Castle Senior Living
Forest Hills

The Castle Gazette

108 25 Horace Harding Expressway • Forest Hills, NY 11368 • (718) 760-4600

May 2020

Stay Safe and Be Well

Thank you all family members & friends for your patience during this difficult time. Family & friends are important and we look to help you stay connected. You can Skype or Face Time your loved ones. Please contact Recreation.

Remember When: Nylon Stockings

There was a run on nylon stockings when they debuted in 1940—4 million pairs sold in the U.S. in just a few days. The new hosiery's synthetic fabric was more durable and easier to wash than the silk version women had worn. But sales hit a snag during World War II, when nylon was rationed to make parachutes, rope and other battlefield equipment. After the war, women waited in long lines at department stores to buy nylons again.

Calming Water

At the beach & gazing at gently rolling waves puts some folks in a state of bliss, but you don't have to visit an ocean to reap the calming effects of water. Studies show that being near a pool, lake or river, or simply visualizing a peaceful water scene, can help you relax.

Remember When: Door-to-Door Sales

What do encyclopedias, vacuum cleaners and beauty products have in common? These were some of the items that were commonly sold door to door. Salespeople peddling their wares would make their way up and down neighborhood streets, knocking on doors, offering samples and demonstrating their products, often to homemakers, in hopes of making a sale. Many brand-name products gained loyal customers from these face-to-face encounters.

Department Heads

Executive Director	Sam Orzel
Patient Health Director	Martine Eveillard
ALP Director/Case Mgr.	Fara Rahman
Dir. Resident Service/Case Mgr.	Fareeda Mohammed
Business Office Manager	Galina Sorrentino
Administrative Assistant	Ella Yakubova
Building Services Director	Hernando Bravo
Comm. Relations Director	Rajesh Mahabir
Comm. Relations Coordinator	Marie Scotti
Housekeeping Supervisor	Lourdes Ortiz
Director of Recreation	Cynthia Huggins
Serenity Garden Coordinator	Jamila Grant
Food Service Director	Lewis Levine
Administrative Supervisor	Nora Antonucci
Health Service Admin. Asst.	Marlene Talip
ALP Nurse	Gloria Clementa

