️ Guided Meditation</p> <p>10:15 ↔ Sit and Be Fit Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 🍫 Memorial Day Party - Ice Cream Social - on the patio</p> <p>3:00 ⚡ Word Search</p> <p>4:00 🦋 Resident Hymns Sing Along</p> <p>6:30 ⚡ Book Club</p>	<p>Orchard Park at Victory Lakes ASSISTED LIVING &amp; MEMORY CARE</p>			<p>❤️ Emotional</p> <p>💡 Intellectual</p> <p>🍴 Meal</p> <p>↔ Physical</p> <p>⭐ Purposeful</p> <p>👥 Social</p> <p>🦋 Spiritual</p>	<p>9:00 🦋 Joel Osteen</p> <p>9:45 ↔ Sit &amp; Be Fit Exercise</p> <p>10:45 🍫 Cornhole game</p> <p>1:00 ⭐ Wine Tasting</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:30 ❤️ Current Events</p> <p>4:30 ⚡ Table Games &amp; Puzzles</p>
<p><b>2</b></p> <p>9:00 🦋 Bay Harbour UM Church on YouTube</p> <p>10:15 ❤️ Catholic Church Mass on YouTube</p> <p>11:30 ⚡ Table Games &amp; Dominoes</p> <p>1:00 ⭐ Chat w/Trivia</p> <p>2:00 🍫 Chocolate Bingo</p> <p>3:00 ⚡ Table Games &amp; Puzzles</p> <p>4:00 ↔ Garden Club</p>	<p><b>3</b></p> <p>9:00 ❤️ Guided Meditation</p> <p>10:15 ↔ Sit and Be Fit Exercise</p> <p><b>11:00 ⭐ Arts &amp; Crafts</b></p> <p>2:00 🍫 Ice Cream Social - on the patio</p> <p>3:00 ⚡ Word Search</p> <p>4:00 🦋 Resident Hymns Sing Along</p> <p>6:30 ⚡ Book Club</p>	<p><b>4</b></p> <p>9:00 🦋 Brene Brown Daily Tidbits</p> <p>10:15 ↔ Stretch and Strength Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p><b>2:00 ❤️ Music by Maurice</b></p> <p>3:00 🍫 Walk in Courtyard/Bird Watching</p> <p>4:00 ⚡ Finish the Line Game</p> <p>6:00 ⭐ Tuesday Theater &amp; Popcorn</p>	<p><b>5</b></p> <p>9:00 🦋 Essential Oils Aromatherapy</p> <p><b>10:15 ↔ Exercise with Physical Therapist</b></p> <p>11:00 🍫 International Day - Mexico - Cinco de Mayo Celebration</p> <p>2:00 ⚡ Chocolate Bingo</p> <p>3:00 ⭐ Painting with Bobbie</p> <p><b>4:00 ⭐ Garden Club</b></p> <p><b>6:30 ❤️ Book Club</b></p>	<p><b>6</b></p> <p>9:00 ❤️ Books on Tape (Kindle)</p> <p>10:15 🦋 Yoga in a chair Exercise</p> <p><b>11:00 🍫 Mother's Day Brunch &amp; Tea</b></p> <p>2:00 ⚡ Poker Tournament</p> <p><b>3:00 ⭐ Famous Mother's Trivia</b></p> <p>4:00 ↔ Percussion Jam</p>	<p><b>7</b></p> <p>9:00 🦋 Coffee Talk</p> <p>10:15 ↔ Pilates in a chair Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>1:30 ⚡ Chocolate Bingo</p> <p><b>3:00 ❤️ Celebrating our Moms - Concert with Steve Baltunis</b></p> <p>6:00 🍫 Game Night</p>	<p><b>8</b></p> <p>9:00 🦋 Joel Osteen</p> <p>9:45 ↔ Sit &amp; Be Fit Exercise</p> <p>10:45 🍫 Cornhole game</p> <p>1:00 ⭐ Garden Club</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:30 ❤️ Current Events</p> <p>4:30 🍫 Table Games &amp; Puzzles</p>
