

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the United States military. Memorial Day 2021 will occur on Monday, May 31.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades.

Unofficially, it marks the beginning of the summer season.



Senior Centers, Inc. is a nonprofit organization whose purpose is to serve older members of the community by providing programs and services which enhance their dignity, support their independence, and encourage their involvement in the community.

MAY SPECIAL DAYS

SUN. 25	MON. 26	TUES. 27	WED. 28	THURS. 29	FRI. 30	SAT. 1
						May Day
SUN. 2	MON. 3	TUES. 4	WED. 5	THURS. 6	FRI. 7	SAT. 8
Be Kind to Animals Week National Lemonade Day National Wildflowers Week	Garden Meditation Day Melanoma Monday Third Quarter Moon Phase	National Weather Observers' Day Star Wars Day/May the Fourth Be With You	National Day of Prayer National Nurses Day World Password Day	National Day of Prayer National Nurses Day World Password Day	Military Spouse Appreciation Day National Space Day	Kentucky Derby National Coconut Cream Pie National Herb Day National Miniature Golf Day Stamp Out Hunger Food Drive
SUN. 9	MON. 10	TUES. 11	WED. 12	THURS. 13	FRI. 14	SAT. 15
Mother's Day National Foodies Day	National Women's Checkup Day	Eat What You Want Day New Moon	Limerick Day National Fibromyalgia Awareness Day	National Fruit Cocktail Day		National Chocolate Chip Day Preakness Stakes Horse Race (Baltimore MD)
SUN. 16	MON. 17	TUES. 18	WED. 19	THURS. 20	FRI. 21	SAT. 22
National Barbecue Day National Love a Tree Day	Pack Rat Day--Do Some Spring Cleaning! World Communications Day	International Museum Day	Astronomy Day First Quarter Moon Phase	National Pick Strawberries Day	National Pizzas Party Day	Armed Forces Day National Maritime Day National Vanilla Pudding Day
SUN. 23/30	MON. 24/31	TUES. 25	WED. 26	THURS. 27	FRI. 28	SAT. 29
National Mint Julep Day	Memorial Day National Meditation Day National Save Your Hearing Day	National Tap Dance Day National Wine Day	Full Moon (Flower Moon) National Senior Health and Fitness Day		National Brisket Day National Hamburger Day National Poppy Day	

MONTHLY OBSERVANCES

ALS Awareness Month
Arthritis Awareness Month
Better Hearing and Speech Month
Better Sleep Month
Breathe Easy Month

Chip Your Pet Month
Digestive Diseases Awareness Month
Fibromyalgia Education and Awareness Month
Healthy Vision Month/UV Safety
High Blood Pressure Awareness Month
Learn to Skydive Month

Lupus Awareness Month
Melanoma/Skin Cancer Detection and Prevention Month
Mental Health Month
Motorcycle Safety Awareness Month
National Allergy and Asthma Awareness Month

National Asparagus Month
National Barbeque Month
National Bike Month
National Celiac Disease Awareness Month
National Chocolate Custard Month
National Egg Month

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LIGHTER SIDE—Some Humor for Your Day

Quote: “My mother always used to say, ‘The older you get, the better you get ... unless you’re a banana.’” Betty White

Guess Who?

A guy walked into a post office one early February day to see a middle-aged, balding man standing at the counter methodically placing “Love” stamps on bright pink envelopes with hearts all over them. He then took out a perfume bottle and started spraying them with the scent.

His curiosity got the better of him, so he went up to the balding man and asked him what he is doing.

The man said, “I’m sending out 1,000 Valentine cards signed, ‘Guess who?’”

“But why?” asked the man. “I’m a divorce lawyer,” the man replied.

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Polka Dot Cookies

Servings: about 3 dozen

1 cup (2 sticks) butter, softened
1 cup creamy peanut butter
1 cup granulated sugar
1 cup firmly packed brown sugar
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
1-1/2 cups plain candy-coated
chocolate candies



Preheat the oven to 350 degrees. In a large mixing bowl, beat butter, peanut butter, and sugars until creamy. Add eggs, one at a time, until combined.

In a medium bowl, combine flour and baking soda; add to peanut butter mixture until combined. Stir in candies.

Drop dough by heaping tablespoonfuls 2 in. apart on a greased baking sheet. Bake for 14-17 minutes or until edges are golden brown. Allow to cool on baking sheet for 3 minutes. Remove to wire rack to cool completely.



THIS DAY IN HISTORY

MAY 1, 1941: Directed and starring Orson Welles, "Citizen Kane" premiered in New York.

MAY 2, 1885: The magazine "Good Housekeeping" was first published.

MAY 3, 1937: Margaret Mitchell won a Pulitzer Prize for "Gone with the Wind."

MAY 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

MAY 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

MAY 6, 1941: Bob Hope gave his first USO show at California's March Field.

MAY 7, 1915: The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

MAY 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

MAY 9, 1958: Richard Burton made his network television debut in the presentation of "Wuthering Heights" on CBS-TV.

MAY 10, 1994: Nelson Mandela was sworn in as South Africa's first black president.

MAY 11, 1910: Glacier National Park in Montana was established.

MAY 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

MAY 13, 1989: Thousands of students began a hunger strike on Tiananmen Square in Beijing.

MAY 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

MAY 15, 1964: The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

MAY 16, 1929: The first Academy Awards were held in Hollywood.

MAY 17, 1985: Bobby Ewing died on the season finale of "Dallas." He returned the following season.

MAY 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

MAY 19, 1536: Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery.

MAY 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

MAY 21, 1980: The movie "The Empire Strikes Back" was released.

MAY 22, 1967: "Mister Rogers' Neighborhood" premiered on PBS.

MAY 23, 1934: Bonnie Parker and Clyde Barrow were killed by Texas Rangers in Bienville Parish, Louisiana.

MAY 24, 1844: Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, "What hath God wrought?"

MAY 25, 1992: Jay Leno debuted as the new permanent host of NBC's "The Tonight Show."

MAY 26, 1896: The Dow Jones Industrial Average appeared for the first time in the "Wall Street Journal."

MAY 27, 1995: Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

MAY 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

MAY 29, 1945: Bing Crosby makes his first recording of Irving Berlin's "White Christmas."

MAY 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

MAY 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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Limit time outdoors: When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

Control your environment: When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.

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