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SR Sitting Room
FR FR-Family Room
JR JR-Jewel Room
L L-Lobby
MR MR-Media Arts Room
♪ Entertainment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		WELCOME TO OUR CASTLE FAMILY — Joan S. Martin M. **We are happy you are here and we look forward to you joining in when the activities return.** **Enjoy the Activity Packets**	**HAPPY BIRTHDAY** Vita M. 5/01 Elizabeth B. 5/03 Jose C. 5/06 Tony M. 5/06 Edda W. 5/07 Andres F. 5/07 Jose V. 5/15 Mildred P. 5/15 Annette K. 5/19 Margaret F. 5/19 Seymour B. 5/22 Kirby L. 5/24 Joanne P. 5/26 Catherine P. 5/26 Sandra L. 5/26 Miriam A. 5/30	**STAFF** Recreation Assistants Andreanna, Amina, Rachel Phillip, Nasmin, Bill, Rim Recreation Director Cynthia Huggins 718-760-4600 x2340 **OFFICE BANKING HOURS Mon - Fri** 10:00am - 12:00pm & 2:00pm - 4:00pm	1 9:30 FR "Move It or Lose It" 9:30 FR Art Workshop: Expressions 2:00 JR Bingo 3:00 FR Happy Hour 6:30 SR Shabbat Service 6:45 OTB (Horse Racing Game) 7:00 FR Friday Night Movie	2 10:00 FR Saturday Morning Stretch 10:30 SR Shabbat Service 2:00 FR "Beyond Belief" Fact or Fiction, You Be The Judge 3:00 FR Saturday Social 6:00 L Table Games
3 9:30 FR "Work It" (exercise) 9:30 Mass at St. Leo's 10:00 FR Joel Osteen (Televised) 1:00 FR Discussion w/ Rabbi Shorr 2:00 JR Residents' Bingo 3:00 FR A Social Gathering	4 9:30 FR "Work It Out" 10:15 MR "Castle Nails" 2:00 JR Game Time 3:00 FR A Get-Together Social 6:00 /7:00 Table Games - in the SR/L 7:00 FR Jeopardy 7:30 FR Wheel of Fortune	5 9:30 FR Move That Body 10:30 JR Mass w/ Priest of St. Leo's Catholic Cathedral 2:00 JR Let's Go Bingo 3:00 FR Let's Socialize 6:00 /7:00 Table Games - Sitting Room / Lobby	6 10:00 JR Balance, Fitness, Yoga & Tai Chi w/ Recreation 2:00 JR Bingo 3:00 FR A Tasty Social 6:00 /7:00 Table Games (L/SR)	7 9:30 FR "Let's Get Moving" 10:00 FR Christian Morning Devotion w/ St. Joseph's 2:00 JR Bingo Time 3:00 FR Thursday Afternoon Social 6:30 MR Prayer w/ Chaplain Toles 7:00 FR Jeopardy 7:30 FR Wheel Of Fortune	8 9:30 FR "Move It or Lose It" 11:00 SR Coffee & Tea w/ the ED (Sam) 2:00 JR Bingo 3:00 FR Happy Hour 6:30 SR Shabbat Service 7:00 FR Friday Night Movie	9 10:00 FR Saturday Morning Stretch 10:30 SR Shabbat Service 2:00 FR One Card Bingo 3:00 FR Saturday Social 6:00 L Table Games
10 9:30 FR "Work It" (exercise) 9:30 Mass at St. Leo's 10:00 FR Joel Osteen (Televised) 1:00 FR Discussion w/ Rabbi Shorr 2:00 JR Residents' Bingo 3:00 FR A Social Gathering	11 9:30 FR "Work It Out" 10:30 FR Article: May In History 2:00 JR Game Time 3:00 FR A Get-Together Social 6:00 /7:00 Table Games - in the SR/L 7:00 FR Jeopardy 7:30 FR Wheel of Fortune	**Lag Ba'omer** 12 9:30 FR Move That Body 10:15 JR St. Leo's Catholic Services 11:00 JR Food Committee Meeting 2:00 JR Let's Go Bingo 3:00 FR Let's Socialize 6:00 /7:00 Table Games - Sitting Room / Lobby 7:00 JR Bingo Night	13 10:00 FR "Feel The Burn" (exercise) 10:30 FR Yearn To Learn - Weekly Article & Ans. to Brain Teaser 2:00 JR Bingo 3:00 FR A Tasty Social 6:00 /7:00 Table Games (L/SR)	14 9:30 FR "Let's Get Moving" 10:00 FR Christian Morning Devotion w/ St. Joseph's 2:00 JR Bingo Time 3:00 FR Thursday Afternoon Social 6:30 MR Prayer w/ Chaplain Toles 7:00 FR Jeopardy 7:30 FR Wheel Of Fortune	**Welcome Social for All New Residents** 15 9:30 FR "Move It or Lose It" 9:30 FR Art Workshop: Expressions 2:00 JR Bingo 3:00 SR A Welcome Social 6:30 SR Shabbat Service 6:45 OTB (Horse Racing Game) 7:00 FR Friday Night Movie	16 10:00 FR Saturday Morning Stretch 10:30 SR Shabbat Service 1:30 FR Popcorn Poppin' - Afternoon Special Movie Presentation 3:00 FR Saturday Social 6:00 L Table Games
17 9:30 FR "Work It" (exercise) 9:30 Mass at St. Leo's 10:00 FR Joel Osteen (Televised) 1:00 FR Discussion w/ Rabbi Shorr 2:00 JR Residents' Bingo 3:00 FR A Social Gathering	**Happy Birthday May Babies!** 18 9:30 FR "Work It Out" 10:15 MR "Castle Nails" 2:00 JR Game Time 3:00 FR May Birthday Celebration♪ 6:00 /7:00 Table Games - in the SR/L 7:00 FR Jeopardy 7:30 FR Wheel of Fortune	19 9:30 FR Move That Body 10:30 JR St. Leo's Catholic Services 2:00 JR Let's Go Bingo 3:00 FR Let's Socialize 6:00 /7:00 Table Games - Sitting Room / Lobby	20 10:00 JR Balance, Fitness, Yoga & Tai Chi w/ Recreation 2:00 JR Bingo 3:00 FR A Tasty Social 6:00 /7:00 Table Games (L/SR)	21 9:30 FR "Let's Get Moving" 10:00 FR Christian Morning Devotion w/ St. Joseph's 2:00 JR Bingo Time 3:00 FR Thursday Afternoon Social 6:30 MR Prayer w/ Chaplain Toles 7:00 FR Jeopardy 7:30 FR Wheel Of Fortune	22 9:30 FR "Move It or Lose It" 9:30 SR Art Workshop: Expressions 2:00 JR Bingo 3:00 FR Happy Hour 6:30 SR Shabbat Service 7:00 FR Friday Night Movie	23 10:00 FR Saturday Morning Stretch 10:30 SR Shabbat Service - Observing Birth of a New Moon 10:30 FR The Rock Church: Saturday Pray & Devotion 2:00 JR Just 4 Fun Bingo 3:00 FR Saturday Social 6:00 L Table Games
24th & 31st (same schedule) 24 9:30 FR "Work It" (exercise) 9:30 Mass at St. Leo's 10:00 FR Joel Osteen (Televised) 31 1:00 FR Discussion w/ Rabbi Shorr 2:00 JR Residents' Bingo 3:00 FR A Social Gathering	**Memorial Day** 25 9:30 FR "Work It Out" 10:30 FR This Was The Year....1955 2:00 JR Game Time 3:00 FR A Get-Together Social 6:00 /7:00 Table Games - in the SR/L 7:00 FR Jeopardy 7:30 FR Wheel of Fortune	26 9:30 FR Move That Body 10:30 JR St. Leo's Catholic Services 2:00 JR Let's Go Bingo 3:00 FR Let's Socialize 6:00 /7:00 Table Games - Sitting Room / Lobby 7:00 JR Bingo Night	27 10:00 FR "Feel The Burn" (exercise) 10:30 FR Karaoking Around & Ans. to Brain Teasers 2:00 JR Resident Council Meeting - Bingo Immediately Follow 3:30 FR A Tasty Social 6:00 /7:00 Table Games (L/SR)	**Erev Shavuot** 28 9:30 FR "Let's Get Moving" 10:00 FR Christian Morning Devotion w/ St. Joseph's 2:00 JR Bingo Time 3:00 FR Thursday Afternoon Social 7:00 FR Jeopardy 7:30 FR Wheel Of Fortune	**1st Day of Shavuot** 29 9:30 FR "Move It or Lose It" 9:30 FR Art Workshop: Expressions 2:00 JR Bingo 3:00 FR Happy Hour 6:30 SR Shabbat Service 6:45 OTB (Horse Racing Game) 7:00 FR Friday Night Movie	**2nd Day of Shavuot Yizkor** 30 10:00 FR Saturday Morning Stretch 10:30 SR Shabbat Service 2:00 JR One Card Bingo 3:00 FR Saturday Social 6:00 L Table Games