<p><b>9</b></p> <p>9:00 🦋 Bay Harbour UM Church on YouTube</p> <p>10:15 ❤️ Catholic Church Mass on YouTube</p> <p>11:30 ⚡ Table Games &amp; Dominoes</p> <p>1:00 ⭐ Chat w/Trivia</p> <p>2:00 🍫 Chocolate Bingo</p> <p>3:00 ⚡ Table Games &amp; Puzzles</p> <p>4:00 ↔ Garden Club</p>	<p><b>10</b></p> <p>9:00 ❤️ Guided Meditation</p> <p>10:15 ↔ Sit and Be Fit Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 🍫 Ice Cream Social - on the patio</p> <p>3:00 ⚡ Word Search</p> <p>4:00 🦋 Resident Hymns Sing Along</p> <p>6:30 ⚡ Book Club</p>	<p><b>11</b></p> <p>9:00 🦋 Brene Brown Daily Tidbits</p> <p>10:15 ↔ Stretch and Strength Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>2:00 ❤️ The Arnhart's Music</p> <p>3:00 🍫 Walk in Courtyard/Bird Watching</p> <p>4:00 ⚡ Finish the Line Game</p> <p>6:00 ❤️ Tuesday Theater &amp; Popcorn</p>	<p><b>12</b></p> <p>9:00 🦋 Essential Oils Aromatherapy</p> <p><b>10:15 ↔ Exercise with Physical Therapist</b></p> <p>11:00 ⭐ Flower Arranging</p> <p>2:00 ⚡ Chocolate Bingo</p> <p>3:00 ↔ Percussion Jam</p> <p><b>4:00 ⭐ Garden Club</b></p> <p><b>6:30 ❤️ Book Club</b></p>	<p><b>13</b></p> <p>9:00 ❤️ Books on Tape</p> <p>10:15 ↔ Yoga in a chair Exercise</p> <p>11:00 ⭐ Chat with the Chef</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:00 🍫 Music Trivia</p> <p><b>4:00 🦋 Devotion with Jack Ewing</b></p>	<p><b>14</b></p> <p>9:00 🦋 Coffee Talk</p> <p>10:15 ↔ Pilates in a chair Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>1:30 ⚡ Chocolate Bingo</p> <p>3:00 ❤️ Happy Hour - Karaoke Sing Along</p> <p>6:00 🍫 Game Night</p>	<p><b>15</b></p> <p>9:00 🦋 Joel Osteen</p> <p>9:45 ↔ Sit &amp; Be Fit Exercise</p> <p>10:45 🍫 Cornhole game</p> <p>1:00 ❤️ Musical Performance by Michelle Feng &amp; Sophie Robillard</p> <p>2:00 ⚡ Poker Tournament</p> <p><b>3:30 ⭐ Kite Flying</b></p> <p>4:30 🍫 Table Games &amp; Puzzles</p>
<p><b>16</b></p> <p>9:00 🦋 Bay Harbour UM Church on YouTube</p> <p>10:15 ❤️ Catholic Church Mass on YouTube</p> <p>11:30 ⚡ Table Games &amp; Dominoes</p> <p>1:00 ⭐ Chat w/Trivia</p> <p>2:00 🍫 Chocolate Bingo</p> <p>3:00 ⚡ Table Games &amp; Puzzles</p> <p>4:00 ↔ Garden Club</p>	<p><b>17</b></p> <p>9:00 ❤️ Guided Meditation</p> <p>10:15 ↔ Sit and Be Fit Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 🍫 Ice Cream Social - on the patio</p> <p>3:00 ⚡ Word Search</p> <p>4:00 🦋 Resident Hymns Sing Along</p> <p>6:30 ⚡ Book Club</p>	<p><b>18</b></p> <p>9:00 🦋 Brene Brown Daily Tidbits</p> <p>10:15 ↔ Stretch and Strength Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>2:00 ⭐ Music with Smokey</p> <p>3:00 🍫 Walk in Courtyard/Bird Watching</p> <p>4:00 ⚡ Finish the Line Game</p> <p>6:00 ❤️ Tuesday Theater &amp; Popcorn</p>	<p><b>19</b></p> <p>9:00 🦋 Essential Oils Aromatherapy</p> <p><b>10:15 ↔ Exercise with Physical Therapist</b></p> <p>11:00 🍫 Soap Making</p> <p>2:00 ⚡ Chocolate Bingo</p> <p>3:00 ⭐ Painting with Bobbie</p> <p><b>4:00 ⭐ Garden Club</b></p> <p><b>6:30 ❤️ Book Club</b></p>	<p><b>20</b></p> <p>9:00 ❤️ Books on Tape</p> <p>10:15 🦋 Yoga in a chair Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:00 🍫 Music Trivia</p> <p>4:00 ↔ Percussion Jam</p>	<p><b>21</b></p> <p>9:00 🦋 Coffee Talk</p> <p>10:15 ↔ Pilates in a chair Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>1:30 ⚡ Chocolate Bingo</p> <p>3:00 ❤️ Happy Hour &amp; Karaoke Sing Along</p> <p>6:00 🍫 Game Night</p>	<p><b>22</b></p> <p>9:00 🦋 Joel Osteen</p> <p>9:45 ↔ Sit &amp; Be Fit Exercise</p> <p>10:45 🍫 Cornhole game</p> <p>1:00 ❤️ Grace Houston Church Choir</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:30 ⭐ Current Events</p> <p>4:30 🍫 Table Games &amp; Puzzles</p>
<p><b>23</b></p> <p>9:00 🦋 Bay Harbour UM Church on YouTube</p> <p>10:15 ❤️ Catholic Church Mass on YouTube</p> <p>11:30 ⚡ Table Games &amp; Dominoes</p> <p>1:00 ⭐ Chat w/Trivia</p> <p>2:00 🍫 Chocolate Bingo</p> <p>3:00 ⚡ Table Games &amp; Puzzles</p> <p>4:00 ↔ Garden Club</p>	<p><b>24</b></p> <p>9:00 ❤️ Guided Meditation</p> <p>10:15 ↔ Sit and Be Fit Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 🍫 Ice Cream Social - on the patio</p> <p>3:00 ⚡ Word Search</p> <p>4:00 🦋 Resident Hymns Sing Along</p> <p>6:30 ⚡ Book Club</p>	<p><b>25</b></p> <p>9:00 🦋 Brene Brown Daily Tidbits</p> <p>10:15 ↔ Stretch and Strength Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>2:00 ⭐ Resident Council Meeting</p> <p>3:00 🍫 Walk in Courtyard/Bird Watching</p> <p>4:00 ⚡ Finish the Line Game</p> <p>6:00 ❤️ Tuesday Theater &amp; Popcorn</p>	<p><b>26</b></p> <p>9:00 🦋 Essential Oils Aromatherapy</p> <p><b>10:15 ↔ Exercise with Physical Therapist</b></p> <p>11:00 ❤️ Tune of the day - Ray Charles</p> <p>2:00 ⚡ Chocolate Bingo</p> <p>3:00 🍫 Pictionary</p> <p><b>4:00 ⭐ Garden Club</b></p> <p><b>6:30 ❤️ Book Club</b></p>	<p><b>27</b></p> <p>9:00 ❤️ Books on Tape</p> <p>10:15 ↔ Yoga in a chair Exercise</p> <p>11:00 ⭐ Arts &amp; Crafts</p> <p>2:00 🍫 May Resident Birthday Party with entertainment by Andrew Hart</p> <p>3:00 ⚡ Music Trivia</p> <p><b>4:00 🦋 Devotion by Jack Ewing</b></p>	<p><b>28</b></p> <p>9:00 🦋 Coffee Talk</p> <p>10:15 ↔ Pilates in a chair Exercise</p> <p>11:00 ⭐ Nail &amp; Skin Care with Kristi</p> <p>1:30 ⚡ Chocolate Bingo</p> <p>3:00 ❤️ Happy Hour &amp; Karaoke Sing Along</p> <p>6:00 🍫 Game Night</p>	<p><b>29</b></p> <p>9:00 🦋 Joel Osteen</p> <p>9:45 ↔ Sit &amp; Be Fit Exercise</p> <p>10:45 🍫 Cornhole game</p> <p>1:00 ⭐ World of Color</p> <p>2:00 ⚡ Poker Tournament</p> <p>3:30 ❤️ Current Events</p> <p>4:30 🍫 Table Games &amp; Puzzles</p>