All outings have been cancelled until further notice due to the current health outbreak. Sorry for any inconvenience and thank you for your cooperation.

Word Search

Category: U.S. States

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

1. Texas
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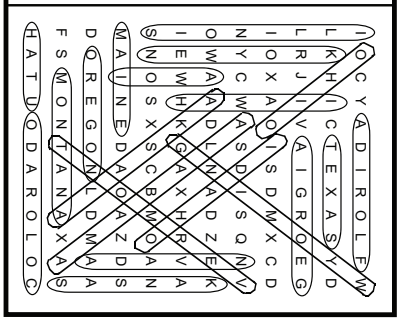
Word Search Solution:

1. Alabama
2. Alaska
3. Colorado
4. Florida
5. Georgia
6. Hawaii
7. Idaho
8. Illinois
9. Iowa
10. Kansas
11. Maine
12. Montana
13. Nevada
14. New York
15. Ohio
16. Oregon
17. Texas
18. Utah
19. Vermont
20. Wyoming



A Crunchy Snack

They're crunchy, salty and oh, so tasty! Chips are one of the most popular snack foods. Dip into the history of when some bestselling brands first hit store shelves in America.

Year	Snack
1932	Lay's potato chips
1932	Fritos corn chips
1948	Cheetos cheese snacks
1966	Doritos tortilla chips
1971	Pringles potato crisps
1981	Tostitos tortilla chips
1991	SunChips multigrain chips
2006	Takis rolled tortilla chips

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